

# References + Research list



I believe in **heart-led care** backed by **real-world knowledge**. These references are here for **transparency**—so you can see the research and veterinary guidance that inform the education I share. I've summarized in my own words and linked the original sources so you can read them firsthand and **make grounded choices** for the animals **you love**.

## Safety-first veterinary references

**These are trustworthy, mainstream references that reinforce responsible use:**

- **Merck Veterinary Manual: Essential oil toxicoses:** Clear overview; notes cs are at particular risk and advises against applying concentrated oils directly to pets. [Merck Veterinary Manual](#) What outputs are you promising to deliver during the course of the project?
- **ASPCA: Essential oils around pets:** Practical guidance for pet owners on risk and precautions. [ASPCA](#)

## Why cats are different

### **Metabolism matters**

- Cats are not “small dogs.” A key reason essential oils require extra caution in cat households is that cats have species-**specific differences in liver metabolism**, including limited capacity for certain glucuronidation pathways (UGT-related). This can affect how some compounds are processed and cleared. [PMC+1](#)

## Pets & Aromatics (Dogs + Cats)

Dogs and cats **live nose-first**—and aromatics can shape the emotional tone of a home more than we realize. Here you'll find research and veterinary references that help bring clarity to what's **supportive**, what's too much, and how to approach scent with **respect for both species**.

<p>Dogs: These studies explore how <b>certain aromas/olfactory enrichment</b> may influence canine behavior or welfare in controlled settings:</p>	<p>Cats: Direct “benefit” studies of <b>essential oils</b> in cats are limited, but we do have strong evidence that <b>olfactory enrichment</b> can support feline welfare:</p>
<p><b>Lavender + car rides (travel excitement):</b> A clinical study found dogs exposed to ambient lavender during car travel showed calmer behavior compared to control conditions. <a href="#">AVMA Journals+1</a></p>	<p><b>Cats + olfactory enrichment &amp; exploration:</b> Study examining how scent/novel objects influence exploratory behavior in captive-housed domestic cats. <a href="#">PubMed</a></p>
<p><b>Lavender + autonomic activity:</b> A small veterinary study found <i>some evidence</i> topical lavender application affected vagal activity in dogs, while also noting the calming conclusion remains equivocal and needs more research. <a href="#">PubMed+1</a></p>	<p><b>Shelter cats + olfactory stimulation:</b> Research evaluating how olfactory stimuli (including catnip and other scents) can influence shelter-cat behavior. <a href="#">ScienceDirect+1</a>Add as many objectives as applicable</p>
<p><b>Shelter dogs + enrichment (lavender):</b> An open-access study reported differences in shelter dog behavior (more resting/less activity/vocalizing) with olfactory enrichment including lavender. <a href="#">PMC+1</a></p>	<p><b>Review: olfactory strategies for feline stress:</b> A 2022 review summarizes what’s known about olfactory interventions and stress markers in cats. <a href="#">Frontiers</a></p>
<p><b>Rescue shelter olfactory stimulation (multiple scents):</b> A well-cited shelter study evaluated behavioral changes when dogs were exposed to different diffused scents (including lavender/chamomile/peppermint/rosemary). <a href="#">ScienceDirect</a></p>	<p><b>Review: olfactory strategies for feline stress:</b> A 2022 review summarizes what’s known about olfactory interventions and stress markers in cats. <a href="#">Frontiers</a></p>
<p><b>Cognitive bias + cortisol (EO enrichment):</b> A shelter-dog study suggests olfactory enrichment with essential oils may influence affective state measures (including cognitive bias/cortisol), supporting the idea that scent enrichment can be a welfare tool. <a href="#">Dog Behavior+1</a></p>	<p><b>Environmental enrichment strategies (foundational):</b> A widely cited practical review of feline enrichment strategies, including sensory/olfactory enrichment.</p>
<p><b>Dose-dependent collar exposure (exploratory):</b> A newer PubMed-indexed exploratory study investigated different concentrations of an EO blend used as olfactory enrichment when dogs entered an unfamiliar environment. <a href="#">PubMed</a></p>	<p><b>Silver vine / honeysuckle / valerian / catnip responsiveness:</b> Open-access PLOS ONE paper: many cats respond to silver vine; it can be effective even when a cat doesn’t respond to catnip. <a href="#">PMC</a></p>



# Disclaimer

**Educational note:** **These** references are shared for learning and transparency. They are not medical advice and do not replace guidance from a qualified holistic veterinarian—especially for kittens/puppies, seniors, pregnancy, or pets with medical conditions.

If you want the **calm, clear “what to do / what to avoid” framework** for both dogs and cats, you'll love my Essential Oil Safety Guide inside Paw Approved Guides + Protocols.

Prefer to start small? Visit Paw Prints + Perks – Free Pet Friendly Downloads for beginner-friendly tools.

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