

ALLERGIES



DISCLAIMER

This is an ebook discussing natural and holistic approaches to address a pet's allergies.

This ebook is intended to act as a general informational guide only, providing alternative options to conventional methods. It is not intended to diagnose, treat, or otherwise replace the advice of veterinary medical professionals.

As always, please consult your licensed veterinarian for any health concerns specific to your pet's wellness and/or medical condition(s).

To find a holistic vet in your area, visit <https://www.ahvma.org/>

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INTRODUCTION TO ALLERGIES

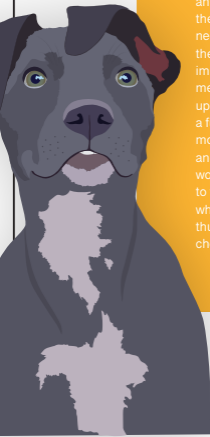
Allergies are an inappropriate immune response to a normally harmless substance. This inappropriate immune response triggers a series of reactions in the body.

Histamines are released to try to move the allergens out of the body, but these histamines cause many unpleasant symptoms for our pets. The immune system also produces antibodies (called IgE). Usually, these antibodies are produced to protect the body from illnesses. Depending on the allergen, these antibodies travel to certain cells that then release chemicals, causing an allergic reaction.

The various chemical reactions that occur when an animal is exposed to allergens depend on each animal, but the end result is an unpleasant mix of symptoms every pet owner dreads and is desperate to relieve.



IMMUNE SYSTEM BOOST?



Despite popular belief, when an animal is suffering from allergies, their immune system **DOES NOT** need to be boosted. In fact, it needs the opposite. Since allergies are an immune system overreaction, that means the immune system is upregulated (overexpressed). This is a fundamental aspect of allergies most pet owners do not understand and thus often end up making things worse by adding immune boosters to their pet's diet, such as elderberry, which boosts the immune system, thus making it a less than ideal choice to treat allergies.

CAUSES

There are 4 general causes of allergies:

Environmental

Indoor

- Dust mites
- Candles, air fresheners, dyes, cleaners, detergents, carpet fibers
- Molds

Outdoor

- Pollens (grass, tree, weed)
- Fertilizers
- Pesticides

Food

- Synthetic vitamins
- Grains
- Proteins (chicken, beef, etc.)
- Aflatoxins/Mycotoxins
- Storage mites

Fleas

Flea Allergy Dermatitis

Just ONE bite from a flea can cause months of reactive issues on the skin

Any of these types of allergies can be inherited from the previous generation since the microbiome of the mother dog passes down to the puppies.

Dogs that are not born naturally (i.e., Through C-section) are suspected to have more incidents of allergies since they did not pass through the birth canal and thus have lost the opportunity to get valuable microbiome protection from the mother.

COMMON ALLERGY SYMPTOMS

- 🐾 Red, Itchy, Inflamed Skin (ears, rear end, paws are the most common sites) also called Pruritis Hives, bumps, swellings, rashes on the skin
- 🐾 Sneezing
- 🐾 Redness of the eyes, ears, and mucus membranes (can also be accompanied by discharge)
- 🐾 Skin Infections (hot spots)
- 🐾 Ear infections
- 🐾 Anal gland issues
- 🐾 GI upset (diarrhea, vomiting, flatulence)
- 🐾 Swelling of the face and mouth
- 🐾 Hair loss, skin thickening



INTOLERANCE VS ALLERGY



Many times, what looks like an allergy is actually an intolerance or sensitivity. A true allergy will show symptoms almost immediately. Intolerances show over time. Generally speaking, allergic responses are more serious (sometimes life threatening), whereas an intolerance is less serious and more generalized. GI symptoms like diarrhea and gas are more likely an intolerance than an allergy.

Acute actual allergy:

Swelling of mouth, throat, or face

Vomiting

Difficulty breathing

Hives and skin redness/rash (within hours of eating)

Intolerance/Sensitivity:

Ear infections

Diarrhea/Loose stool

Anal gland issues

Skin issues (thickening, rashes, redness)



PREVENTION

If you know your dog has seasonal allergies that only affect them at a certain time of year, prevention should be easy. Start adding in herbal remedies a month before the affected time is coming.

The most important method of preventing any issue is to take care of the gut! The gut (microbiome) is responsible for more than 80% of our immune system response. If the gut is not properly cared for and nurtured, the immune system cannot function properly. A synbiotic (combination of pre and probiotic) is essential in every dog's daily regimen.



PRACTICES AT HOME



Beyond all the modalities and remedies available, addressing any allergy-causing issues in your home environment is critical. Switching to a more natural way of housekeeping is quite easy; there are many clean products now available even in standard grocery stores.

Removing any fragrances (including candles, air fresheners, conventional cleaning products, perfumes, etc.) is imperative to getting rid of common triggers.

HOUSEHOLD PRODUCTS

Pet Shampoos:

- AromaPaws

Natural Candles:

- Aroma Paws

Laundry Detergents:

- Seventh Generation
- Better Life
- Aspen

Dishwasher Detergents:

- Pure Castile Dish Soap
- Common Good Dish Soap

Carpet Cleaners:

- Biokleen Carpet and Rug Shampoo
- Simple Green Naturals Carpet

Tile Cleaner:

- Aunt Fannies Cleaner Tile Cleaner
- Truce Wood Cleaner

Bath/Shower/Toilet:

- Greenshields Organic Toilet Bowl Cleaner
- Earth Friendly Products ECOS Toilet Cleaner
- Attitude Sensitive Skin Natural Bathroom Cleaner

Lawn Care Alternatives:

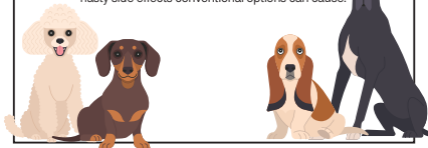
- Wondercide Yard Spray
- Diatomaceous Earth
- Cedarcide Cedar Granules

CHEMICAL PREVENTIONS

Chemical Preventative treatments like Heartworm preventative and flea/tick preventatives are very harmful to your dog's gut and therefore can cause a host of allergy symptoms. Most people do not realize that dewormers like Heartgard and Simparica are actually antibiotics, and using them on a regular basis slowly erodes your dogs' gut microbiome, destroying their immune system over time. Not to mention these drugs also have other ingredients that cause inflammatory responses.

These medicines should be avoided; there are plenty of natural alternatives that can be used instead that are both safe and effective without causing these harmful side effects.

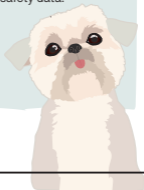
Instead of topical flea/tick medicines, try products like Earth Animal (topical Spot on, powder, or collars), Wondercide, Midoricide, or cedarwood essential oil. For heartworm prevention, [HWF by Amber Naturalz](#) is a very effective supplement for preventing AND treating heartworm without the nasty side effects conventional options can cause.



CONVENTIONAL OPTIONS/TREATMENT

Allergies are diagnosed by a conventional vet based on symptoms your dog is experiencing. There are only a few tools in a conventional veterinarian's toolbox (compared the several options an integrative vet can use) when it comes to dealing with allergies. Unfortunately, NONE of them are a cure; they only address symptoms. Conventional vets do not look at disease on a functional level (they only know how to diagnose and treat symptoms rather than address the root cause). So, their choices are limited. The most popular allergy treatments today are Apoquel and Cytopoint (sometimes referred to as CAD1). Apoquel and Cytopoint are more recent additions to the market. Apoquel and Cytopoint still suppress the immune system, but are limited to only certain parts of it, and conventional vets see them as safer. However, like most veterinary drugs new to the market, they have limited long term safety data.

Read more [HERE](#)



ALTERNATIVE THERAPIES

- Cannabis (CBD)
- Nutrition Therapy
- Herbal Remedies
- Homeopathic Remedies
- Chiropractic



CANNABIS (CBD)



Using cannabis to combat allergies

Full spectrum hemp extract helps the body achieve homeostasis by acting as an immunomodulator. What this means is that full spectrum hemp extract helps the body achieve balance naturally by upregulating (boosting) or downregulating (suppressing) depending on the need of the system in question. In the case of allergies, the immune system needs to be downregulated, and full spectrum hemp extract is very effective at doing that!

The cells of the immune system are loaded with receptors that are activated by cannabinoids like full spectrum hemp extract. Not to mention full spectrum hemp extract helps control inflammation, which is the root cause of allergy symptoms like redness, itching, and swelling. Full spectrum hemp extract also helps with the discomfort and stress caused by these pesky symptoms. It's all around one of the best tools to tackle allergies!



DOSING

DOSING

Dosing is ideally based on each animal's unique physiological condition, including its endocannabinoid system, age, existing ailments, other medications, disease process, and other health factors.

To learn more visit:

cbddoghealth.com/cbd-dosage-for-dogs/

SUGGESTED

Administer 9-12mg daily of [EASE Full Spectrum Hemp Extract](#).

If you don't notice a difference after 1-2 weeks, increase by 9-12mg daily.



ADMINISTERING

Administering CBD is all a matter of bioavailability. In layman's terms, bioavailability refers to the amount of time, and at what rate, something is absorbed into your bloodstream and how much is excreted without effect. This is important because bioavailability affects how much to give in one dose, and how quickly your pet can feel the effects.

WAYS TO ADMINISTER

SUBLINGUAL (Yields the highest concentration absorbed into bloodstream with the fastest onset)



Lift the lip and place oil on the gums. This method works best because the medicine is absorbed through the mucous membrane (transmucosal) in the mouth and the full spectrum hemp extract (CBD) then goes directly into the bloodstream, bypassing the digestive tract altogether. This also minimizes the number of active compounds, or cannabinoids, that are lost or killed off in the digestive tract.

ORAL (Treats, capsules, and oil on their food)

This will take longer to show effect and less bioavailable than sublingual. This is because they must go all the way through the digestive tract and filtration processes like the first pass of the liver. This results in less of the medicine reaching the parts of the body where your pet needs it most.



TRANSDERMAL

The final option is to try applying your tincture to the soft skin of your dog or cat's inner ear.

This method will reach the bloodstream but with the lowest bioavailability and the slowest onset.



NUTRITION THERAPY



With any inflammatory issue, whether it be allergies, arthritis, or anything else bothering your dog, processed food is going to be your number one issue. You can do a myriad of supplements, meds, and therapies but until you address the foundation, you will be in a constant cycle of symptom management. Processed foods have been **shown to be proinflammatory** and are full of ingredients that were meant to be in a landfill, not your dog's bowl. Digestion is an inflammatory process, regardless of the food eaten. Limiting the amount of time the body spends in that inflammatory state is imperative to the animal being able to heal and repair its own body. Feeding a fresh diet is the best way to keep digestion smooth and efficient. Feeding a fresh, whole food diet free of synthetic vitamins is going to be imperative to lowering inflammation in the gut and throughout the body. Keeping mind of traditional Chinese medicine principles of food also really helps when dogs are suffering from allergies. Consider feeding cooling or neutral foods, and avoid warming/hot foods whenever possible. When a proper diet is given to the animal, other methods can work more effectively.

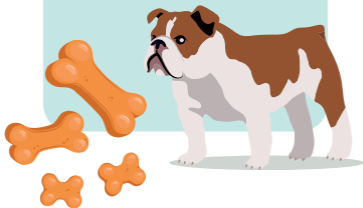
BALANCED DIETS



- 🐾 **Small Batch**
- 🐾 **Bones & Co.**
- 🐾 **Dr. Harvey's**
- 🐾 **Carna4**
- 🐾 **The Simple Food Project**

SNACKS AND TREATS

- 🐾 **Green Juju**
- 🐾 **Wild Planet Sardines**
- 🐾 **Simple Treats**
- 🐾 **Small Batch**



HERBAL REMEDIES

There are hundreds of herbal remedies to help animals deal with allergenic responses and to help balance the body's immune system. It is important to avoid immune boosting herbal therapies when trying to tackle allergies. These will only contribute to a worsening of symptoms. Common immune boosters like echinacea are an example of an immune boosting herb that will usually not help a dog with allergy symptoms. However, the following common herbs are very helpful in modulating the immune system properly to deal with allergies:

Nettle Leaf

Turmeric (also in EASE!)

Garlic

Quercetin

Bromelain

It is best to work with someone well-versed in herbs, ideally an herbalist, to figure out which herbs are best to give your pet.



HOMEOPATHIC REMEDIES



Homeopathic remedies are arguably the safest natural remedy to try with your allergy prone dog. There are many remedies, but in order to get the right remedy for your dog, it's best to work with a veterinary homeopath. Homeopathics are very individualized medicine, and when used correctly can achieve amazing results by using the body to heal itself.

CHIROPRACTIC

Although one would not ordinarily think of chiropractic as a useful tool in tackling allergies, it is a wonderful and underrated tool to help support your dog's immune system. Chiropractic helps bring the body back to a more balanced state and helps lower inflammatory responses. A skilled veterinary chiropractor can help your dog more effectively manage any inflammatory issue, and that includes allergies.



VIDEO

