

Animals and Spring Allergies

It's not so common for cats to suffer hay fever and allergic symptoms however, in dogs, respiratory allergies are often seen, sometimes together with the all too common dreaded skin itch.

Common allergens for dogs are airborne pollens of plants and grasses, but also watch out for household cleaning chemicals or even perfume or clothes/dishwashing detergents. And remember that as the weather warms up fleas become more active - a topic for the next mailout.

The best way to reduce the dog's tendency to allergy is to feed a natural, no carb, no dried food diet and plenty of fish and/or fish oil eg up to 6g daily for a large dog, or about 4 large cans of cheap fish in oil weekly included in the diet.



Consider the acute remedies recommended for humans such as **Euphrasia** or **Allium** for watery eye and nasal discharge, or **Phosphorus** for red or even bleeding itchy skin/mucous membranes, especially in reaction to a chemical. **Pulsatilla** for pale yellow discharges when the animal is happy to have their eyes and nose wiped, **Thuja** if within one or two months after a vaccination or **Rhus Tox** if itchy after getting wet. And let's not forget **Sulphur** for hot, itchy, boisterous animals that can be quite smelly.

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