

Breeds that Live much Longer and Healthier Life | Guide 2021

In modern times, the burden and incidence of mental illnesses have significantly increased. People with mental health issues are always in search of emotional support from others. Therefore, adopting emotional support animals can be the best possible remedy for their problems. These animals can prove to be quite beneficial for such people, as they can provide them with the desired mental support. To keep this animal, you will need some sort of proof or certification because, for other people, they are just like random animals. So, what should be the best possible solution to be adopted?

Here is the answer to your question.

If you have an appropriate document that shows that your animal is an ESA is the best option to be utilized. However, there is not any legitimate way of certifying your emotional support animal, but an [esa letter](#) can prove to be quite beneficial, in this regard. It is a document that exhibits the fact the person having an ESA needs it for the sake of emotional support. This letter also shows that the adopted dog is an ESA and is different from normal pets. If you want to adopt an ESA, the first and foremost step should be to apply for this letter from a credible source. Having an ESA legal paper for your pet will ease your life greatly.



Top 5 Breeds

Many common dog breeds can be adopted as an ESA. You should know about their characteristics if you are looking to adopt one. Their health and their average lifetime are the most important things that should be considered. The best dog breeds in terms of lifespan are Beagle, Australian Shepherd, Shih Tzu, Lhasa Apso, and Cockapoo. These breeds live longer than the other breeds and they are also considered healthier breeds. A person who is interested in an ESA should go for any of these options. However, there are some breeds too that should be avoided by the people. Cocker spaniel is the breed that should not be selected as an ESA because it has numerous health issues. The most prominent health issues in this regard are epilepsy and liver disease. So, to choose a dog as an ESA, the first step is to consider the question of **how long do dogs live** and what their health condition is. This will be helpful for you in finding out the best dog as an ESA, which in turn, will provide you the emotional support that you desire.

Animals Need Care too

An ESA provides you the necessary support that you desire. But what is being provided by you in return? These animals need proper care too. If you are not able to provide them with the best care, then they will get ill. Dogs can suffer from depression and anxiety too. They also look for proper care and support from their owners. To provide them with appropriate therapy, one approach is to use **CBD oil for dogs** that are easily available in the market. These oils are renowned for the provision of relief from seizures, depression, and much more. Using this oil can ensure a high-quality life for your ESA and get an [esa letter](#)

[for housing](#) for your ESA . If your ESA is healthy, then it will be advantageous for you to obtain the desired emotional support from your dog.

If you are suffering from a mental disorder and you need someone to help you out. Then you should look for an ESA as they are the friendliest and the loyal ones. Make sure that your ESA is best in terms of health and average lifetime. Moreover, you should also provide them with the care they need.

So, what are you waiting for?

Hurry up!

Take your decision and choose the best ESA for yourself

Useful Resources:

[8 Important Things For An ESA Owner](#)

[Prologue to an ESA - Easy Guide](#)

[The power of emotional support animals](#)

[The most effective method to Take Care Of Your ESA](#)

[Rules Responsibilities of ESA Owner](#)