

# *Dogs and Allergies*

A Handbook of Dog Allergy Symptoms,  
Diagnosis, and Treatment



By: Omar Reyes  
[DogCareJourney.com](http://DogCareJourney.com)

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# MY DOG HAS ALLERGIES

You may not think that your dog could be affected by allergies, but at the same time you may see certain signs that make you stop and think, “my dog has allergies”. For us, it seems like there can be an allergic reaction to almost anything you can think of. You name it and someone is allergic to it.



For example:

- pollen
- dust
- food
- latex
- nuts
- seafood

Yet we do not think about our dogs as suffering from the same discomfort that allergies can bring. But dogs can develop allergic reactions just like humans do. They cannot tell us when they are itching, but we see them scratching. They cannot tell us when they are developing a skin infection, but you see them licking themselves. So it is up to you to learn how to look for the signs that a problem may be developing, and that your dog may have an allergic reaction to something in her environment.

Your dog’s allergies may present itself in various ways. She may scratch or lick,

or she may vomit and have diarrhea. When you see symptoms like these, you can investigate further to see if something is really triggering a reaction, or perhaps it is only a temporary irritation that will pass.

Dog allergies are similar to human allergies in that some allergies are passed down from parent to offspring. Your dog can suffer from a variety of allergies. The most common are:

- food and protein allergies
- seasonal allergies (pollen)
- skin allergies
- allergies to fleas and mites

The good news is that they are all treatable with a variety of remedies. Food allergies may require a change in diet. Skin allergies may require some type of topical medication. Allergies to environmental factors may require you to make certain changes to things your dog interacts with. You can also explore natural allergy remedies as well.

So, if you think your dog has allergies, schedule an appointment with your vet. The vet will be able to perform certain tests to determine the cause of the allergic reaction and the specific type of allergen that is affecting your dog. You can also discuss an effective course of action and possible treatment options.

The key to identifying any potential problems with allergies is to understand your dog's behavior. Knowing what is "normal behavior" for your dog will allow you to better decide if she may be showing signs of a problem. There are many symptoms that you can look out for, but there are no set rules to determine if your dog is allergic to something.

# COMMON DOG ALLERGIES – A QUICK LIST

There are various types of allergens that can trigger an allergic response in your dog. You will learn more about each of the common dog allergies as we move through this series. Today let's take a look at some of the most common types your dog might suffer.



First, let's define what an allergen is:

**Allergen** – an allergen is anything that can trigger an allergic reaction

## Common Dog Allergies

### Seasonal Allergies

This is the most common cause of itching and scratching in dogs. The culprit is usually the pollen floating around in the environment, and mostly tree and grass pollen. Pollen from flowers do not seem to be much of a problem. Seasonal allergies usually appear three to four weeks in the spring and about the same amount of time again in the fall. During these time you may find your dog sneezing more often.

### Food Allergies

Your dog can develop an allergy depending on the diet she is being fed. It can be caused by a particular brand of dog food, or by individual ingredients in the dog's diet. One of the more common dog allergies from food is a reaction to protein. The symptoms are usually vomiting and diarrhea, although food allergies can trigger hot spots and other skin problems as well, including hair

loss.

Food is usually one of the first things people think causes their dog's allergies. But only about 15% of dog allergy cases are actually caused by food.

## **Fleas and Other Parasites**

If your dog spends a lot of time outdoors in the spring and summer months, chances are that she will be bitten by fleas and insects. Dogs can develop a reaction to an insect bite which will cause to bite and scratch their itchy skin. These bites are usually from fleas, but they can be from mosquitoes and mites as well as other types of insects.

## **Mold**

Living in a hot and humid climate, or a rainy and wet climate can cause your dog to suffer from allergies. This is because moist climates usually causes mold, and dog can be allergic to mold, which usually causes them to itch and scratch.

## **Allergies to Other Animals**

Just like how you and I can be allergic to a cat or a dog, so too can your dog be allergic to another animal. They can be allergic to cats, and even other dogs as well. Birds and other furry pets can also cause dog allergies. This is something that can easily be overlooked, but remember that it can happen.

## **Contact Allergy**

This type of allergy is known as contact dermatitis. It usually manifests as hives, rashes, or other spots in the area where the skin made contact with the antigen. Substances such as cedar chips, wool, and even certain plastics can trigger an allergic reaction. One of the most common culprits is your dog's bed, because of the filling inside. Sometimes, your dog can also be allergic to the material your carpet is made from.

These are the most common dog allergies that you will encounter. Of course, there are so many more things that can trigger an allergic reaction in your dog, but there are way to many to mention.

# COMMON SYMPTOMS OF DOG ALLERGIES

A diagnosis of dog allergies can often be a challenging task. This is because many of the symptoms of dog allergies are often similar to other diseases and conditions that may affect your pet. Even if you are able to determine that the signs and symptoms are a result of an allergic reaction, it can still be difficult to narrow it down to a specific allergen as the root cause.



Many dog allergies share similar symptoms, but with a little time and effort it is possible to narrow down it down to one of the more common dog allergies.

## Common Symptoms of Dog Allergies

### Seasonal Allergies

- itching (mostly around the face, chest, and belly)
- sneezing
- coughing
- wheezing (similar to an asthma attack)
- watery eyes
- hot spots
- constant licking (especially in the sides and the groin area)

## **Food Allergies**

- diarrhea
- vomiting
- itching skin
- excessive scratching
- licking
- hot spots
- skin infections
- ear infections
- hair loss (excessive shedding)

## **Flea and Other Parasites**

- intense itching
- scratching
- chewing
- biting (especially the tail, stomach or legs)
- hot spots
- inflammation

- skin infection
- hair loss (excessive shedding)

## **Contact Allergy (contact dermatitis)**

- hives
- rashes or red itchy bumps
- blisters
- hot spots
- darkening of the skin
- thickening of the skin
- intense scratching
- hair loss (usually in chronic conditions)

## **Less Common Symptoms of Dog Allergies**

These symptoms are less common, but are more severe allergic reactions:

- hives (Urticaria)
- swelling of the face (Angioedema)
- Anaphylaxis
- shock

- respiratory failure
- cardiac arrest
- death

As you can see, several of the symptoms of dog allergies are similar across the different types of allergies. But the most common allergic reaction is dry and itchy skin. It is characterized by constant scratching, flaking, and scabbing. The bad thing is that your dog may scratch so much that sores can develop, which can lead to an infection. This presents a whole new set of problems.

Hot spots and hair loss are other common symptoms of dog allergies that can occur.

Seeing your dog suffering from any of these symptoms can be troubling and often quite scary. If you notice your dog showing signs of any of these reactions and you suspect that it is allergy related, schedule a visit to your veterinarian. Your dog's vet can help you to determine the type of allergy and, depending on how severe the symptoms are, will determine what type of treatment would be most effective.

# HOW TO IDENTIFY ALLERGIES IN DOGS

When looking at the common symptoms of allergies in dogs to help you identify a particular type of allergy, it is useful to also look at external factors as well. For example, changes in your dog's environment, the time of the year, and changes in her behavior can make a difference when trying to determine whether the symptoms indicate an allergy or some other health issue. If you believe your dog has an allergy, these factors can also play a role in finding the root cause.



The only sure way to confirm that your dog has allergies, and to determine what she is allergic to, is to perform an allergy test. There are various tests that can be done to confirm dog allergies.

## **Types of Allergy Tests To Determine Allergies in Dogs**

- blood testing
- intradermal testing
- environmental change

### **Blood Testing**

When performing a blood test, a sample of the dog's blood is taken. The vet then examines the blood for antigen-induced antibodies that may be present in the dog's body. There are generally two types of blood tests that are used:

- the RAST (Radioallergosorbent) test
- the ELISA (enzyme linked immunoabsorbent assay) test

## **The RAST Test**

In the RAST test, the blood that is drawn is checked for a negative reaction to various allergens like mold, dust, pollen, and other chemicals. The blood may also be tested for a reaction to other allergens such as food, nylon, and some synthetic materials.

The test uses complex analysis so it takes about two weeks to get back the results.

The RAST test is good for diagnosing inhalant allergies in dogs that is usually caused by pollen, dust, or mold. However, it is not a conclusive diagnosis for contact allergies. It also has some drawbacks. Since it is actually designed for humans, it may result in false negatives when used for testing dogs. Because of this, many vets recommend following up with an intradermal skin test.

## **The ELISA Test**

The ELISA test is very similar to the RAST test. The advantage is that many veterinarians agree that this test produces more accurate results.

## **Intradermal Testing**

In intradermal testing, an antigen is injected under the dog's skin. If the skin becomes red or an irritation develops around the area of the injection, the dog is allergic to that specific antigen. The test is about 75% accurate at identifying allergies in dogs. However, if your dog is being treated with steroids or antihistamines, the results will be inconclusive.

## **Environmental Change**

Environmental change is not really a test, but rather a process of elimination. It involves eliminating things that your dog interacts with in a controlled way to narrow down the cause of an allergy. It is usually trial and error, but can be a good first step to finding the cause of your dog's allergies.

Identifying and then diagnosing allergies in dogs can be a challenging task. You have to know what to look for, and even then it can be a guessing game to determine the root cause of the allergy and pinpointing the exact type of dog allergy without doing further testing. Although it does take time and effort to identify allergies in dogs, the long-term reward for both you and your dog will be well worth it.

# DOG SKIN ALLERGIES FROM FLEAS AND OTHER ALLERGENS

Your dog can suffer from various types of allergies. One of the most common is dog skin allergies. Any form of allergic reaction that affects the skin can make your dog uncomfortable.



Just like humans, your dog's skin is the largest and one of the most important organs of her body. The skin helps to regulate your dog's body temperature, helps to prevent the loss of moisture, and keeps away some parasites. Because the skin is so important to your dog's health, it is important that you understand some of the things that can cause irritations, allergic reactions, and possible infections.

## Types of Dog Skin Allergies

### Dog Skin Allergies to Fleas and Other Insects

One of the most common dog allergies is a sensitivity to fleas and other insects. It can affect any dog regardless of breed or sex. Flea allergies are most likely to occur during spring and summer, the typical flea season. During these times, the weather usually reaches a warm 80 degrees and stays warm, a prime breeding environment for fleas and mosquitoes. Because it typically occurs only during certain times, it is also considered a seasonal dog allergy.

We talk about flea and insect allergies, but in fact, your dog is actually allergic to one or more of the substances present in the saliva from these insects. Studies have shown that there are at least fifteen different antigens present in flea saliva that can trigger an allergic reaction in your dog.

When the flea, mosquito, or other insect bites your dog, the saliva is injected under your dog's skin. This can cause an allergic reaction and the skin becomes itchy and inflamed. Itching usually begins immediately after being bitten, and can last long after the fleas have been eliminated.

Some of the common symptoms of dog allergies from flea bites include:

- itching
- scratching
- biting
- chasing the tail

Problems can occur if you leave a flea or insect allergy untreated. Your dog can really damage her skin. They usually chew and scratch at the irritated areas which can cause the hair to fall out and the skin to become dry and scaly. In some extreme cases, the dog chews and scratches so much, that the skin develops open sores which can become infected. Not good!

If your dog shows signs of a flea or insect allergy and you find fleas on your dog, then she is probably having an allergic reaction to the flea bites. An intradermal skin test can confirm if it is indeed an allergic reaction to flea saliva.

Getting rid of the fleas and controlling the fleas in your dog's environment will usually take care of the problem. Preventing the flea bites in the first place is key for dogs with flea allergies.

## **Other Types of Dog Skin Allergies**

Like humans, dogs can be allergic to almost anything they come in contact with. There are so many things that can cause a skin irritation to develop. Your dog can be allergic to:

- shampoos
- dog sprays
- dog beds
- carpets
- cats
- other pets

...and the list could on.

If you think your dog might be allergic to something she comes in contact with, the best way to tell is to simply remove that item from your dog's environment. Of course, it is not always that simple if you think she is allergic to the cat or to your other dog, but you get the point. Try to keep her away from the potential source for a period of time and see if her condition improves. If not, then it is probably not what you thought and you need to keep looking.

## **Preventing Dog Skin Allergies**

One of the best ways to prevent dog skin allergies is to make sure your dog's skin and coat remain healthy. But maintaining a healthy skin and coat is sometimes not enough. Learning about potential skin irritants and allergens can help you to be more aware of your dog's environment and can help to prevent dog skin allergies from developing.

Remember, the key to preventing flea allergies is to prevent the flea bites in the first place. For that you will need a good flea and tick treatment.

# ARE SEASONAL DOG ALLERGIES AFFECTING YOUR PET

If you think about the months in the year that we would consider allergy season, especially in the spring and fall, those are the same times that your pet will likely be affected by seasonal dog allergies. Seasonal allergies are the most common type of dog allergy that affects your pooch.

Quite interestingly, there seems to be a genetic link to seasonal dog allergies. So, if your dog's parents suffered from seasonal allergy problems, the chances are greater that your dog will develop this form of allergies as well.



Dogs develop allergies in much the same way as people do. Exposure to certain factors in their environment over a long period of time can cause allergies to develop. But there is just no way to say for certain that a particular dog will develop seasonal allergies. Just like us, veterinarians have no conclusive way to determine which dog will be prone to suffer from allergies.

## Signs and Symptoms of Seasonal Dog Allergies

If you see your dog showing any of the following signs of an allergic reaction, chances are that she is suffering from seasonal dog allergies.

- itching
- scratching
- sneezing

- coughing
- wheezing
- other respiratory problems
- watery eyes
- hot spots
- constant licking

These symptoms may be similar to a flea allergy, so an exam by your vet may be necessary to narrow down the root cause of the reaction.

## **Possible Reasons For Dog Skin Allergies**

If you wish, you can do your own little investigation to narrow down the cause of the itching, scratching, and other signs your dog may be showing. For example, if you know that your dog has never had any previous problems with fleas, then you might rule that out in the beginning.

Look at various clues when trying to determine seasonal allergies in dogs.

## **Your Allergy Problems**

Are you currently suffering from seasonal allergies? If it is allergy season and you are experiencing the effects of this uncomfortable season, chances are that your dog will experience these problems too.

## **What Affects You**

If you do have seasonal allergies, think about what it is that you are allergic to.

If you know what it is, then it is possible that your dog may be suffering from a similar allergen.

## **Weather Reports**

If you do not suffer from seasonal allergies, then follow your local weather report. These reports will tell you what the current pollen counts are. They will also tell which type of airborne allergen is the highest on any given day. So for example, if ragweed is the highest today, dogs with an allergy to ragweed will show the most symptoms of an allergy. They will also be the most uncomfortable on these days.

## **When Is Your Dog Affected**

Keep track of when your dog is affected the most. On days that your dog's symptoms are most severe, compare those days to the weather allergy reports and see if there is some connection.

## **Types of Pollen**

Finally, bear in mind that tree pollen causes the most problems in humans and in dogs. Grass pollen can also be a problem through most of the summer months. For some reason, the pollen from flowers does not seem to be much of an issue.

If you want to skip all the detective work, your vet can perform a skin test to confirm the cause of your dog's discomfort. Remember, though, vet bills can add up pretty quickly.

If your dog is suffering from seasonal allergies, considering giving her [antihistamine allergy tablets](#). These work similar to the over-the-counter remedies that we use to relieve allergy symptoms, just that they are made especially for our pets.

# SYMPTOMS OF COMMON DOG FOOD ALLERGIES

Although you may think that they are very common, dog food allergies only account for about 10 – 15% of all dog allergy cases. But they are the most common dog allergies after flea allergies and seasonal dog allergies. Interestingly, food allergies account for about 20% of the causes of itching and scratching in dogs.

This type of allergy does not discriminate among dogs. They affect both male and female, puppies and seniors, neutered and intact. Food allergies can appear in puppies as young as five months, and in seniors as old as twelve years. Typically, the allergy develops sometime between two and six years. In general, pets who suffer from this allergy also suffer from inhalant allergies, like dust and mold, and from seasonal allergies.

Some allergic reactions related to your dog's diet are so mild that you may never know your dog has common dog food allergies. Other dogs may suffer from chronic symptoms.

It is not quite understood why some dogs have a sensitivity to certain types of food while others don't. What is known are some of the triggers of these allergies, the symptoms, how to diagnose it, and what to do about it.

## **Dog Food Allergies vs Dog Food Intolerance**

There is a difference between having an intolerance to certain types of food and having a dog food allergy.



In food intolerance, it is not the food item itself that triggers an allergic reaction. Instead, the body simply cannot process or tolerate that particular food. If your pet has a food intolerance, they will often show signs associated with problems from eating certain foods. For example, they may have diarrhea, or vomiting after eating that particular food item. However, that does not mean that they have a food allergy.

If your pet has a food allergy, she may also have diarrhea and vomiting, but she will usually have some of the other common symptoms of dog allergies such as itching, scratching, and biting.

## **Causes of Common Dog Food Allergies**

Dogs are generally allergic to the proteins present in pet food. The most common triggers are:

- chicken eggs
- chicken
- beef
- wheat
- soy
- corn
- dairy products

Of these, beef and dairy products are the most likely to cause an allergic reaction in your dog.

Unfortunately, most commercial dog foods are made with one or more of these

ingredients. This is important because the most common ingredients in pet food are the same ones that are the most common sources of allergies.

## **Symptoms of Common Dog Food Allergies**

The symptoms of food allergies are similar to those that occur in other types of allergies. You will likely notice a variety of signs that can include:

- itchy skin
- excessive scratching
- licking
- hot spots
- anal itching
- face rubbing
- head shaking
- recurring skin infections
- recurring ear infections (especially yeast infections)
- hair loss

You may also notice a combination of any of these other signs:

- diarrhea
- vomiting

- flatulence (passing gas)
- sneezing
- wheezing
- seizures (in severe cases)

**Sidenote:** Some veterinarians believe that dogs with food allergies may have more daily bowel movements than pets without food allergies. There seems to be some evidence that dogs with food allergies may have three or more daily bowel movements while dogs with no food allergies potty an average of 1.5 times for the day. This is inconclusive however.

**For even more information about dog food check out the book: [Dog Food Dangers](#).**

# HOW TO DIAGNOSE A FOOD ALLERGY IN DOGS

Last time we talked about some of the symptoms of common dog food allergies. But because some of these symptoms can be similar to signs of other types of dog allergies, it can be a challenge to be certain that your dog is actually suffering from a food allergy. Other conditions such as bacterial infections, yeast infections, atopy, flea bite allergies, hypersensitivity to certain intestinal parasites, and mange can cause similar symptoms to a food allergy in dogs.



You can look for certain clues to indicate a possible food allergy. For example, if your dog has been troubled by recurring ear infections, that may be one sign that she could be allergic to something that she is eating. If your dog is relatively young and suffers from moderate to severe skin problems, that could be another clue. And finally, if your dog is suffering from allergies but it is not allergy season, then it could be a sign of food allergies. However, there are more certain steps you can take to diagnose a food allergy.

## Diagnosing Food Allergy in Dogs

The diagnosis for a food allergy in dogs is very straightforward, but it is very important that you identify all other potential problems, and treat those first before trying to diagnose food allergies. Once that is done, it is time to move on to testing.

The best way to determine the source of a food allergy is to follow an elimination diet or a food trial. This particular test requires you to eliminate all foods that your dog is currently eating for at least twelve weeks, long enough for the symptoms to go away, and then reintroducing her original food to see if

the reaction develops again.

Once you remove the original diet, you would feed your dog a diet containing proteins and carbohydrates from a source she has never had before. For example, you could give her food containing ingredients like duck, rabbit, venison, or potato. These are usually not found in your typical commercial pet food. For your convenience, there are a number of such commercial dog foods available from manufacturers such as [Innova dog food](#).

[Homemade diets](#) are often used in the food trial since you have greater control over the ingredients used.

No matter which diet you choose to follow for the trial, the important thing to remember is that it must be the only thing your dog eats for the entire twelve weeks. This means no...

- treats
- animal parts (rawhide, pig ears, cow hooves)
- vitamins and supplements
- flavored medications (no heartworm preventatives either)
- toothpaste
- flavored chew toys

Nothing but the chosen diet and water!

Where possible, try to keep the dog confined in an area where you can make sure that she does not accidentally eat something from the garbage or from somewhere else.

After the twelve weeks have passed, your dog's symptoms should have disappeared, or at least significantly reduced. Now it is time to put her back on the original diet. It may seem a bit unreasonable to deliberately trigger the reactions that made your dog so uncomfortable, but remember, you are trying to determine the source of her allergies so that you can avoid them in the future.

If the symptoms return once she begins her original diet then that is a pretty good sign of a food allergy in dogs.

If there were no changes in her symptoms while she was on her new diet during the food trial, but you still firmly believe that she has a food allergy, then you need to start a new food trial with a different food source. So if you went with rabbit in the first trial, you would try duck this time.

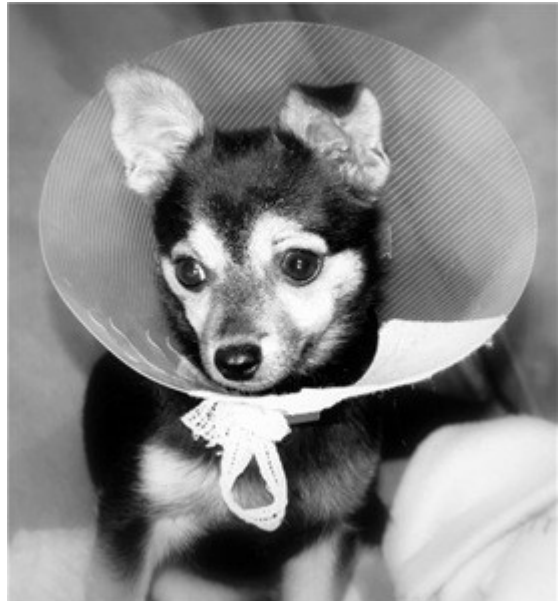
## **Treating Food Allergy in Dogs**

The food trial helped you to determine what ingredients caused an allergic reaction in your dog. But it also served to identify what type of food you can feed your dog to avoid allergies caused by her diet. Once you have determined what your dog can safely eat, stick to that diet until you notice any adverse effects.

**Remember, you can either buy a commercial dog food like [Innova](#), or you can make your own food at home using recipes like those from [Rover's Recipes](#).**

# REMEDIES FOR DOG ALLERGIES

Suffering from dog allergies can make your pet extremely uncomfortable, some worse than others. Every allergic reaction is different and range from mild to severe. Some dogs may only have a mild reaction to a food allergy. Others may end up with a severe skin allergy that results in an infection, taking a long time to heal.



If you decide to take your dog to the vet, they should be able to diagnose your dog's allergies effectively and will work with you to determine the best course for treating and relieving the symptoms of dog allergies. Your dog may be prescribed medication, and you should follow your veterinarian's instructions for proper use.

However, there are many other remedies for dog allergies that can help your dog, especially if their symptoms are milder. You will be treating your dog in a more natural way, not to mention the cost savings since those vet bills can add up pretty quickly.

## Remedies For Dog Allergies

Here are a variety of natural and common household remedies to help relieve the symptoms of common dog allergies.

### Common Sense Remedies

This will work best for dogs with milder allergic reactions. For example, changing your dog's diet may be a quick solution to a food allergy in dogs. Removing an item from your dog's environment may relieve a skin allergy. The important

thing with common sense remedies is that it is really dependent on how much effort you are willing to put into trying different ideas until you find something that works.

## **Topical Oils**

Oils can be used to relieve some of the symptoms of dog skin allergies, like itching and scratching. They are usually in the form of a shampoo or cream. However, they tend to offer only short-term relief, so frequent applications are usually needed to fight the symptoms over the long-term.

One formula that might work to relieve dry, irritated skin is to use 1 part [neem oil](#) and 1 part grape seed oil. Mix them together and massage the mixture into your dog's skin.

## **Elizabethan Collars**

These are those funny, cone shaped collars that are used around a dog's head. They are great for preventing your dog from biting and chewing itchy areas. Most dogs hate them at first, but they usually come around after a while.

These collars are great for seasonal dog allergies, when scratching and biting can aggravate existing problems. [Elizabethan collars](#) are relatively inexpensive and can be reused whenever your dog is suffering from seasonal allergies, or is scratching too much as a result of a skin irritation.

## **Old Socks and T-Shirts**

Like Elizabethan collars, using these items are meant to restrict your dog's scratching and biting. They can be very effective and are usually less distracting to your dog. However, they have one major disadvantage.

Dogs who really want to scratch will find a way to get rid of the socks or t-shirts. Some dogs will chew the socks right off their feet and then scratch or bite

through or under the t-shirt. You know your dog better than anyone, so decide if a pair of socks or a t-shirt would be better than a collar for your dog.

## **Diet Supplements**

Many dog owners add a few things to their dog's diet to help with her allergies, especially fish oil. Fish oils are believed to soften and moisturize the skin which relieves itching, scratching, and biting. Some dog owners like to give their dogs cod liver oil tablets or capsules. Some dogs will chew it up, like a wonderful treat. Others may be more resistant, so you can simply break the capsule open, or crush the tablet, and add it to her food.

Another popular supplement is Biotin. This is a vitamin B supplement that can be added to your dog's food. It is believed to soothe and heal dry, itchy, and broken skin.

## **Dog Allergy Medication**

### **Antihistamines**

Antihistamines are inexpensive and usually available over-the-counter. Check with your vet for proper dosage for your dog. Unfortunately, many experts estimate that using antihistamines are only effective in about 15 – 30% of dogs suffering from seasonal allergies. So it might not be the most effective method of treating your dog's allergies.

When they work, they can be good at treating itching, hot spots, inflammation, and eye infections. So it might be worth a try. You can pick up a bottle at: <http://dogcarejourney.com/cb-allergy-tablets>.

### **Steroids**

Steroids can be extremely effective in dealing with more severe allergic reactions. They can also help in relieving symptoms of dog allergies such as

itching and inflammation. However, they have been known to have side effects such as dehydration, diarrhea, and weight loss. So just be aware of the potential side effects. Talk to your vet about any concerns you may have. You will have to visit them for a prescription for steroids anyway.

In the end, it is up to you to decide which one of these remedies for dog allergies you want to try.

**For additional home remedies to treat dog allergies and other conditions, check out [Rover's Recipes](http://dogcarejourney.com/rovers-recipes). They have helpful recipes for natural dog shampoos and soaps and other helpful ideas. Get your copy at <http://dogcarejourney.com/rovers-recipes>.**

# HOW TO PREVENT DOG ALLERGIES AND WHAT NOT TO DO

While you must do what you can to relieve your dog's discomfort caused by allergies, wouldn't it be better if we could just prevent dog allergies?



As humans we do what we can to avoid allergies because they can make us so uncomfortable and miserable. If we suffer from seasonal allergies, we keep up with our allergy shots during allergy season, or we stock up on antihistamines and other allergy medications. If we know that coming in contact with certain things can cause a skin irritation, we avoid those items vigilantly. And if we know that eating something will cause an allergic reaction you can bet we won't be eating that type of food.

We have that luxury, the ability to proactively avoid situations that will cause us suffering and discomfort. However, our dogs are totally dependent on us to look out for their best interest, and to protect them from things that could bring them discomfort and suffering. Dog allergies are no different.

If your pet develops any type of dog allergies, it is very unlikely that it is an isolated incident and it will just go away on its own. In fact, once your dog develops allergies, chances are she will have them for the rest of her life. Remember, allergies cannot be cured, but must be actively managed. So you have to find what works and stick with those treatment methods for the long-term. Even better would be to learn what affects your dog and avoid those items and situations upfront to reduce the chances of any allergic reactions occurring.

Managing your dog's allergy symptoms as they occur will work to relieve those symptoms, but your dog will still have to suffer through the itching, scratching, and biting while waiting for the treatment to take effect. However, by taking precautionary measures you may be able to prevent dog allergies from

occurring in the first place. A change in her environment, or switching food in her diet may help to eliminate the problem that may cause an allergic reaction to develop.

Similarly, if you know your dog is vulnerable to frequent skin irritations like dry, itchy skin then you may want to use a medicated shampoo or some sort of topical cream that will reduce the chances of your dog developing those irritations. Taking an active approach like that will also reduce the effects on the skin should some type of allergy occur.

In my opinion, taking the steps necessary to prevent dog allergies is the responsible thing to do, and is definitely better than trying to treat the symptoms as they occur. Remember that allergies in dogs are a long-term problem that requires a long-term solution.

## **What Not To Do To Prevent Dog Allergies**

While it is important to actively try to avoid situations that can cause allergies in your dogs, we can sometimes go a bit too far and make matters worse. There are some things you might be tempted to do as soon as you believe your dog has allergies. However, you might actually be aggravating the situation and making it more difficult for your dog to live with her allergies.

### **Frequent Baths**

Giving your dog a bath too often can cause additional skin problems. Try to keep baths to once a month if possible. Use cool water instead of warm water. Cool water is more soothing to your dog.

### **Constant Shampooing**

Constant shampooing can dry out your dog's skin. Many people believe that frequent baths with oatmeal shampoos and other types of bath treatments can help to soothe their dogs allergies, but doing so too often can actually dry out

the skin, which can only make things worse.

## **Avoiding Treatment**

Do not leave any suspected dog allergies untreated. It is unfair to your dog, and untreated allergies can lead to serious health problems later on.

So, do what you can to prevent dog allergies, and take steps to relieve any symptoms and discomforts your dog may have if she does develop any type of dog allergies.

# DOG ALLERGY RECIPES YOU CAN TRY AT HOME

If your dog is suffering from the itching and scratching of dog skin allergies and other irritations, you may want to provide some relief with a homemade remedy. Below are a couple homemade recipes you can try.



To be honest with you, I haven't tried them on Misha, but I thought I would share them with you anyway.

## Recipes for Dog Flea Allergy

Here are a couple options if you're interested in making your own natural flea repellent. This would be especially useful if your dog has an allergy to flea bites or other insect bites,

### Homemade flea powder

Use dried herbs for this recipe.

- 1 cup Wormwood
- 1 cup Fennel
- 1 cup Peppermint
- 1 cup Rosemary
- 1 cup Rue

Mix all the ingredient together in a large bowl and grind. Make sure the mixture is ground into a fine powder, just as you would find in a commercial flea powder.

Sprinkle or shake the powder all over your dog as best as you can. One method that works really well is to buy a salt or pepper shaker, or a shaker that's designed for powdered sugar.

Give your dog a good coating of the powder and then massage it into the dog's fur with your hands.

It is best to do this outside since your dog will probably give a good shake when you are through and powder will go flying everywhere 😊 .

## **Pennyroyal flea powder**

- 2 tbsp ground Rosemary
- 2 tbsp ground Wormwood
- 4 tbsp powdered Pennyroyal
- 2 tsp cayenne pepper

Mix ingredients together.

Dust this all over your dog and massage the powder into your dog's fur with your hands. You can use gloves for the job, or make sure to carefully and thoroughly wash your hands after you do this.

Don't touch your face, or especially your eyes, after using this powder. Be sure to wash your hands as quickly as you can. Remember, the powder contains cayenne pepper. You don't want to be washing this out of your eyes.

## Natural flea wash

- 1 cup fresh or dried rosemary
- 4 cups water

Boil the water.

Add the rosemary to the boiled water. Cover the pot and steep it until it is cool, or at least for an hour. Strain out the rosemary.

Give your dog a bath. If you used shampoo, be sure to rinse it all out.

Pour the rosemary wash all over your dog and allow your dog to air dry. Don't rinse it out or dry your dog in a way that would remove any of the wash from your dog's fur. You want it to dry on your dog.

## Hot spots

If your dog's allergies are causing her to scratch and chew at certain areas creating hot spots, you might want a remedy to reduce the itching and discomfort.

Here are some homemade remedies to keep your dog's skin cool and comfortable.

### Thyme Oil

Mix equal amounts of thyme oil and olive oil.

Using a cotton ball, apply the oil all over your dog's hot spots. Using this will not only make the dog's skin feel better, but will help to prevent future infections.

You can keep the oil mixture up to a month in the refrigerator.

## **Dog skin tonic**

- 4 tbsp Cod-liver oil
- 2 tbsp Garlic powder
- 2 cups vinegar
- 4 tbsp Bone-meal powder
- 5 tbsp Desiccated liver powder

Mix all the ingredients together.

Add 3 tablespoons of the mixture to your dog's food daily.

This helps to promote new hair growth and will keep your dog's skin healthy and without irritation.

Store in the refrigerator or it will go rancid.

So there you have it, a few homemade dog allergy recipes for you to try.

If you have any recipes of your own that you have tried in the past, please feel free to share with us in the comments below. I would love to add your recipe to this page.

**For additional home remedies to treat dog allergies and other conditions, check out [Rover's Recipes](http://dogcarejourney.com/rovers-recipes). They have even more helpful recipes for natural dog shampoos and soaps and other helpful ideas. Get your copy at <http://dogcarejourney.com/rovers-recipes>.**

# BEST ALLERGY FORMULA DOG FOOD

Choosing the best allergy formula dog food can prove to be quite a challenge. After all, your dog may be allergic to a whole host of things that are different from what my dog is allergic to.

It also depends a lot on what type of dog allergy your pet is suffering from. If your pet is suffering from seasonal allergies or an allergy caused by a flea bite, then choosing one dog food over another may not do much to relieve the symptoms of those types of allergies.

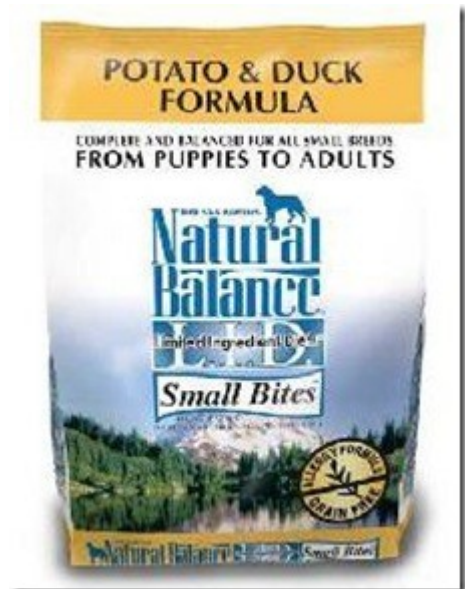
Choosing a food with ingredients designed for sensitive skin and to promote a healthy coat may help in reducing dry skin and the resulting itching and scratching that can be brought about by allergies.

Now if your dog is suffering from dog food allergies, then obviously the diet you feed her will determine if she will have an allergic reaction or not. We talked about diagnosing food allergy in dogs previously. Using a food trial you will probably know what ingredients are causing the allergic reaction in your dog. Avoid those ingredients and your dog should be fine.

As part of the food trial you probably selected a food with a protein source that your dog never had before. Some like duck, venison, or rabbit would be good. There are several manufacturers producing dog food with those ingredients.

I tried to find foods specifically made to address allergy issues. There were not many that claimed to be made especially for dogs with allergies. However, there was quite a variety of food made with all natural ingredients, limited ingredients, and interesting protein sources like:

- duck



- rabbit
- venison
- buffalo
- lamb
- sweet potato

So, with a small disclaimer...

*Disclaimer: The foods below are based on claims by the manufacturers and not by Dog Care Journey.*

**Here is a small sample of allergy formula dog food.**

### **Anergen™ ([Wysong](#))**



Anergen™ is a natural based dog food made from lamb and brown rice. It is a great choice for dogs that need a diet made with limited ingredients. Anergen™ is a healthy alternative for pets with allergy problems.

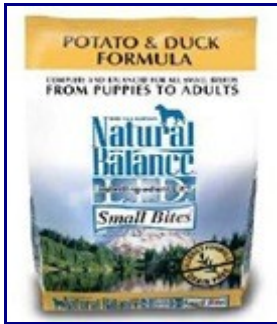
*"...it has served as a lifeline to thousands of pets unable to consume traditional pet foods." [Source](#)*

Anergen™ is designed to be fed to either your dog or your cat. It does not have many of the protein sources and other whole ingredients that are common allergens found in other pet foods. Yet, it is nutritionally sound.

Anergen™ does not contain any beef, poultry, beef byproducts, wheat, or dairy products.

To check for price and sizes [Click Here](#).

## Natural Balance Potato and Duck Small Bite Dog Food



Natural Balance created the [Potato and Duck Formula](#) to help dogs with food allergies.

*"Natural Balance Potato and Duck Formula is a proven formula for dogs with allergies based on a unique protein and carbohydrate blend." [Source](#)*

The Potato and Duck Formula combines fresh duck, and a source of carbohydrates not commonly found in dog foods, along with other natural ingredients designed to help rebuild your dog's immune system.

Duck is a protein source not available in typical commercial dog foods, so many dogs have never been exposed to it. This is an important factor when dealing with food allergies.

It is designed to reduce allergy symptoms associated with food allergies. But it also reduces other symptoms such as skin irritations, irritable bowels, and upset stomachs.

The Potato and Duck Formula is made with fresh duck, fresh potatoes, canola oil, and salmon oil. No artificial preservatives, flavors, colors, or bleached ingredients are used.

Natural Balance also produces another variety, the [Sweet Potato and Venison Dry Dog Food Formula](#). It is designed in the same way as the Potato and Duck Formula, but using sweet potatoes and venison instead.

To check for price and sizes [Click Here](#).

For other natural dog foods visit the [Cherrybrook dog food section](#).

**Best,**

**Omar Reyes**

***If you enjoyed this report you will also enjoy my Dog Care Handbook – you can get it at <http://dogcarejourney.com/dog-care-tips/>.***

## **Other Series From Dog Care Journey**

[Choosing a Family Dog](#) - Choosing a family dog is not a decision that should be taken lightly. After all, you will likely spend quite a number of years with your new friend.