

How to Resolve Your Dogs Food Allergies Naturally



And Keep Them Symptom Free



A Naturally Balanced Dog

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Dog Allergies | Immune Response



Allergies occur when your dog's immune system reacts to something it notices as a threat, although it's not actually.

For some dogs, the immune system wrongly recognizes trees, pollen, and grass particles as 'foreign objects' that are dangerous; This causes your dog's immune system to flare up and mount a reaction to these observed threats, the same way it would while fighting off infection. Thus the allergic response becomes a disease in itself.

Typically allergic responses we may notice in our dogs are itching, scratching, licking, sneezing, watery eyes, hives, butt scooting, mucus-covered poop, and diarrhea, these allergic reactions can cause pain and discomfort for your dog. The major cause of allergies in dogs is either a food allergy or environmental factors such as grass, trees, dust, cigarette smoke, plastics, fleas, and perfumes.

As a result, the flaring-up of your dog's immune system can be linked to abnormal skin conditions and a less than optimal immune response, which can cause secondary infections.

Environment and Food Allergies in Dogs



People react to allergens commonly with nasal congestion, scratch sore throat, and watery eyes, whereas dogs react with skin and/or gastrointestinal problems.

These problems may include your dog scratching - frequently their abdomen, flanks, and ears, rubbing their face, chewing their paws, and excessive licking. In addition, they can develop inflammation of the skin, hot spots, lesions, and poor coat quality. Furthermore, dogs with allergies may experience gastrointestinal pain and discomfort, diarrhea, and flatulence. Allergies can also play a part in chronic ear infections.

The most common allergens and skin conditions in dogs

Dogs can get several types of skin conditions. Some most common dog's skin conditions include:

1. *Environmental and food allergies*

Dogs can get allergic reactions to substances in their environment and food. For example, a reaction to pollen and dust is called atopy. Your dog commonly shows scratching because of the constant feeling of itchiness. Scratching also causes additional skin conditions, such as scabbing and wounds. Food allergies also cause similar symptoms.

- *Inhalant and Contact Allergies:* Substances that can cause an allergic reaction in dogs are much the same as those that cause reactions in people including the pollen's of grasses, trees and weeds, dust mites, and molds. A

clue to diagnosing these allergies is to look at the timing of the reaction. Does it happen year-round? This may be mold or dust. If the reaction is seasonal, pollens may be the culprit.

2. *Bacterial infections*

In dogs, itchy skin conditions can be secondary signs of bacterial infections. There are several types of bacterial infection; however, the two most common skin bacterial infections are:

- *Bacterial folliculitis*, signs of folliculitis are swellings, pustules, and itching.
- *Bacterial hypersensitivity* occurs when a dog's immune system overreacts to the normal Staphylococcus (Staph) bacteria on its skin. It appears that bacterial hypersensitivity in the dog is more likely to occur if other conditions such as inhalant allergy, and/or flea allergy are concurrently present.

3. *Fleas*

Fleas are very unpleasant for dogs as well as humans. They can cause discomfort and irritation in dogs. Persistent scratching is the most common sign of a flea infestation; however, this can cause secondary skin issues, such as wounds and bleeding.

This type of reaction usually is not to the flea itself, but rather to proteins in its saliva. Interestingly enough, the dogs most prone to this problem are not dogs who are constantly flea-ridden, but those who are exposed only occasionally! A single bite can cause a reaction for five to seven days, so you don't need a lot of fleas to have a miserable dog.

4. *Ticks and Mites*

Mites and ticks are parricides that can also cause adverse skin reactions in dogs, resulting in scratching, hives, bumps, and redness.

- *Ticks* havoc on a dog's body and can spread several diseases. You may notice your dog licking and chewing a particular area on its body where the tick is located, which can become swollen, inflamed, and red. Your dog can also become anemic; develop random scabs, head-shaking if attached to the outer ear flaps. Ticks can cause paralyzes' Tick disease: You may notice symptoms long after the tick is gone. That's because tick disease symptoms typically don't present themselves until months after the tick bite. In such cases, you might notice fever, tiredness, shifting lameness, pale gums, and difficulty breathing. Lyme disease: This well-known tick-borne disease can cause depression, loss of appetite, fever, swollen lymph nodes, and renal failure.
- *Dust mites* (*Dermatophagoides farinae*, *Dermatophagoides pteronyssinus*) reside in textiles such as carpet, bedding, mattresses, upholstery, and cloth toys. They prefer a specific temperature and humidity to flourish, which is easy to come by during periods of sleep. Mites have translucent bodies and prefer the dark, and they like a sleeping body that is exhaling warm, moist air. Dust mites feed on you and your dog's skin scales, bacteria, fungi and, viruses in the environment. The actual source of the allergen is protein that is found in dust mite feces. Mange is a skin condition produced by mites that can cause irritation of the skin, resulting in itching, hair loss, and inflammation. Most types of mange are highly contagious

5. *Yeast infections*

Yeast is a fungus that is present on your dog's skin. It is usually harmless; however, variations in your dog's skin can cause an upsurge in yeast. After that, the body tries to reduce the growth of yeast which causes skin crusting, itchiness, and smelling and ultimately causes the skin thickening.

- *Skin* Yeast infections can occur anywhere on a dog's skin, including the belly. They are often seen in areas that are moist, such as in skin folds, especially in "wrinkly" dog breeds. The affected skin may be red, irritated, itchy, greasy, or flaky, and there may be hair loss. If the infection is chronic, the skin may thicken and become darker in color. Yeast infections on a dog's mouth or face can cause extreme itching or face rubbing.
- *Paws*. A dog with yeast infections on its paws can have red, irritated, and itchy paws. The underside of the paws, between the pads, is affected most often, but yeast can occur anywhere on the paws. Sometimes a brown discharge can be seen in the nail beds. Dogs with yeast infections on the paws usually lick their paws more than normal. There may also be hair loss.
- *Ears* Dog ear yeast infections are quite common, and the ears often smell sweet or musty. Usually, you will see redness, which may extend onto the flap of the ear, and the discharge is generally brown. The ear may appear to be greasy, and the hair may be matted. Yeast infections in a dog's ears can be very itchy, causing dogs to scratch their ears or rub their head excessively.

Natural Remedies For Dogs With Skin Conditions



Unfortunately, itchy or uncomfortable skin can make your dog's life unhappy, and the treatment recommended by your veterinarian can be costly, this leaves many pet owners to seek out **Natural Remedies** for their dog.

This may not seem like a natural remedy, but if your dog suffers from environmental allergies then frequent bathing is going to offer much needed comfort. Using soothing ingredients such as oatmeal baths, chamomile soaks and apple cider vinegar will help your dog's skin and can relieve the itching.

Inflammation of the skin and itchiness can be a symptom of food or environmental allergies, an insect bite or sting, fungus or mites, so it's important to have a diagnosis in order to truly address the problem.

1. *Oatmeal Bath*

Oatmeal is an ancient remedy used for dry or itchy skin and is known for its ability to soothe skin and calm inflammation. If your dog has a general case of itchiness from flea bites, dry skin, or exposure to large amounts of pollen, then oatmeal shampoo is a great first step to soothing their itchy skin.

Depending on the severity of your dog's allergies, bathing once a week or more will greatly improve your dog's condition. In addition, brushing daily will help remove dead skin and fur which promotes new growth and removes allergens.

2. *Chamomile and Calendula Tea Soaks*

Chamomile reduces swelling and has anti-microbial properties that relax and cool itchy, irritated, skin. If your dog is itchy all over, then fill the tub up with warm water, about 4 inches and allow numerous herbal tea bags to steep for 10 minutes. After that, remove the tea bags and with a cup, pour water over your pooch and allow soaking for five to ten minutes. Instead of towel drying, allow your dog to drip dry.

3. *Apple Cider Vinegar Water Spray*

ACV or apple cider vinegar is a natural remedy for particularly dry, scratchy skin. ACV has antiseptic as well as antifungal properties, which make it great for dogs with allergies. Fill a bottle with 50% water as well as 50% apple cider vinegar and spray it on affected areas.

4. *Coconut Oil*

Coconut oil is particularly good at soothing itchy and inflamed skin and promotes the rapid healing of painful conditions such as hotspots. The lauric acid content in coconut oil contains anti-fungal, anti-bacterial, anti-virus and, anti-yeast properties that can help clear allergic reactions, quickly.

Coconut oil is also an outstanding moisturizer for dogs because the oils can penetrate the skin after direct application for rapid relief to dry skin. Simply massage the coconut oil into your dog's fur and skin and you will observe their coat improve and offer them relief from the continuous itching.

Food Allergy and Intolerances



There is a difference between food allergies and food intolerance's, although their symptoms; bloating, gas, diarrhea, and other unpleasant reactions, may appear to be the similar in both. However, allergy reaction can be life threatening.

Intolerances are when your dog is unable to digest and process foods correctly, usually due to a lack of enzymes, thus causing food to enter the bloodstream and cause a reaction known as leaky gut.

A **food allergy** occurs when your dog's immune system generates an antibody response to the ingested food.

In the majority of cases, dogs actually have a intolerance as opposed to a allergy, however a intolerance can lead in to an allergy. When it comes to allergies many people may not suspect food as the cause of their dog's itching because they have been feeding the same food all its life. The truth is our dogs can develop allergies or intolerance's to a substance over time, for this fact it does not rule out food allergies.

Another common misconception is that dogs are only sensitive to poor quality food. If the dog is allergic to an ingredient, it doesn't matter whether it is in premium food or the most inexpensive brand. One advantage to premium foods is that some avoid common fillers that are implicated in allergic reactions. To make it more confusing, a dog with food sensitives may not have a reaction every time they eat it, making it difficult to pin-point.

8 Common Food Allergies in Dogs



70 percent of skin conditions are allergy-related and most of them are due to environmental allergens such as fleas, pollen, mold, or dust mites. If your dog symptoms are seasonal, then it's most likely that environmental.

However, it is estimated that 10 to 15 percent of dogs suffer from their food, or an ingredient within their food.

Several foods can cause food allergies in dogs; however, here are the 8 common food allergens in dogs:

1. **Proteins:** Beef, Chicken, Lamb, are common food allergens. Feeding the same protein over and over is exactly what can build up an intolerance or allergy in your dog's system. Beef, Chicken, and Lamb are the most common ingredients in many pet foods, which may be the reason it's the most common food allergen.
2. **Fish:** Since more dogs are receiving fish in their diets, and that fish is substandard farm fed, it is only the natural progression of things that more and more dogs are being diagnosed with an allergy to fish.
3. **Dairy:** Many dogs have problems digesting lactose which is always about digestion and leads to gas, diarrhea, or vomiting.
4. **Soy:** Some studies have shown that eating soy can cause various health issues beyond allergy, including reproductive and growth problems, thyroid, and liver disease. Dr. Karen Becker, for Healthy Pets, is very concerned about soy. "The

health risks associated with soy products far outweigh any potential benefit,” she writes.

5. *Corn:*

As in any ingredient that is fed day after day, for months or even years at a time can trigger an immune system response. Corn and corn-by-products are in most dog foods today and are one of the highest Genetically Modified Foods on the market.

6. *Genetically Modified Organism (GMO)* is a plant, animal, microorganism, or other organisms whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology. Foods at high risk are Alfalfa, Canola, Corn, Papaya, Soy, Sugar beet, Yellow summer squash/zucchini, Animal products, Potato If feeding these are a few products to feed as organic, in addition to the “dirty dozen” 2021 list: Strawberries. Spinach, kale, collard greens, and mustard greens, nectarines, apples, grapes (which should not be fed to dogs), Cherries. Peaches, Pears. Bell peppers and hot peppers, Celery, AND Tomatoes.

7. *Wheat:* Wheat similar to corn allergies develops over time with continued exposure. This means that a brand of dog food containing wheat may not cause problems at the outset, but a dog may develop the allergy later after prolonged exposure, at which point the food is problematic.

In addition to specific ingredients, another factor to consider is poor digestion, which is one of the main culprits that contribute to food allergies in dogs.

Herbal Remedies For Dogs With Allergies



Keeping a dog with allergies is not rare, and dog owners spend lots of time and money asking several vets and solve their furry friend's allergy. One more great way is to research natural DIY home remedies for dogs with allergies. Besides, allergies in dogs are demonstrated in several ways. Let's talk about the solution for your dog.

1. Milk Thistle

The anti-inflammatory characteristics of milk thistle for your dog can decrease inflammation in the liver. It helps to eliminate histamine that has been made from immune system reactions (which can worsen allergy signs). Furthermore, milk thistle might have been combined with additional plant extracts in a particular preparation to treat skin conditions in dogs.

2. Bentonite clay

Bentonite clay may help to remove intestinal parasites, toxins, and heavy metals from the body. It can also be use clay to suffocate and kill external parasites on your dog. Put some dry powder over your dog's coat for some time. Moreover, add one cup of Bentonite clay to a tub for general detox. This is the best choice for dogs that have several parts of irritated skin.

3. Dandelion

A solution of nettles and dandelion root is one more great way to relieve allergy symptoms as it is a gentle detoxer of the liver.

4. Garlic

Garlic is a strong anti-inflammatory and immune booster that has quercetin a natural histamine-decreasing property. So when we talk about fighting dog's allergies naturally, then garlic is one of the top natural compounds that can improve allergic symptoms truly a significant part of any health regimen.

5. Stinging Nettle Leaf

Stinging nettle is used medicinally to treat allergies. Stinging nettle has outstanding anti-inflammatory properties; indeed, studies have revealed that the bioactive constituents of stinging nettle can stop inflammatory events. This is significant as it is those inflammatory events that create allergy symptoms. Thus, stinging nettle is a great option for dogs having allergies.

6. Turmeric

Turmeric is a common spice usually used in Indian and Thai foods. According to the research, it has several health benefits. Turmeric's active compound is curcumin, which can decrease and inhibit allergic symptoms. Thus, it is also a great option for dogs with allergies.

In addition to these herbs, there are other foods that can help support your dog's immune system and combat allergy symptoms.

1. Foods high in vitamin C

Vitamin C is the best remedy for dog's allergies. It acts as an antihistamine, an appropriate Vitamin C consumption that fights against inflammation and any additional allergic reactions your furry friend might be experiencing. Dogs can get Vitamin C from whole foods, for example, kelp, garlic, parsley, and alfalfa.

2. Local bee pollen:

The idea behind eating local honey as a remedy for seasonal allergies claims that it might work to combat allergy symptoms similar to an allergy shot. When bees produce honey, it contains small amounts of pollen from nearby flowers and by consuming builds up a tolerance, although there are no studies to support this.

3. Fish Oil:

The Omega-3 fatty acids present in fish oil help decrease inflammation, which can reduce the intensity of allergy symptoms. Furthermore, omega-3 fatty acids can treat a skin disorder which is common to see in dogs that suffer from allergies and can help reduce itching in dogs.

4. Prebiotics:

By giving support to the beneficial bacteria, prebiotics for dogs help in improving digestion. It means that nutrients are absorbed well, mainly in the case of minerals. Prebiotics also provide immune support to your dog. Moreover, supplements having prebiotics can treat dogs with allergic reactions.

5. Probiotics:

Probiotics can be a great way to help your dog with allergies. The beneficial bacteria can help decrease bad bacteria in the dog's gut. As a result, this can help decrease inflammation as well as autoimmune responses.

Besides, probiotics are living bacteria that grow in your pooch's gut. Probiotics can absorb nutrients, such as magnesium, calcium, and iron. They protect your furry friend from several viral, bacterial, and fungal diseases..

So, if your dog is suffering from allergies, choose 2 or 3 natural remedies to start with. Natural solutions do well without harming the immune system of your dog. Try them today and provide your dog with natural allergy relief!

Boost Your Dogs Immunity Using Whole Foods For Dogs With Allergies



Allergic diseases are one of the most common chronic health conditions in the world and its symptoms can range from a mild to a serious life-threatening reaction (anaphylaxis).

Allergic reactions begin in the immune system and since the immune system requires a healthy balance of real foods, nutrients should be a top priority for your dog. While every pet's immune system may be different, some common issues that are related to a weaker immune system include, but are not limited to, bacterial and yeast infections, skin allergies, ear infections, and reproductive or degenerative disorders so maintaining a healthy diet keeps the immune system balanced and ready to fight against infection and viruses.

How has food changed over the past 10 years?

We recognize that our food has altered over the past centuries. Since the agricultural insurrection, our connection with the production and the handling of food has been changing and with this, we have altered nature.

We cut down forests, requested grassland, and usually placed our distinctive footprint on the earth. Accompanied by the modifications in agriculture have changed the nutritional value of what we consume and what we offer to our dogs. Here are some factors that have caused the decreased value of foods.

1. Soil Depletion

Nutrient depletion indicates the lack of nutrients in an environment or parts of the earth, most frequently soil depletion. Nutrients are generally the first association in the food chain; therefore, a lack of nutrients in an environment will impact nutrient cycling as well as the whole food chain.

Because of various reports indicating an unsafe soil diminishing, the nutritional content in the plant as well as animal-based foods is less today as compared to it was previously we initiated abusing the soil in several different ways comprising the heavy usage of fertilizers.

Plant and animal-derived foods contain fewer nutrients because of severe soil depletion, rapid plant food development, and additional factors. Thus, the food we eat is lacking the proper quantity of nutrients. Organic foods contain fewer pesticides; however, they are not considered rich in nutrients.

Moreover, the majority of individuals today eat goods that either lack essential vitamins or do not have nutrients. The most unsafe among foods are those which have high glucose content, refined sugar, refined rice, plus refined flour products like white bread, cakes, and refined pasta.

2. Pesticides

Pesticides have a quick and positive effect on the quantity of created food, simultaneously, they are involved in numerous side effects, frequently producing some danger to human health. They can encourage severe health effects containing cancer, impacts on reproduction, and damage to the immune system.

According to the research, pesticide residues stay in consumed food. It is essential to get whether these residues interact with further nutrients reaching plant and animal tissues or whether they stay on the surface, being simply eradicated before human intake.

Some influences of processing on reducing the level of these residues in foods are also concisely defined. One more aspect associated with the use of pesticides is their effect (generally undesirable) on the nutritive value of plants.

We need more consideration and a complex methodology in utilizing pesticides for the plant as well as animal protection. Thus, pesticides should be verified for all likely health effects and the outcomes should be examined by scientists to judge any hazards to humans and animals.

3. GMO

We are lacking numerous essential nutrients in our food, mainly raw food. Currently, conventionally grown food isn't as healthy as it was several years ago. The reduction in the quality of food was first noticed over 10 years ago.

The typical association of anti-GMO, as well as pro-organic revolutionaries, claim that these nutritional deficiencies are because of genetically engineered foods. But, science says that this trend precedes the understanding of genetic modification.

There's been countless data generated indicating reductions in vitamin as well as mineral content in our food. The accidental environmental hazards of genetically modified foods contain herbicide and pesticide resistance, crops that are extreme genetically uniform and; therefore, prone to being affected via disease, and

farmer's restricted access to seeds because of patenting of inherently altered food plants.

Why including whole food supplements can help support **the** nutritional depletion of food?

In a nourishment source, a vitamin complex contains the basic vitamins and an essential matrix of supporting minerals, enzymes, and antioxidants. For instance, an organic food source aimed at vitamin E like wheat germ oil contains almost five additional key nutrients and numerous associated nutrients.

Generally, raw materials such as plants, fruits, veggies, and animal-based goods are processed to reserve the basic vitamin and minerals in producing whole food supplements. In using whole food supplements prepared by these naturally determined food sources, a dog gets the same advantage as humans receive.

Final thoughts

Whole food supplements can provide your dog's body with essential nutrients requiring in their food. Synthetic supplements, in contrast, provide only isolated vitamins, and numerous scientists argue that they create potential hazards.

Offering suitable nutrition for your dog with whole food supplements is a strong tool in fighting and preventing disease and improving overall health.

How to do a Food Elimination Diet



If you suspect your dog to have a food allergy, intolerance, or sensitivity then one might consider a food elimination diet to help identify the source.

Itching, nausea, gas, and diarrhea can sometimes occur due to food intolerance's if additional causes for these signs are ruled out. Several pet owners ask how to do a food elimination diet for dogs? This is simply done by removing foods to identify problematic foods; a planned approach should be taken.

Allergy vs sensitivity

The main difference between an allergy and sensitivity is that an allergy is characterized by the immune system response to a substance; however, sensitivity includes no immune reaction.

What is a food elimination diet?

An elimination diet is when you take your pet off all the foods they are currently eating, including treats, chews, toys with food, flavored toothpastes, or supplements. It is a strict diet where we introduce foods, record reactions, and develop meals that your dog can tolerate. However, finding one trigger food doesn't mean the diet is over, as many pets are sensitive to more than one food. For an elimination diet to work, your pet has to stick to their diet every single day.

Why do an elimination diet?

Elimination diets are important for identifying food allergies through diet. They eliminate certain foods that cause uncomfortable symptoms and we can begin to create a diet that best suits your dog. We start with foods your dog has not eaten before to allow the body and immune system to reset

It's important that everyone in the household understands how strict an elimination diet has to be. If the adults in your family are following the dietary rules, but the kids are slipping your pet scraps of food from the table, the plan won't work.

How to reintroduce foods?

Through a process we will slowly introduce foods back into your dog's diet, we record and monitor the response giving us an indicator if it is a safe food to feed or not.

** We should mention before proceeding you should discuss with your vet and make sure your dog's health is not an issue, particularly if they have a disease such as diabetes. Ask your veterinarian about any medications your pet is taking as well.

Step 1: 60/40 Split

You or your vet will choose one new protein and one new veggie which will be a 60% protein 40% veggie split. Examples are rabbit and green beans, venison, and sweet potatoes, or buffalo and kale; we stick to those foods exclusively for at 7 days.

We continue this process until we have identified 4-5 proteins your dog can eat. This allows for rotation and reducing the likelihood of your dog developing an allergy and minimizing the potential of a sensitive build-up.

Step 2: Observe and Take Notes

It's a good idea to keep a detailed food journal during this time to record which food your dogs are eating, are the symptoms increasing or decreasing, what is the level of sensitivity (high, medium, low), categorize each food as a yes your dog can eat, no your dog can not eat, or neutral, and how your dog is feeling and acting throughout the 7 days. If your dog has any serious negative reactions, like trouble breathing or loss of consciousness, tell your vet or get emergency care right away.

Step 3: Start Adding in Simple Foods

After the trial period is up and you have found 5 proteins and veggies and your dog's conditions are improving, now we want to slowly add other foods back to your pet's diet. If you feed grain, this would be the time to continue journaling with the proteins and veggies that your dog is non-reactive to and rotate grains into the diet in the same fashion as step 2. If however, you begin to see negative results, stop the trial and switch to a different grain.

Step 4: Record What Happens

Continue taking notes in your food journal. If there's a flare-up or recurrence of previously improved symptoms at any point, your pet may not be able to tolerate that food.

Step 5: Choosing the right diet

Alright!!! Now it's time to create a balanced meal plan. You have several choices. The most logical and safest is to continue on a fresh diet but now it's time to fill in the nutritional gaps in your meal plans. You can contact our food specialist or your vet nutritionist to get you on track.

Or you can attempt to find a commercial food that fits based upon your findings and slowly add the food back into your dog's diet. Don't be surprised if you begin to see symptoms reappear. Commercial foods have fillers, preservatives, and other high risk ingredients, it's often much easier to cook your pet's new diet yourself.

However there may be some food manufactures that are minimally processed and might be suitable, for example, Honest Kitchen which has single protein sources and that can make a huge difference.

Final Things To Keep in Mind

If the symptoms haven't gone away, the problem likely isn't a food allergy. Itchy skin and other issues can all be caused by environmental factors like dust, pollen, and mold, and not be related to diet at all. If the elimination diet doesn't help, think about the household cleaners, laundry detergent, or yard products you're using.

Conclusion



Ultimately, as dog a owner, all we want is to provide our dog with a happy life and in this case, that means allergy free.

There is a great sense of relief in having a game plan and you will be ecstatic with the results upon the completion of your dog's food elimination diet.

You can resolve your dog's food allergies and keep them symptom-free by staying symptomatic in your process, being consistent, journaling, making slow changes, and evaluating, this is the combination for success.

In the meantime, while you're in the process you can follow the DUY natural remedies included to help alleviate symptoms such as scratching, itching, chewing, hives, and body odor.

You can get off the prescription drugs that are harmful and the low quality prescription foods and take control of your dog's health.

You can do it!!

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