

## The Benefits of Owning a Pet

Imagine a world without pets. Most of us have experienced the pleasure of coming home to be greeted by an exuberant dog who loves you more than anything, or to curl up under the warm blanket of a comforting cat. For those who haven't, I am here to persuade you of the benefits of owning pets. Today I will tell you some of the extremely interesting and even some lesser known benefits of pet ownership. There are the health benefits, both physical and mental. Pets can also provide protection and safety. In addition to these things, did you know that owning a pet can help reduce your chance of developing allergies and asthma? I am here to convince you that all people should have at least one pet.

Firstly, did you know that owning a pet can have an extremely positive effect on your health? When we own pets, we feel like they are a part of our family, and that makes us feel safe and secure, so this also affects our social and physical health. Our social health is improved, because we have a companion to keep us company and when we take a dog for a walk, we will probably interact with other dog owners. Our physical health improves because when we walk our dog, we are getting exercise as well. Scientists have also discovered that when a person pets a friendly animal their blood pressure goes down, their heart rate slows, their breathing becomes more regular, and their muscle tension relaxes, all of these things giving the person a strong sense of happiness and wellbeing. Did you know that some hospitals even have pet therapy programs for the patients, where they are allowed to pet and interact with dogs? Research also shows that owning a pet reduces stress hormones and can even help reduce anxiety in children.

Secondly, dogs can help protect you and your property. A while back, a whole neighbourhood block was robbed, and when the police investigated further, they noticed that the only houses that hadn't been robbed were the homes that owned dogs, leading the police to believe that owning a dog could potentially stop criminals from breaking into your house, because even the smallest dog can make a big noise. Also, if you are walking your dog on your own, especially at night, dogs can provide protection. You are less likely to be attacked or robbed if you have a dog with you because an assailant wouldn't know if your dog was likely to bark or bite.

Finally, did you know that owning a pet can have potential medical benefits? It can reduce the chances of children developing allergies, asthma, and eczema. Allergy researcher, Dr. Cheema, and her team found that children who were born to mothers who were exposed to dogs during pregnancy were less likely to develop eczema by the age of 2 years, compared with children born to mothers who were not exposed to dogs. Research has also linked pet ownership to a lower risk of developing allergies and asthma. In addition to this, some canines have been known to be able to detect cancerous tumours in their owners. This was discovered over a period of time when multiple dog owners noticed that their furry friends were sniffing, pawing at and even licking what ended up being tumours under their skin. As you can guess, this saved lives, and one dog was even awarded a medal!

In conclusion, people should own pets because they improve multiple aspects of health in their owners, they can help keep you and your home safe, and you never know... they might even save your life! I hope that I have been able to persuade you of the power, positivity, and pleasure of owning a pet. THANK YOU