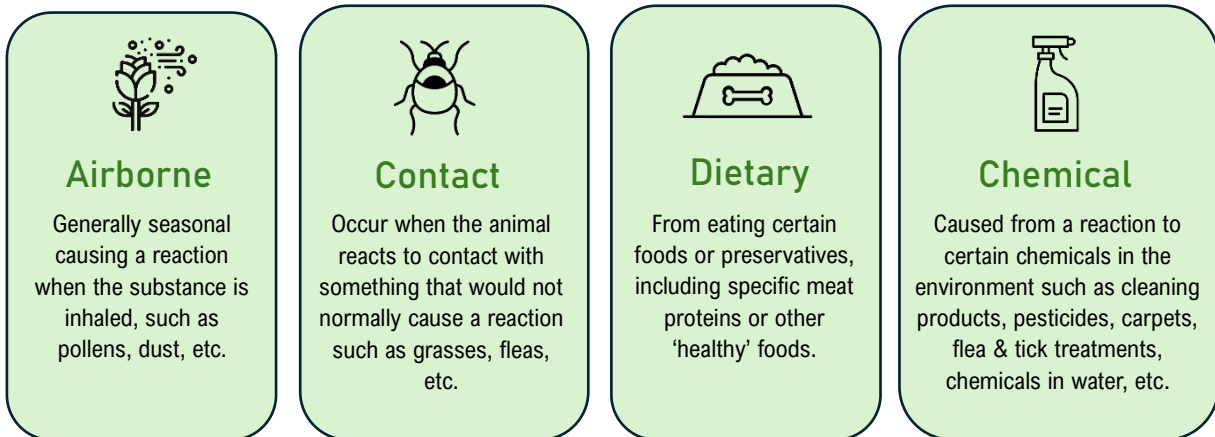


## Diet Plan: CANINE SKIN ALLERGIES

### ABOUT

Skin issues such as biting and licking of paws, itchy skin and recurring ear issues are often a sign of an allergy and many dogs respond well to natural remedies and dietary changes.

**Allergies can be divided into four categories:**



The immune system and gut imbalance are often contributing factors in dogs developing allergies.

The constant over exposure to toxins in the environment, processed food, medication, drugs, toxic flea treatments and vaccines can all contribute to impaired immune function.

A healthy gut microflora is also vital in maintaining a healthy and strong immune system.

The naturopathic approach is not solely concerned with which type of allergen is causing the problem, more importantly is why the immune system is reacting to it in the first place. The following recommendations are aimed at reducing the toxic load on the immune system by avoiding possible allergens, while helping to detoxify & strengthen the body to better cope with these in the future.

A healthy diet is important even for dogs with contact or chemical allergies. Providing optimum nutrition to support a healthy immune system and gut health along with avoiding chemicals and toxins is vital.

It is almost impossible to avoid contact with grasses and weeds, however, hosing off feet and underbelly after exposure can help with grass allergies.

To help isolate other contact allergens, such as carpets, bedding, chew toys, food items and other possible triggers, a Bio-compatibility test is a non-invasive method identify other possible triggers –

<https://greenpet.com.au/product/bio-compatibility-hair-testing-animals/>.












Initially I would recommend eliminating ALL processed food and feed a fresh anti-inflammatory diet. It can take up to 12 weeks to notice marked improvements when changing the diet as some dogs may go through a detoxification period where they get worse before improving.

If there is no sign of improvement after 8 weeks on the fresh food diet, I would suggest trying an elimination diet.

Many dogs will improve just by stopping processed food and eliminating common allergen foods.

## AVOID THE FOLLOWING FOODS

It is important to avoid ingestion and exposure to as many toxins as possible to support healing.

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  - ✗ **Processed pet food** – ALL canned, dry (including ‘grain-free’ dry food). Read labels and ensure any packaged food does not contain meat by-products or poultry by-products which can be listed as ‘meat meal’ or ‘poultry meal’ on labels.
- ✗ **Wheat** – this includes pasta, bread, toast, etc. 
  - ✗ **Yeast** – gravy, breads, vegemite & some vitamin B supplements. 
  - ✗ **Dairy** - Cow’s milk, cheese, butter, cottage cheese, yoghurt and ice cream, dog chocolates. 
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  - ✗ **Commercial chicken** (due to antibiotics and growth hormones in commercially farmed poultry).
  - ✗ **Commercial Pet food treats** that contain preservatives – raw hide, etc.
  - ✗ **Minced meats** containing preservatives. 
  - ✗ **Soy protein, soy milk.** 
  - ✗ **Sugar** and anything containing sugar. 
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## IT IS ALSO IMPORTANT TO AVOID

- ✗ **Cigarette smoke** or car fumes.
- ✗ **Vaccination** booster shots can weaken them further, so only do this if needed. You can request a Titer test from your vet to check immunity levels.
- ✗ Avoid feeding or drinking from **plastic or aluminum bowls** which can leach toxins into the food and water.
- ✗ **Toxic flea products**, if it’s not safe for human skin contact, it’s not safe for your dog either.
- ✗ **Herbicides or pesticides** around the garden (dogs are closer to the ground and will have more contact than humans with these toxic chemicals).
- ✗ **Chlorine and fluoride** in town water supplies. Use filtered water.

## FOR FUSSY DOGS

Make changes gradually if you need to. Add a little of the new food to their usual diet, gradually increasing the new and decreasing the old.

## REDUCE INFLAMMATION

Feed an anti-inflammatory diet. Anything that causes inflammation in the body increases the risk for health issues. A healthy canine diet should be fresh and raw, and include high-quality protein, including muscle meat, organ meat and bone along with fresh vegetables.

I recommend to supplement with EPA and DHA (omega-3 fatty acids, such as flaxseed or krill oil). Omega 6 in high amounts can increase inflammation whereas Omega 3's reduce inflammation. Processed food and meat is high in Omega 6 so another reason to avoid all processed foods completely. Avoid cooked fats or heated oils.

## NATURAL DIET SUGGESTIONS

### RAW MEATS & BONES

Should make up approximately 85% of the DAILY RATION



- ✓ **70% Raw meats** - Free-range, grass-fed or organic if possible: chicken, rabbit, mutton, duck, kangaroo, lamb, turkey, pork and beef.



- ✓ **10% Raw Bones** - Preferably bones with some meat still left on. Select from some soft bones they can eat readily and hard bones they need to chew on to clean teeth and exercise jaws. Free-range chicken wings, feet or necks, rabbit, duck, turkey or beef ribs, lamb shanks, knuckle bones or carcasses. Be careful feeding large marrow bones due to the high fat content and they can damage teeth. Avoid cooked bones which can be dangerous.
- ✓ **5% Organ meats** - Free-range or organic liver, kidney, heart, tripe, spleen, pancreas, sweetbread & other internal organs are important as these contain some essential nutrients not found in meat. Ensure you add a variety of organ meats especially heart & liver. If you are unable to feed organ meats from butcher, try to include some in **dried form**. It is also important to include **taurine** if unable to feed heart.

### VEGETABLES

Should make up approximately 10% of the DAILY RATION:



**Raw vegetables** must be finely minced or pureed for your dog to digest them. Select from kale, broccoli (including stems and leaves), mushrooms, fennel, carrot, celery, beetroot, sweet potato, okra, asparagus, cucumber, endive, radicchio, cauliflower, zucchini, capsicum, peas, tomato, steamed brussels sprouts or pumpkin...





- ✓ **Sprouts or Microgreens** are a rich source of nutrients. Broccoli sprouts are higher in nutritional value than regular broccoli. Microgreens are vegetables and herbs harvested while still seedlings which are rich in nutrients and easily mixed into your dog's meals.
- ✓ **Fermented veggies** (onion free) are good for healthy gut microbiome.

## FOODS TO AVOID

*Refined Carbohydrates such as white rice, pasta, biscuits, bread or cake. Farmed salmon, bacon, sausages, ham & other cured meats. Smoked or pickled meats. Corn syrup, honey, sugar or other sweeteners. Peanut butter. Cooked bones which can be dangerous. Onions or chives. Avoid feeding grapes, sultanas or raisins.*

## NON-ESSENTIAL EXTRAS (can make up 5% of the DAILY RATION)

The following foods are great meal toppers or treats –

### FRESH / DRIED ORGANIC HERBS & SPICES

Contain a range of benefits from being highly nutritious to having medicinal properties. Rosemary & basil are heart tonics, parsley, arugula (rocket) & ginger are digestive tonics, rosemary & turmeric are anti-inflammatory, dandelion for liver & digestion, & oregano, thyme have anti-microbial properties, cilantro (coriander) for detoxification of heavy metals and toxins. Start slowly and build up as your dog gets used to the flavour.

Some popular spices you can add to your dog's food include Cumin (anti-microbial & digestive tonic) and Ceylon cinnamon (heart tonic).

Add 1/4 teaspoon of **fresh** herbs per 10kg bodyweight **or a small pinch** of dried herbs or spices in moist food.

*Avoid nutmeg or chives.*



### SEAFOOD



Fresh or lightly steamed fish with bones removed. Cooked wild salmon is good (avoid farmed salmon). Green lipped mussels and other shellfish contain manganese which is important for strong ligaments and connective tissues.

**Sardines** (fresh) are a good source of healthy fats or canned sardines in water. (Heat destroys Omega 3 so fresh raw sardines are preferable to canned due to the high temperature during processing). Give one sardine per 10kg bodyweight two or three times a week. Avoid sardines for pets on a low purine diet (kidney stones).

### SEAWEED



Nori strips, dulse, [wakame](#), and [kelp](#) are rich in minerals and can be cut up and added to food occasionally.

### RAW NUTS AND SEEDS



Are usually enjoyed by dogs as occasional treats but avoid macadamia nuts which are very high in fat (can cause nausea or vomiting).

Pumpkin seeds contain zinc and Brazil nuts are a good source of selenium (one Brazil nut daily for large breeds or cut a smaller piece for smaller breeds).

Linseed (flax) may be ground and added to meals as a good source of omega 3 fatty acids.

Feed nuts and seeds sparingly at the rate of 1/4 teaspoon per 5kg bodyweight daily.

### FRUIT



Especially berries (raspberries, blueberries, blackberries, strawberries, mulberries, or cranberries).

Pomegranate is a powerful superfood if you dog likes them.



Green or ripe bananas (the green banana is lower in sugars and small pieces of green bananas are good to help support gut health).



Kiwi fruit, papaya, apple, pineapple, rockmelon, watermelon, and other fruits may be fed in moderation as treats.

Avoid grapes, sultanas or raisins which are toxic to dogs.

### EGGS



Free-range organic eggs, including the ground up shell. (No more than 2 or 3 per week)

### COCONUT



Fresh coconut meat from the kernel, coconut milk or plain coconut yoghurt may be given sparingly.

### HOW MUCH TO FEED:

The amounts fed can vary depending on how active your dog is, so the below is a very rough guide only and you may need to increase or decrease to ensure ideal weight is maintained.

**The total amount to feed for adult dogs is 2% to 3% of their ideal body weight daily.**

**Very active dogs may need more than this (up to 5%).**



**For a 15kg dog feed approx.**



200g meat  
+ 20g offal  
+ ½ cup veggie pulp  
+ Raw bone

**For a 25kg dog feed approx.**



300g meat  
+ 35g offal  
+ ¾ cup veggie pulp  
+ Raw bones



## HOW TO PREPARE A NATURAL DIET:

Place veggies, sprouts, etc; in a food processor and blend until finely minced (or use the pulp from vegetable juicer) and mix this with a little meat and process again until well combined.

Serve with a meaty bone. If you do not have a juicer or food processor, then lightly steam and mash the veggies with the meat.

You can make food up fresh each day or prepare a week's supply and freeze in daily portions. Then simply remove the following days portion and allow it to defrost in the fridge for 24 hours.

Add remedies and nutritional supplements just prior to serving.

\*\* If you are not able to prepare fresh food at home yourself, there are many companies selling fresh 100% raw food diets that are balanced and preservative-free.

So, check what is available in your local area as this is often a convenient option:

Billingshurst BARF, Canine Country, Lyka, RogueRaw, Raw&Fresh, Rawk9, BigDog, and many others.



## OTHER INFORMATION

Grass-fed animals (meats) contain less saturated fat and less omega 6 'pro-inflammatory fats' than grain-fed animals. Excess saturated fat can affect gut microbiome. Remove skin from grain-fed poultry or pork due to high omega 6.

It is not necessary to balance or measure out each meal exactly. A dog in the wild would eat plenty at times and other times sparingly, and their stomach is fully equipped to deal with this variation.

If your dog refuses to eat bones, try sourcing ground bone (some butchers will grind up carcasses into mince) or supplement with an **organic calcium supplement**.

Serve food at room temperature rather than chilled, if possible, for better digestion.

Vary the types of meats & offal fed to help prevent food sensitivities developing.

Don't leave food out all day, it is not healthy for dogs to nibble throughout the day/night.

Encourage chewing chunks of meat & raw meaty bones. Chewing is necessary to help activate enzymes for better digestion and for healthy gums and teeth.

If diarrhoea or constipation occurs after changing to a natural B.A.R.F (Biologically Approved Raw Food) diet, then please contact the clinic.



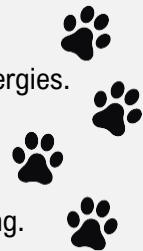
Try to reduce the use of non-essential drugs and external chemicals. Choose natural alternatives where possible.

Animals that have been on cortisone or other immune suppressive drugs often take longer to recover so be patient.

Do not stop medications including Cortisone, Cytopoint or Apoquel suddenly, as these may need to be reduced gradually only as symptoms improve.

## RECOMMENDED SUPPLEMENTS TO SUPPORT HEALTHY SKIN

- ✓ [Greenpet Vitaskin](#) to help provide optimum skin health and support dogs with allergies.
- ✓ [High Potency Vitamin C](#) may be beneficial for dogs prone to infections.
- ✓ [PetzPark Probiotic](#) to help regulate gut health, target allergies & reduce paw licking.
- ✓ [Natural Pet Supplements – Skin Allergy Support](#) to support a normal immune response.
- ✓ [Hemp Extract](#) Good source of omega oils.
- ✓ [Omega 3 DHA/EPA](#) – A sustainable source of omega 3 rich marine Algae oil.



## EAR CARE

Chronic or recurring ear problems is a common issue for dogs with food intolerances. In most cases this will clear up as your dog's internal health improves.

- ✓ [Neempet Ear Solution](#) is a natural spray solution for healthy clean ears.

## EYE CARE

- ✓ [Greenpet herbal eye wash](#) may be used to bathe inflamed or irritated eyes.



## SKIN CARE

### When skin is inflamed or irritated:

- [OxyEze skin spray](#) is a natural liquid stabilized oxygen spray that is safe to use on face, around eyes and anywhere on body to help soothe irritation and inflammation.
- [SuperBath](#) is a blend of herbs that can be used as soothing rinse over body to help reduce irritated skin - Apply the SuperBath solution as directed and massage through fur well to get down to the skin.
- [Greenpet Skin-Eze ointment](#) – May help to soothe skin irritations and relieve itchy skin. If applying the cream, it is best to allow it time to penetrate before they lick it off. Massage in well then go for a walk or play so they don't lick it straight off.

Some of the following natural rinses may help to relieve itching and soothe inflamed skin. These can all be left to dry and require no rinsing – Use daily if necessary.

- **Apple cider vinegar or White vinegar** diluted in water 1 cup in ½ bucket of warm water. This may be used as a rinse after bathing or between washes.
- **Green or black tea** – Make a strong brew of tea, dilute with extra water and pour over affected areas as needed.
- **Providone Iodine (Betadine)** may be added to a bowl of water until it is the color of iced tea and used to soak paws. No need to rinse, just pat dry after soaking paws for around 5 minutes.
- **Hydrogen peroxide 3%** may be diluted and applied to affected areas - ¼ cup in 1 litre water. Pour over paws or dab on areas of skin (avoid face and eyes).

Avoid washing with oatmeal shampoos if your dog has fungal infections as this can aggravate due to the starch.

Use a natural shampoo that is medicated with herbs and other non-toxic ingredients that will help soothe inflamed and itchy skin rather than harsh chemicals.

[DerMagic shampoo and conditioner bar](#) are specially formulated to help dogs with skin issues, including blackening of skin. When used regularly they can offer relief to itchy skin.



## NATURAL FLEA & WORM CONTROL

Ask us about natural options that are safe, non-toxic and chemical free.

Reduce toxicity by choosing natural options that enhance overall health and wellbeing for happy, healthy dogs.



**Julie Massoni**  
**N.D Animal Naturopath**

A.T.M.S 2358 (Registered Practitioner Australian  
Traditional Medicine society)

**PLEASE NOTE\*\*\***

*Remedies and recommendations provided by Greenpet P/L are not intended to replace veterinary treatment. They are aimed at supporting your animal's overall health and wellbeing. They are not intended to treat, cure or prevent any disease.*

*Please do not stop using medication your vet has prescribed suddenly as some medications may need to be reduced gradually if improvement is seen.*