

# Dog Allergies

More and more I am having people contact me regarding what to do with their dog, it has allergies. I see it most often in small dogs, but some larger ones develop the allergies also. As I watch the news and see the pet food recalls and read the information on the web that talks about the things they put in pet foods it's no wonder that their poor livers are overworked and allergies begin to surface.

When I buy my pet food I never buy the cheapest brand (have you looked in some of those bags? I'd swear they just swept up after the shift was over and threw it all in a bag, dirt, spilled food, wrappers, etc. This is not what you want to feed your pet!) I also always muscle test the food when I buy it. If you don't know how to muscle test, find someone who does and have them teach you, it's an invaluable tool for protecting your health! I have had days when I have to go to three stores before I can find some cat food that muscle tests as good for my cat. She lived in a very toxic environment before she came to our home and I try hard to make sure she gets all the help in cleaning her system that she can. I try to buy basic food for my pets (I don't go for the anti-hairball, the ones that advertise that they create less excrement, or the ones that say they'll do this or that). I try to go for a brand that's been around for a long time and doesn't mess with their recipe. Yes, I even read the labels (which can be pretty scary on pet food!) I could get into what is okay to feed or not to feed your pets, but then I'd have a ton of arguing e-mails so I won't go there. You can do your own reading and deciding on whether or not they should get anything besides (or even get) pet food, but I encourage you to regard the food you buy them just as you do the food you buy yourself: read the labels, look for good quality, don't buy anything damaged or with a strange odor, etc.

Now, on to how to help your dog who has allergies. (Note: this article is about dogs, not cats, gerbils, birds, or other pets. Different rules apply to different animals. Most rules are the same with a dog vs a cat, but not all. If you love your pet like I do, be sure you know what you're doing before you treat them. For example, you can use the Ticaboo essential oil blend with a dog, but you can't use Ticaboo with a cat!)

Use this rule of thumb (regardless of species):

1-2 drops of essential oil for every 100 pounds.

Under 100 pounds, dilute the essential oil in carrier oil, then use one drop of that.

How do you use less than a drop? Say you have a 5 lb pet, add 1 drop of essential oils to 20 drops of carrier oil—then apply one drop of that mix to the animal in question.

You know you've given them too much if they flop over and become very, very quiet, or become extremely hyper and no wall will contain them. Just keep an eye on them so that they don't hurt themselves and ride it out. The excess will work its way out of their system and you'll know not to do that again.

Essential oils have a very psychological factor as well. They can help the city pet who doesn't have the opportunity to roam. The essential oils give them the opportunity to smell the out-doors.

Dogs know what's good for them; they have a good instinct for essential oils.

Remember, a dog's sense of smell is much, much stronger than yours. When you open the bottle of essential oils they will smell it immediately. Don't approach them with the open bottle, dilute it away from them, or apply to yourself away from them. If they like the scent and want to be closer, they have that option, but don't force it on them full strength.

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Now we've set up the groundwork. Allergies/itching/hot spots—generally Lavender will take care of it. You can add a drop of Lavender to shampoo and wash your dog. Especially if you're dealing with allergies, use a good shampoo. As we don't have one right now, (hoping to soon) I would recommend Castile natural soap, you'll only need a touch of that or you may want to try Burt's Bees brand.

Be advised that symptoms such as you are describing (allergic reactions), regardless of if you're dealing with human or animal, indicates a toxic liver. You can actually do a liver cleanse with a dog, just add one drop of lemon and one drop of peppermint to their water bowl. Only do it once a day and change the water every day. If you're dealing with a Chihuahua, that's a very small dog, so I'm going to address the problem as I would for one of my cats. I use 2-3 drops of Castile when one gets into something and needs to be bathed. Keep in mind dogs (and cats) will dry themselves with their tongues, ingesting whatever shampoo/soap you apply to them. Really make sure you get one that is organic. You can also apply the lavender directly to the hot spots if she needs application/relief more than once a day. Do it this way, add one drop of Lavender to a one-ounce spritzer bottle and fill with water (preferably distilled). Shake before spritzing the area (the oil will settle to the top otherwise). Make sure you avoid the eye and nose area. You will find the animal will actually come and ask for the oil. My dogs know exactly what an oil bottle looks like and smells like and they want it when they need it.

Now, to address the root of the problem you need to look at the dog's diet and environment. What do you clean with? Do you realize that an animal's paws rapidly absorb anything they walk through? If you are mopping the floor with any kind of regular cleaner those toxins are being absorbed by your little one. I used to use a Swiffer, then I read about what's in it and realized my cat was absorbing that through her paws! I now mop the floor with a very mild, organic dish soap in a bucket of water with some orange essential oil added. My floor's just as clean as it was and my cat's healthier. Look at her diet, what kind of food are you feeding her? Is it full of preservatives? Does it have MSG in it? (Yes, they put that in pet food!) Is it full of medications or additives? Do you let them eat too much? Do you feed them lots of treats?

I try to get 3 drops of Masaji to each of my dogs, this will help keep them healthy and it helps with good bacteria in the stomach. It actually saved one cat's life when she got into a health crisis. The dogs don't always share properly but I try. I've had several people find that their animal gets over whatever problem they're experiencing with just the addition of the Masaji. (Note: adjust the amount of Masaji based on the animal's size; my dogs are medium sized hunting dogs, labs and setters. With my cat I added 1 drop of Masaji to one medium egg, stirred it up, and then let her eat what she wanted. She had been outside and went through weeds in the neighbor's field that he had just sprayed with weed-killer. I thought we were going to lose her, but in three days she was fine. She lived to be 19 years old.)

As always, make sure any oils you use, especially on a small animal, are of the highest quality, no fillers, no extenders, no synthetics or you can create a much larger problem. Let me know if you have any questions and how it goes!

**To order, for class information, or if you have questions contact:**

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