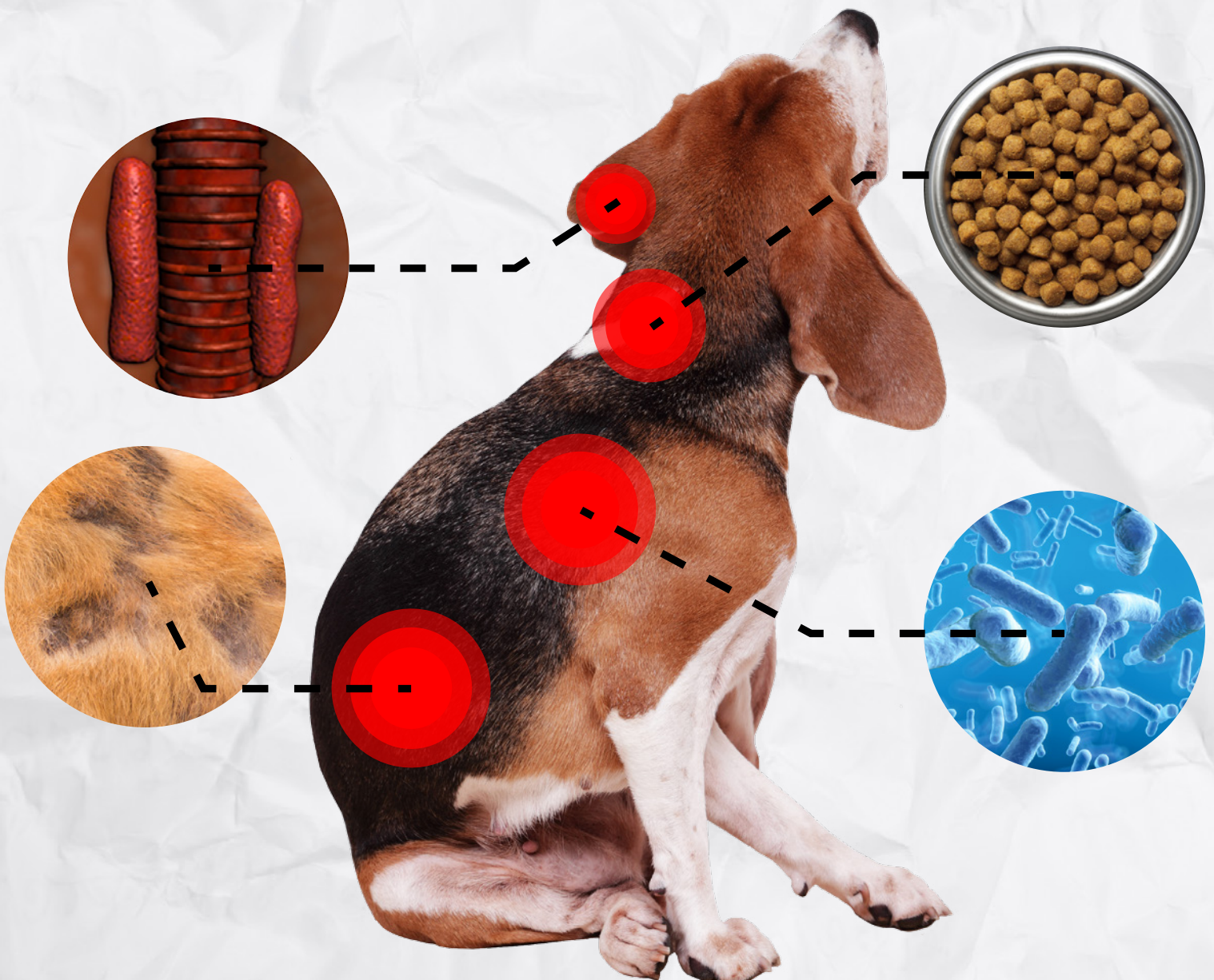


# SPECIAL REPORT:

## DOES YOUR DOG REALLY HAVE **ALLERGIES**?



Discover How To Identify And Fix These 4 Common Allergy Imitators And Make Your Dog's Allergy Symptoms Disappear

# SPECIAL REPORT:

## DOES YOUR DOG **REALLY** HAVE **ALLERGIES**?

An allergic reaction is an inappropriate or exaggerated immune response to common foods and substances in your dog's environment (like mold, fleas or pollen). Dogs with allergies have a compromised immune system that can no longer tell the difference between enemies (like viruses and bacteria) and harmless substances (like grass and food). In some cases, the dog's immune system will even mistake his own cells for foreign invaders and attack them (this is called autoimmunity).

### Allergy Symptoms In Dogs

While allergies in humans cause mainly respiratory symptoms, like sneezing and a runny nose, canine allergies mainly cause symptoms on the skin (on just one area or all over the body). You might see:

-  **Hot Spots**
-  **Itching (pruritis)**
-  **Discharge From The Eyes or Nose**
-  **Licking or Chewing**
-  **Digestive Issues**
-  **Reddened or Blackened Skin**
-  **Scoting or Licking the Anal Glands**
-  **Ear Infections or Itchy Ears**

But if your dog has any of these symptoms, don't assume it's an allergy. There are many allergy imitators that you need to rule out first ... and the good news is, these are much easier to treat than allergies. So let's look at the Top 4 Allergy Imitators and how to manage them.



# YEAST

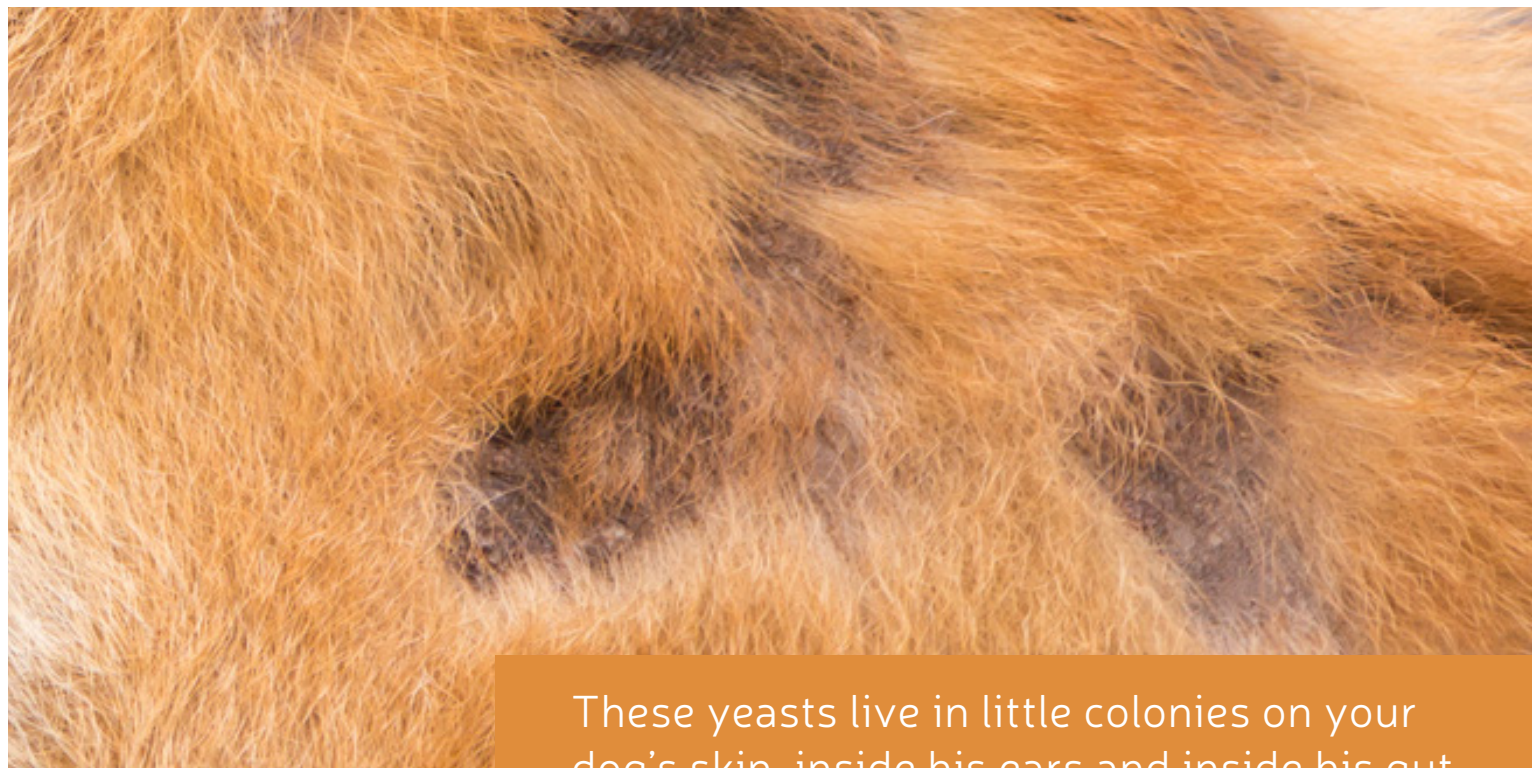
## ALLERGY IMITATOR #1



### Yeast

Yeast is a fungus and is in all dogs (and people) as a normal part of their flora. The most common types of yeast in dogs are *Malassezia* and *Candida*. These yeasts live in little colonies on your dog's skin, inside his ears and inside his gut, along with healthy bacteria and other flora. These little organisms outnumber your dog's own cells and they're an important part of his immune system.

But those colonies can be disrupted. Vaccines, drugs and chemicals can kill off some of the beneficial flora and this allows the yeast colonies to start to grow out of control. Processed and genetically modified foods can also cause this disruption.



These yeasts live in little colonies on your dog's skin, inside his ears and inside his gut, along with healthy bacteria and other flora.

# YEAST

## ALLERGY IMITATOR #1

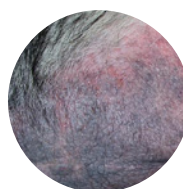


### Signs Of Yeast Infection

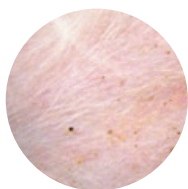
When yeast populations grow out of control, you'll start to see the following symptoms in your dog:



Chewing or licking the feet, and dark rusty-red hair between the toes. The hair is often red or rust-colored because of the yeast (not because of the licking).



Black skin, especially where there's also hair loss.



Speckles (like tiny black dots) on the underbelly, or grayish or rust coloration around the genitals. Regular grooming should reveal this early indicator of yeast.



Scratching the ears or head shaking with a reddish discharge in the ears.



Cyclic symptoms (appearing in the spring and "going away" in the fall). This is often confused with "grass allergies" and other spring and summer symptoms.



A sweet, funky smell and greasy hair (seborrhea), often accompanied by heavy dandruff. This is an active fungal infection of the hair follicles.



Hair loss on the tail and upper back

The longer your dog's yeast infection goes untreated, the harder it will be to resolve, so it's important to look for these early signs.



# YEAST

## ALLERGY IMITATOR #1



### Managing Yeast Infections

#### Step 1: Eliminate Starch From The Diet

Since yeast infections start in the gut, one of the first steps in treating yeast is to look at your dog's diet. In order to grow, yeast needs to eat. And yeast loves sugar.



Your dog might not be eating candy and drinking soda ... but foods that contain any type of starch will feed the yeast in her gut. Starch is just a chain of sugars and most starch is converted quickly into sugar in your dog, feeding the yeast. Foods like corn, potatoes, rice, peas, sweet potatoes and oats are examples of starchy foods.

In the wild, the foods your dog's ancestors ate (as well as the foods that our human ancestors ate), contained about 4% starch. Most dog foods have ten times that amount! Even grain-free foods are usually full of potatoes, sweet potatoes or tapioca and have just as much starch as other kibbles. The solution is to feed your dog a food low in starches.

#### Step :2 Avoid Processed Foods

Most processed pet foods contain genetically modified ingredients. The most commonly found GMO foods are beets, alfalfa, corn, soy, and canola. Genetically modified foods are altered so they can be sprayed with glyphosate containing Roundup and survive. Glyphosate kills pests by disabling something called the Shikimate pathway, which essentially starves them. Glyphosate is considered to be safe for humans and dogs because we don't have a Shikimate pathway ... but the beneficial flora that form our immune systems do.





# YEAST

## ALLERGY IMITATOR #1



### Managing Yeast Infections Continued...

So genetically modified foods will kill the beneficial bacteria and flora that keep yeast colonies in check and the yeast will begin to overpopulate and cause skin issues in your dog.

Other pet food ingredients can contain pesticides and these can also destroy the beneficial flora in your dog's gut and skin. And wheat (unless it's organic) is sprayed with glyphosate before it's harvested and will also cause a disruption in the gut flora.

### Step 3: Avoid Exposure To Drugs And Chemicals

Vaccines, drugs and chemicals can also disrupt the delicate flora living in your dog. Antibiotics will obviously kill any beneficial bacteria and flora and should be avoided. But other toxins can disrupt the delicate balance of intestinal flora, including vaccines, drugs, heartworm, flea, tick and parasite meds.



### Step 4: Rebuild A Healthy Balance Of Flora

There are many different species of bacteria that live in your dog's gut and on his skin and many of them are beneficial to your dog. They produce vitamins and fatty acids and they also keep yeast populations in check. You can restore the beneficial bacteria populations in your dog by giving him probiotics and prebiotics.



# YEAST

## ALLERGY IMITATOR #1



### Probiotics

There are two ways to get friendly bacteria into your dog: with probiotic products or with probiotic-rich foods.

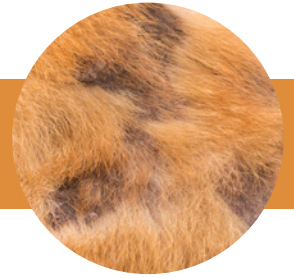
If you're looking for a probiotic product, not all of them are made the same. Here are some tips for choosing a good quality probiotic:

1. Look for a product that carries more than just a few strains of bacteria. If you look on the label, you'll see a good mixture of Lactobacilli and Bifidobacteria ... these are the most important strains and you'll see them displayed as B. And L (for example, B. lactis or L. acidophilus).
2. Probiotics are measured in CFUs (colony forming units). This number should be displayed on the bottle and you'll want to look for a minimum of 10 billion CFUs. Not all of the bacteria will survive the highly acidic stomach in your dog, so the higher the CFUs, the more likely the product is to help your dog.
3. Look for probiotics that aren't made from dairy or other sources that can create allergy symptoms in your dog.

**Dosage:** *If you buy a product made for dogs, follow the dosing directions on the container. You can also buy a human probiotic supplement. If you do, assume the directions are for a 150 pound human and adjust the dose to your dog's weight.*

# YEAST

## ALLERGY IMITATOR #1



### Probiotic Rich Food

Fermented foods like kefir, kimchi, sauerkraut or fermented vegetables are all rich in probiotics. You can feed your dog about a teaspoon per 15 pounds of body weight. Start with small amounts and work your way up.

### Prebiotics

Adding a prebiotic will make your probiotics more effective. Prebiotics are non-digestible food ingredients that feed the probiotics in the gut. You can buy prebiotic supplements like inulin and fructo-oligosaccharides. As with all human supplements, assume the dose is for a 150 lb person and adjust for your dog's weight. You can also use whole food sources of prebiotics. A couple of good ones for dogs are:



#### Raw dandelion greens

Sprinkle on food 1 teaspoon of dried greens per 20 lbs of body weight per day.



#### Garlic

Feed 1 teaspoon of chopped raw garlic per 30 lbs of your dog's weight per day.



# YEAST

## ALLERGY IMITATOR #1



### Step 5: Eliminate Starch From The Diet

There are many common foods you can give your dog that have natural anti-yeast properties.



**Garlic** is good natural prebiotic that also has anti-fungal properties. For maximum health benefits, chop fresh garlic and let it sit for 10 to 15 minutes before adding it to your dog's food. Exposing garlic to air releases allicin, the substance that provides garlic's many health benefits.

**Dose:** 10 to 15 lbs: 1/2 clove      20 to 40 lbs: 1 clove  
45 to 70 lbs: 2 cloves      75+ lbs: 2 1/2 cloves



**Coconut oil** has antifungal properties and is another good food to add to your yeasty dog's diet. It contains medium chain triglycerides (MCTs), which are made up of lauric acid, capric acid, caprylic acid, myristic acid and palmitic acid. All of these contribute to coconut oil's anti-fungal as well as antibacterial and antiviral properties.

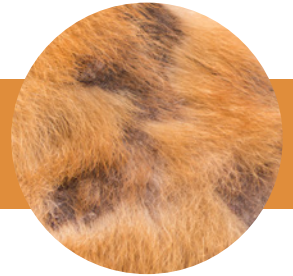
Always buy Virgin or Extra Virgin Coconut Oil (they're the same thing), preferably organic (and non-GMO), cold pressed, and packaged in a glass jar. Start slowly to avoid loose stool and work up to 1 teaspoon per day per 10 lbs of body weight. You can also use coconut oil topically, as you'll see below.



**Oil of oregano** also has strong anti-fungal properties and is another good addition to your dog's diet. It's very powerful, so a drop or two a day is plenty for most dogs. Don't give it full strength - you need to dilute it in either oil or it will be irritating to your dog. Put one drop of oil of oregano in a teaspoon of olive or coconut oil before giving it to your dog.

# YEAST

## ALLERGY IMITATOR #1



### Step 6: Support The Immune System

Supporting the immune system can help keep the yeast populations down. Here are supplements you can add to your dog's diet to help boost his immune system:



#### Astragalus

Supports the liver and helps it do its job: ridding the body of toxins. Herbalist Greg Tilford recommends up to 10 drops of extract per 10 pounds of body weight, up to twice daily

#### Milk Thistle Seed

Will prevent and repair damage to the liver and kidneys. Give your dog  $\frac{1}{4}$  teaspoon per 20 pounds of body weight per day. Milk thistle shouldn't be used as a daily supplement, but only for a few weeks at a time when the liver may be stressed. Think about using milk thistle if your dog is vaccinated, on heartworm meds or dewormers, flea or tick meds or sprays, drugs, has recently had surgery or when your dog is under stress (kenneling or a change in home).



# YEAST

## ALLERGY IMITATOR #1



### Step 7: Fight Yeast On The Surface

Apple cider vinegar is a great solution for yeast, especially for dogs who love the water (because yeast loves water and moist, damp skin). Fill a squeeze bottle (the kind with a long pointy end like ketchup bottles at a diner) with Bragg Organic Apple Cider Vinegar.

Stick it in your dog's fur and squeeze. Massage it around your dog's body, and don't forget the belly area too. This will help restore your dog's healthy pH levels and discourage yeast.



Then, once a week, or more if needed, massage yeasty areas with this coconut oil mixture:



1. Let extra virgin coconut oil melt in a small glass bottle holding about 8 oz.
2. Add 10 drops of lavender oil and 2 drops of lemon essential oil.
3. Shake to mix and massage it into your dog's skin.

This coconut oil mix will last several months. Store it in a dark place. This recipe is from canine herbalist Rita Hogan ([canineherbalist.com](http://canineherbalist.com)).

If your dog has any of the symptoms of yeast infection, following these steps may be all that's needed to put an end to the scratching and misery.



# LEAKY GUT

## ALLERGY IMITATOR #2



### Leaky Gut

Leaky Gut and yeast infections are similar and dogs are often affected by both. To understand leaky gut, we need to understand more about the flora that live in your dog.

The colonies of bacteria, fungi and other microorganisms that live in your dog's gut and surfaces of his body are called the microbiome. The most important microbiome is the one that lives in your dog's gut.

The tiny organisms in your dog's microbiome outnumber his own cells by 10 to 1. And there are 100 trillion of these organisms in the gut alone.

You might have heard that 80% of the immune system resides in the gut. That's because the microbiome in the gut plays a key role in your dog's immune system function. It's like a virtual organ that plays a massive role in your dog's health and immunity.



The tiny organisms in your dog's microbiome outnumber his own cells by 10 to 1. And there are 100 trillion of these organisms in the gut alone

# LEAKY GUT

## ALLERGY IMITATOR #2



Here are a few key functions the microbiome plays in your dog's health:

**1. It helps manufacture important nutrients**

For example, the bacteria in your dog's gut are responsible for producing much of your dog's vitamin K as well as some of the B vitamins.

**2. It helps with the absorption of nutrients**

The gut bacteria help absorb vitamins and other micronutrients that are critical to your dog's health.

**3. It regulates the immune system**

T cells are an important part of the immune system and they can either increase or decrease inflammation in the body. When your dog is a puppy, the bacteria in his microbiome will help train the T cells to differentiate between friendly and harmful bacteria. This primes his immune system for the future.

**4. It strengthens the gut lining**

Gut bacteria produce fatty acids to keep the intestinal lining strong. If all is going well with the microbiome, all will be well with your dog. But if the colony of microorganisms becomes unbalanced, it can start attacking your dog's body for its own survival.

There are both friendly and harmful (pathogenic) bacteria living in your dog's microbiome. The balance between these bacteria is critical – and unfortunately, easy to disrupt. When the bacteria in the microbiome become unbalanced, the result is called dysbiosis. Dysbiosis can create or worsen allergy symptoms through something called leaky gut.

# LEAKY GUT

## ALLERGY IMITATOR #2



### Here are some common causes of dysbiosis:

- 1. Antibiotics:** The problem with antibiotics is that they indiscriminately kill both harmful and friendly bacteria. This not only disrupts their balance, but can wipe out the entire colony, leaving only the resistant germs, which can grow and multiply. Even if your dog hasn't taken antibiotics before, if he's eating food from conventionally raised animals, he'll be consuming the antibiotics the cows or chickens he eats were given.
- 2. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) And Chemicals:** These all inhibit the growth of friendly bacteria.
- 3. Steroids:** Steroids inhibit many important gut functions, suppress the immune system and can lead to a proliferation of harmful bacteria.
- 4. Vaccines:** Disrupt the immune system and inhibit the growth of friendly bacteria.
- 5. Stress:** If your dog spends long hours alone or suffers from other chronic stressors, this will make him more susceptible to an imbalanced microbiome.
- 6. Diet:** Dogs eating processed diets or diets high in carbohydrates (and any kibble on the market is high in carbohydrates) will have unbalanced gut flora. Carbohydrates, especially those with a higher glycemic load, are the preferred food for many harmful bacteria.

Grains and carbohydrates will also cause an overgrowth of fungus and yeast. Dairy products, genetically modified (GMO) foods, preservatives, coloring and chlorinated water can also harm the microbiome.



# LEAKY GUT

## ALLERGY IMITATOR #2

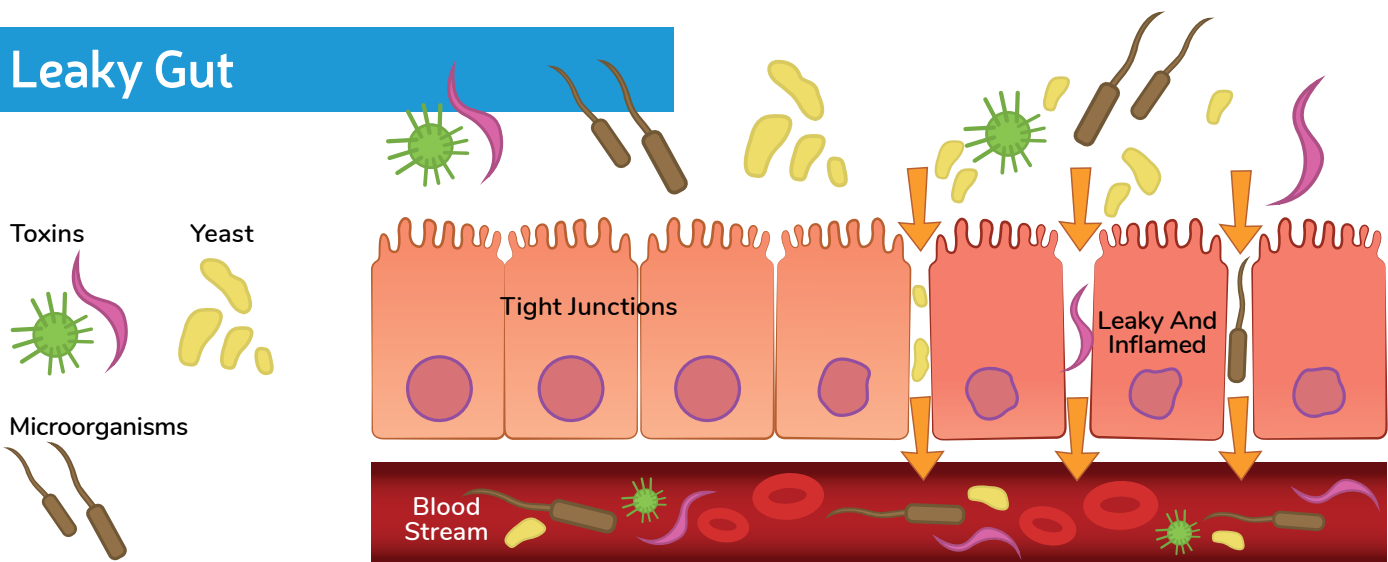


Once dysbiosis happens and the pathogenic bacteria colonies start to grow, the cells that line your dog's intestines become inflamed from their toxic byproducts. This inflammation causes the cells lining the intestines, called enterocytes, to separate. When this happens, bacteria, fungus and undigested food start to leak into the bloodstream.

Proteins are not supposed to be in the bloodstream undigested - they need to be digested so the immune system doesn't mistake them for foreign invaders. If undigested proteins from food do make it through the intestinal lining, the immune system ramps up and attacks and neutralizes them, just like it would with any other foreign invader. This chronic inflammation can cause many symptoms in your dog but one of the most common is itchy skin.

If yeast is allowed to grow out of control, it can mutate into harmful fungi like *Candida* and *Malassezia*. These yeasts attach to the intestinal lining and cause inflammation, which can cause leaky gut. Once your dog has leaky gut, not only can undigested proteins get through the intestinal wall and into the bloodstream, so can yeast. So very often, leaky gut and yeast will occur simultaneously - but not always.

### Leaky Gut



# LEAKY GUT

## ALLERGY IMITATOR #2



### Signs Of Leaky Gut

The signs of leaky vary because the chronic inflammation it causes will impact multiple organs. Besides skin and allergy symptoms, you might also see:



Behavioral issues (your dog's gut bacteria and brain actually communicate via the endocrine or hormone system)



Joint pain



Collapsing trachea and laryngeal paralysis



Cancer



Liver, gallbladder and pancreatic disorders



Thyroid disease



Nervous system and eye disorders



Heart disease



Inflammatory bowel disease

As you can see, you shouldn't let leaky gut get out of control because it can cause such a large number of diseases. And remember, if you let yeast grow out of control, the inflammation it causes in the intestines can result in leaky gut.



# LEAKY GUT

## ALLERGY IMITATOR #2



### Managing Leaky Gut

There are simple foods and supplements that can help restore the balance of bacteria and microorganisms in your dogs gut and even help to soothe inflammation and seal the holes in his damaged intestinal wall. You'll see that many of them will also treat yeast. Here are the foods that can help:

#### **Kefir Or Raw Live Yogurt**

Look for products from Jersey cows, goats or use coconut kefir. Give 2 Tbsp daily for an average (30 to 50 lb) size dog

#### **Fermented Vegetables**

Work up slowly to 1 to 3 tsp a day for every 20 lbs of body weight.

#### **Bone Broth**

Ideally, make your broth from wild game like deer, moose and pheasant (they have the healthiest bones) or from ethically raised, free range animals. Bones contain: proline, which tightens and builds cell structure; glycine, which supports the synthesis of collagen (which gives your dog a strong cell structure and supports skin and veins); gelatin, glucosamine and minerals, which are the building blocks of the digestive system.

**Dose:** Give 1 Tbsp per day to small dogs, 2 Tbsp for medium, 3 Tbsp for large dogs and 4 Tbsp for giant breeds.

#### **Coconut Oil**

Coconut oil contains medium chain fatty acids that can kill yeast and bacteria, while supporting the beneficial bacteria. Make sure your oil is non-GMO, grown without herbicides or pesticides, cold pressed, hexane free, unrefined and unbleached. Give 1 tsp per 10 pounds of body weight but start with ¼ tsp and work up over a two to three week period.



# LEAKY GUT

## ALLERGY IMITATOR #2



**These supplements will add to the healing power of the foods:**

### **1. NAG (N-ACETYLGLUCOSAMINE)**

NAG is a component of healthy connective tissue and mucous membranes. It also supports healthy digestion and is indicated for Leaky Gut management.

**Dose:** 250 mg per lb daily but you can give up to 1,500 mg per lb for very severe cases

### **2. L-GLUTAMINE**

L-Glutamine is an amino acid that is essential to the healing of Leaky Gut. It supports the strength of the mucosal lining and the proper functioning of the gastrointestinal tract. It also protects against irritants that can cause inflammation of the cells.

**Dose:** 1 mg per lb daily

### **3. DIGESTIVE ENZYMES**

Digestive enzymes will ensure food is digested before it slips through the damaged cells walls, limiting the immune reaction. Buy a product manufactured for animals and follow the label instructions.

### **4. ALOE VERA**

Aloe will soothe and heal the irritated gastrointestinal lining.

**Dose:** 0.5 to 1.5 ml per kg daily

### **5. QUERCETIN**

This will seal the gut and support the creation of tight junction proteins. It will also inhibit the release of histamine.

**Dose:** 5 to 10mg per lb daily.

# LEAKY GUT

## ALLERGY IMITATOR #2



### 6. SLIPPERY ELM

Slippery elm soothes the mucous membranes of the digestive tract and reduces inflammation.

**Dose:** 50 to 400 mg per kg daily

### 7. MARSHMALLOW ROOT

Marshmallow root has a similar effect to slippery elm but can also induce phagocytosis, which is the process where immune cells envelop and destroy bacteria, dead cell tissue and food particles.

**Dose:** 25 to 300 mg per kg daily

### 8. MSM (METHYLSULFONYLMETHANE)

This is a natural form of sulfur, which is important to the production and maintenance of connective tissue.

**Dose:** Up to 30 lbs: up to 500 mg daily

31 to 59 lbs: up to 700 mg daily

60 lbs and over: up to 1000 mg daily

### 9. TURMERIC

Turmeric (with its constituent curcumin) is a potent anti-inflammatory, liver protector, antibacterial and anti-fungal agent that's also important for wound healing. It can even induce apoptosis (cell death) in cancer cells and inhibit their growth.

**Dose:** 50 to 600 mg per kg daily

### 10. GINGER ROOT

Ginger stimulates digestive enzyme activity and increases the production and secretion of bile.

**Dose:** 15 to 200 mg per kg daily

# LEAKY GUT

## ALLERGY IMITATOR #2



### 11. LICORICE ROOT

Use the form of licorice root called DGL - it's a safer form with the glycyrrhizin removed. Licorice root improves circulation in the gastric mucosa, helps with the secretion of a protective layer and supports the growth of new mucosal cells.

**Dose:** 25 to 300 mg per kg daily. Do not exceed 4 gm daily

### 12. PROBIOTICS

Probiotics are the healthy bacteria that help your dog to digest nutrients and support his immune system. It's important to buy a probiotic with as many strains as possible. You'll also want to find one with at least 10 billion CFU (colony forming units). You'll also want to be sure the probiotic isn't derived from a dairy or other allergen based source.

**Dose:** Follow the label instructions but break the dose into two and give at mealtimes

### 13. PREBIOTICS

If you give your dog probiotics without prebiotics, the probiotics will just go right through his system. Prebiotics are the food the probiotics, or healthy bacteria, need to replicate and thrive. The best source of prebiotic is Larch Arabinogalactan. This is a larch tree extract that supports colon health. It's also often used as an effective adjunct to cancer treatments due to its ability to stimulate the immune system and block metastasis of tumor cells.

**Dose:** Under 25 lbs: up to 1000 mg daily  
25 to 50 lbs: up to 2000 mg daily  
51 to 100 lbs: up to 3000 mg daily  
101 lbs and over: up to 4000 mg daily

Rotate these foods and supplements and don't give them all at once.



# FOOD SENSITIVITIES

## ALLERGY IMITATOR #3



### Food Sensitivities

Many pet owners believe their dogs have food allergies ... but food allergies are fairly rare. Food sensitivities however, are much more common. Dr Jean Dodds estimates that food sensitivities are 10 to 15 times more prevalent than food allergies.

To understand the difference between food allergies and food sensitivities, we first need a basic understanding of the immune system. There are three main components of the immune system:

1. External surfaces like the skin, the lining of the digestive and respiratory tracts, mucous membranes (that contain special proteins called immunoglobulins) and beneficial bacteria form the first barrier against foreign invaders and allergens.
2. There are specialized cells that live in the body's surfaces. These cells are like a firewall and their job is to detect any germs or pathogens trying to enter the body. If they can't destroy the unwanted substances, they will try to fight them with inflammation.
3. The third line of defense is made up of special immune cells called B cells and T cells. This arm of the immune system creates antibodies that are specific for individual pathogens. These antibodies mark the invaders and specialized immune cells find the markers and destroy the unwanted guests.

Up to 80% of the body's immune cells are found in the gut. The intestinal tract is lined with a special lymphoid tissue called GALT (gut-associated lymphoid tissue) and this forms the bulk of the immune system.

# FOOD SENSITIVITIES

## ALLERGY IMITATOR #3



True food allergies trigger the third line of defense. If your dog has a true allergy to a food, such as chicken, then any chicken protein will cause his immune system to respond by releasing antibodies (IgE and IgG immunoglobulins) that travel to special cells called mast cells. Mast cells will release histamine and other chemicals. In humans, most of our mast cells are in our respiratory tract, so we tend to respond to allergens with sneezing. But dogs have ten times as many mast cells in their skin than humans, so food allergies (and other true allergies) typically cause itching and irritation of the skin. This type of reaction typically starts within hours of eating the allergen and it's called a type I hypersensitivity.

Food sensitivities trigger the second line of defense and different antibodies (immunoglobulin IgA and IgM). Food sensitivities are called type II or type III hypersensitivity. These reactions are generally limited to the mucous membranes but can cause the same inflammation in the body. Whereas food allergies can trigger a reaction within hours, food sensitivities can take weeks, months or even years to develop.



To understand the difference between food allergies and food sensitivities, we first need a basic understanding of the immune system

# FOOD SENSITIVITIES

## ALLERGY IMITATOR #3



### Signs Of Food Sensitivities

The signs of food sensitivities can vary, but you'll often see allergy symptoms.



GI and bowel disorders



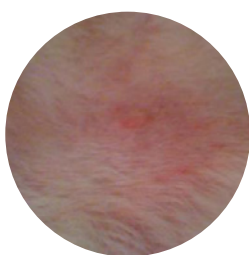
Chewing of the feet



Chronic ear infections



Yeast



Skin redness and irritation



Gas



Scratching and itching





# FOOD SENSITIVITIES

## ALLERGY IMITATOR #3



### Managing Food Sensitives

You can test your dog for food sensitivities and you don't need a vet appointment because it's a simple saliva test. The IgA and IgM antibodies will be present in your dog's saliva, so you just need to take a quick swab and there are several companies who will analyze this for you. (Nutriscan) The food sensitivity tests identifies the IgA and IgM antibodies.

Once you have received the test results, you'll see which foods your dog reacts to and how strongly.

**Status:** FINAL REPORT

**Notes:** Autoimmune disorders - allergies and joint disease

**Diet:** Raw

**Medication:** None - herbs and homeopathy only

Accession No.	Doctor	Owner	Pet Name	Received
HML73528	---	SCOTT, DANA	CHILI	04/21/15

Species	Breed	Sex	Pet Age	Reported
Canine	Labrador Retriever	F	12 Yrs 75 lbs	04/28/15

Test Requested	Result	Case Specific	General Range	Units
Beef Salivary IgA	14.450	Medium Reaction; Avoid	< 10	U/mL
Beef Salivary IgM	12.000	Intermediate reaction, Avoid	< 10	U/mL
Chicken Salivary IgA	23.198	Strong reaction; Avoid	< 10	U/mL
Chicken Salivary IgM	11.367	Weak Reaction	< 10	U/mL
Corn Salivary IgA	21.407	Strong reaction; Avoid	< 10	U/mL
Corn Salivary IgM	11.666	Borderline Reaction; Avoid	< 10	U/mL
Duck Salivary IgA	20.787	Strong reaction; Avoid	< 10	U/mL
Duck Salivary IgM	11.130	Weak Reaction	< 10	U/mL
Lamb Salivary IgA	14.969	Medium Reaction; Avoid	< 10	U/mL
Lamb Salivary IgM	9.676	Negative Reaction	< 10	U/mL
Milk Salivary IgA	22.417	Strong reaction; Avoid	< 10	U/mL
Milk Salivary IgM	12.268	Intermediate reaction, Avoid	< 10	U/mL
Pork Salivary IgA	23.075	Strong reaction; Avoid	< 10	U/mL
Pork Salivary IgM	13.200	Medium Reaction; Avoid	< 10	U/mL
Soy Salivary IgA	17.385	Strong reaction; Avoid	< 10	U/mL
Soy Salivary IgM	11.044	Weak Reaction	< 10	U/mL



# FOOD SENSITIVITIES

## ALLERGY IMITATOR #3



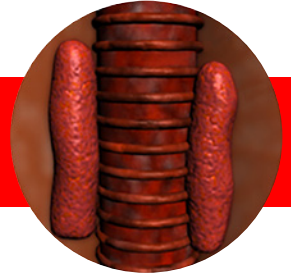
75 lbs

Test Requested	Result	Case Specific	General Range
Beef Salivary IgA	14.450	Medium Reaction; Avoid	< 10 U/mL
Beef Salivary IgM	12.000	Intermediate reaction, Avoid	< 10 U/mL
Chicken Salivary IgA	23.198	Strong reaction; Avoid	< 10 U/mL
Chicken Salivary IgM	11.367	Weak Reaction	< 10 U/mL
Corn Salivary IgA	21.407	Strong reaction; Avoid	< 10 U/mL
Corn Salivary IgM	11.666	Borderline Reaction; Avoid	< 10 U/mL
Duck Salivary IgA	20.787	Strong reaction; Avoid	< 10 U/mL
Duck Salivary IgM	11.130	Weak Reaction	< 10 U/mL
Lamb Salivary IgA	14.969	Medium Reaction; Avoid	< 10 U/mL
Lamb Salivary IgM	9.676	Negative Reaction	< 10 U/mL
Milk Salivary IgA	22.417	Strong reaction; Avoid	< 10 U/mL
Milk Salivary IgM	12.268	Intermediate reaction, Avoid	< 10 U/mL
Pork Salivary IgA	23.075	Strong reaction; Avoid	< 10 U/mL
Pork Salivary IgM	13.200	Medium Reaction; Avoid	< 10 U/mL
Soy Salivary IgA	17.385	Strong reaction; Avoid	< 10 U/mL
Soy Salivary IgM	11.044	Weak Reaction	< 10 U/mL
Turkey Salivary IgA	18.959	Strong reaction; Avoid	< 10 U/mL
Turkey Salivary IgM	12.405	Intermediate reaction, Avoid	< 10 U/mL
Venison Salivary IgA	18.985	Strong reaction; Avoid	< 10 U/mL
Venison Salivary IgM	12.222	Intermediate reaction, Avoid	< 10 U/mL
Wheat Salivary IgA	18.435	Strong reaction; Avoid	< 10 U/mL
Wheat Salivary IgM	11.836	Borderline Reaction; Avoid	< 10 U/mL

If your results show that your dog has sensitivity to 12 or more proteins, then it's likely your dog has leaky gut. The chronic inflammation caused by food intolerance can cause the enterocytes in the gut lining to separate, causing leaky gut. Once leaky gut develops, undigested proteins and food particles will trigger an immune response and you'll see several sensitivities as a result. So if there are 12 or more sensitivities, or if your dog shows the signs of leaky gut, follow the leaky gut management plan. If there are fewer than 12 foods your dog is sensitive to, then try eliminating those foods from his diet and retest every year if symptoms persist.

# HYPOTHYROIDISM

## ALLERGY IMITATOR #4



### Hyperthyroidism

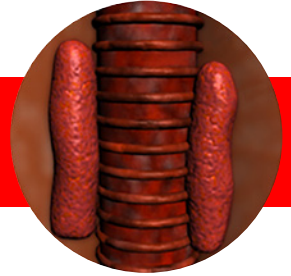
Hypothyroidism is common in dogs and an improperly functioning thyroid gland can contribute to allergy symptoms.

Hypothyroidism can affect any dog, but it usually occurs in dogs between 4 to 10 years and in medium to large breed dogs. Spayed and neutered dogs are also at greater risk.

Some cases of hypothyroidism occur when the dog's immune system attacks his thyroid gland. This can happen as a result of leaky gut because the foreign proteins that enter the body can trigger an exaggerated immune response. When this happens, the dog's immune system can fail to differentiate between his own proteins and foreign proteins and the immune system attacks his own cells. This is called autoimmunity.

# HYPOTHYROIDISM

## ALLERGY IMITATOR #4



### Signs Of Hyperthyroidism

Because hypothyroidism involves the immune system, and because the thyroid is the master gland and controls so many organs and the immune system, the skin can begin to show the effects of the chronic inflammation and hypersensitivity.



Ear infections



Toenail Infections



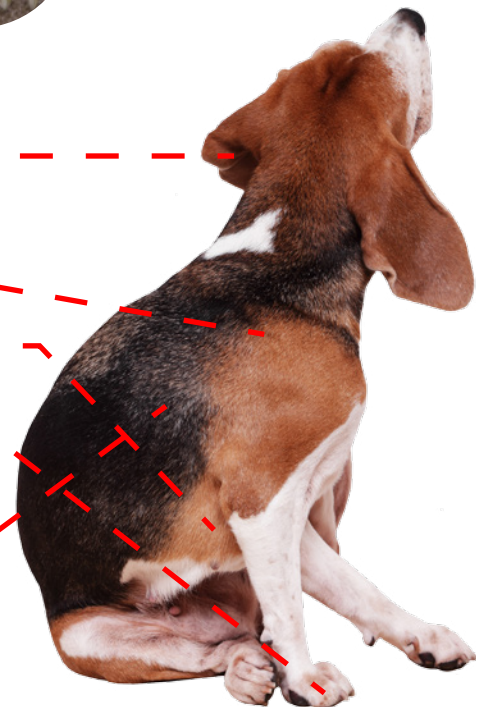
A dull and thin hair coat



Black patches on the skin



Flaky skin that isn't red



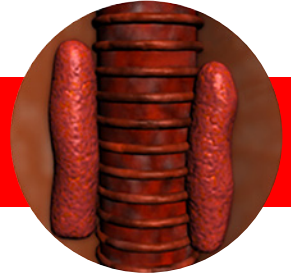
### You might also see:

- Weight gain
- Muscle loss
- Lack of energy

If you think your dog might have thyroid disease, a simple blood test can tell you if he does. Ask for the T4 and Free T4 tests and, if you can afford it, also ask for a T3 and Free T3. These tests will tell you if your dog's thyroid is underactive.

# HYPOTHYROIDISM

## ALLERGY IMITATOR #4



### Managing Hyperthyroidism

If your vet thinks your dog has hypothyroidism, he may want to prescribe a medication called thyroxine. This is a synthetic form of the hormone L-thyroxine. Of course, this isn't a natural solution and we always want to look to nature to solve our problems! Many holistic veterinarians (for example, Smith Ridge Veterinary Center) have had good success treating hypothyroidism without synthetic hormones.

### These treatments may include:

1. Treating leaky gut and avoiding any food sensitivities.
2. Eliminating bisphenol A (BPA), a chemical found in plastic and tin containers. Make sure all the packages containing your dog's treats and food are BPA-free.
3. If your dog's iodine levels are low, consider supplementing your dog with kelp. Selenium may also help and can be found in good quantities in beef, beef liver and sunflower seeds.
4. Reduce the starch in your dog's diet. Many starches and grains (especially soy) contain phytoestrogens, which can affect your dog's estrogen levels and this can affect his thyroid.

Fortunately, hypothyroidism is one of the easiest allergy imitators to identify.



# RINGWORM, MANGE & FLEAS

## ALLERGY IMITATOR

### Other Imitators

Your dog's skin is the largest organ in his body. Any challenges to his health will often show as itchy and inflamed skin. There are a few more common health issues that might be mistaken for allergies.

#### These include:

##### 1. Ringworm

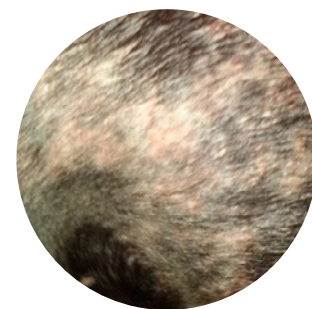
Ringworm is a type of fungal infection where round areas of hair are missing because the fungus grows in a circular direction. The edges of the rings can be red in color and there may be hair growing in the center.



##### 2. Sarcoptic Mange

In the early stages, sarcoptic mange can look like an allergy with severe itching. You'll also see hair loss, red and inflamed skin and in the later stages, the tips of the ears will be crusty and there will be red bumps, sometimes with pus and a yellow discharge.

Sarcoptic mange is caused by a mite (*Sarcoptes scabiei*). This microscopic parasite tunnels through your dog's skin, causing itching and irritation. You'll most commonly see these eruptions around the elbows, ears, armpits, chest and belly. You may also start to see red bumps on your family as well because the mite that causes sarcoptic mange also causes scabies. Other dogs in the household will also start to itch.



If you suspect your dog has sarcoptic mange, your vet can do a scraping but the mites burrow deep into the skin and they can often be missed.

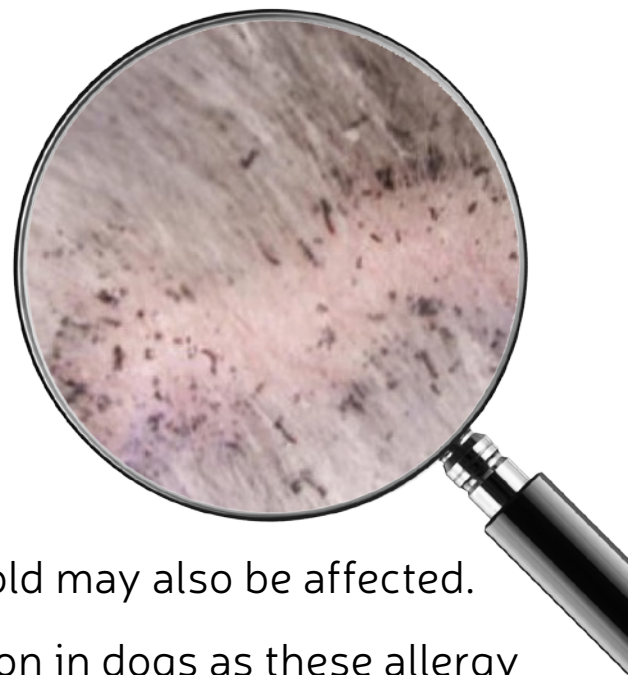
# RINGWORM, MANGE & FLEAS

## ALLERGY IMITATOR

### Other Imitators Continued...

#### 3. Flea Infestation

Never overlook fleas as a source of skin issues in your dog! Some of the common signs of flea infestations are unusual, sudden scratching, head shaking, biting, chewing at himself and restlessness. You might also see red bumps and flea dirt (tiny brown dots) as well as fleas themselves! Using a good quality flea comb can tell you if your dog has fleas. Of course, other animals in the household may also be affected.



As you can see, true allergies aren't as common in dogs as these allergy imitators are. And hopefully you're starting to see that most causes of itching and skin irritation are the result of poor diet and too many toxins. So treating your dog's itchy skin with drugs and processed foods, even veterinary diets, may help with the scratching but will only deepen the root cause of most allergies and allergy imitators.

If your dog is chewing, itching and scratching, look for ways to boost his immune system and decrease his toxin load. And remember these allergy imitators are the most likely cause of allergy symptoms.