



Here are some tips for managing your dog's allergies naturally



- 1.) Feed a species appropriate, moisture rich diet, that is grain and carb free. (See our diet handouts) Remember treats and chews should be the same ingredients. Use a glass or metal bowl and not a plastic bowl.
- 2.) Probiotic Daily: We have Southlake Holistics Kefir a natural super probiotic. Its good for 4-5- weeks in the fridge. Give up to 1 tbsp per 10 pounds body weight daily. (more or less as directed)



- 3.) Give an omega 3/omega 6 fatty acid supplement which is usually a fish oil type product. A regular human fish oil capsule (300mg) per 10 pounds. Remember to give Vitamin E 200iu per 10 pounds every other day. Vitamin E prevents oxidative damage from fish oils. Most dog fish oil supplements already contain vitamin E. We recommend Ultra EFA, and it is available to purchase in our clinic. It already has Vitamin E in it, and the oil is sourced from sardines. Sardines are smaller fish and will have less mercury and other toxic exposure.



- 4.) Give coconut oil every other day. 1 teaspoon for a small dog and 1 tablespoon for a large dog. Coconut oil is usually more of a solid oil that resembles lard in consistency. It is a medium chain fatty acid that helps keep the skin hydrated, is anti-inflammatory, and anti-bacterial. Rotate this with fish oil.



- 5.) Give local raw honey, 1 teaspoon per day for a small dog and 1 tablespoon for a large dog. This has to be local and raw and usually available at farmers markets. Raw local honey contains pollen and if given in small amounts everyday may decrease your pet's allergy response. We carry local raw honey from a beekeeper in Valparaiso, Indiana.

- 6.) Give raw apple cider vinegar to help prevent infections associated with allergies. 1 teaspoon for a small dog and 1 tablespoon for a large dog daily.



- 7.) Give regular baths with non-scented shampoo; we recommend Earth Bath or Zymox and wipe paws and body down after being outside with unscented baby wipes.

- 8.) Try an antihistamine like Benadryl 1mg per pound of body weight 3 times per day. You can also give Zyrtec in the AM in combination with the Benadryl at night, 5mg per day for a small dog and 10mg for a large dog. We have a natural antihistamine, Quercetin, in our Derma Strength Pro product. Dosage of Quercetin is determined by multiplying your pets weight by 8 per day.
- 9.) Get a Hepa filter for your furnace and an air purifier for the area in your home that your pet spends the most time.
- 10.) Prevent your pet from getting fleas. We recommend Simparica or Nexgard.

11.) Apple Cider Tea Body Rinse:

- ½ Cup Braggs Raw Apple Cider Vinegar
- ½ Cup brewed and cooled green tea
- 1 Cup distilled water

Put in spray bottle, shake well, spray on dog, leave on for 5 minutes, then rinse off.



12.) Bone Broth is available at our clinic as well. Bone Broth contains amino acids, vitamins, minerals, and is considered a nutrition powerhouse for your pets. Its good for treating gastrointestinal ailments, like inflammatory Bowel Disease, decreased appetite with chronic kidney disease, arthritis and degenerative joint disease, chronic skin allergies, and ear infections. It can be used also as a medium to hide herbs and drugs. We have turkey and rabbit bone broth available. We recommend ½ cup per 50# per day.

13.) We also offer Golden Paste at our clinic. Golden Paste is made from Turmeric, which is a colorful spice. It is a powerful antioxidant, natural and effective anti-inflammatory, it can prevent and even treat cancer, protects the liver from toxins, and lots more! We recommend a ¼ to a ½ teaspoon, twice daily depending on the size of your pet, but recommend starting with a smaller dose and gradually increasing over 7-10 days.

14.) There are other holistic and conventional treatment options available through your veterinarian. Please call 219-942-0909 today to make your appointment!

