



Skin Allergy Treatment Plan for Your Pet

Rebuilding the skin barrier:

- Dermaquin is a new nutraceutical (supplement) designed to rebuild the skin barrier and alleviate itching. It can take up to 4 weeks to see the effects, but effects can be quite significant, even dramatic. Dermaquin comes in a chicken-flavored chew. If you know or suspect that your pet is allergic to chicken, please discuss this with Dr. Rosado before we try this supplement.
- Fish oils help restore the skin's natural barriers that are broken down from allergens and infection. We recommend Omega-3 Pet by Nordic Naturals. Should you choose to use another brand/source, please be aware that not all fish oils are manufactured carefully or purified to remove lead, mercury, PCB's and other toxins. Fish oils should never smell fishy. Liquid oils should be stored in the refrigerator after they are opened and should be used or discarded within 3 months of opening. Dosing is 1000mg per 20 pounds of body weight per day. ****Overdosing fish oils is dangerous! Please do not give more than the recommended amount without consulting a veterinarian.****
- Vitamin E Give 100IU (73.5mg) per 20 pounds of body weight with meal daily.

Calming the immune system:

- Antihistamine options in case of environmental allergies
- Chlorpheniramine 4mg: ½-1 tab twice a day OR
- Claritin (not generic; Walgreen's generic ok): ½-1 tab twice a day OR
- Zyrtec (not generic): ½-1 tab twice a day OR
- Quercetin (herbal): xxx human dose.

Which antihistamine works best for your pet is based on trial-and-error.

****If on Temaril-P, do not give antihistamine on the same day.****

- Probiotics: We carry Plant Enzymes and Probiotics by Animal Essentials (a powder to mix daily in food) and Provable in capsule form.

Reducing allergen/irritant contact and reducing infections:

- Bathe affected areas once to twice weekly using a calming shampoo while the skin is irritated, then once every 2 weeks. We carry Wholistic Heavenly Herbal Pet Shampoo. Love Yer Dog Friendly Dog Wash (<https://www.loveyerdog.com/>) is a hypoallergenic shampoo available in local markets. Another acceptable alternative would be Earth Bath's Aloe and Tea Tree shampoo. Lather and let sit for 10 minutes then rinse well, or follow label directions.
- Wipe body / feet / affected area down with clean, damp paper towel or unscented baby wipe whenever coming in from outside to help remove allergens and irritants. Ideally,

put impermeable boots on her feet when she goes outside and wash the boots frequently.

- Herbal Rinse for Allergies: In a 2-quart container, mix:
 - 1 cup organic apple cider vinegar (if has yeast infections)
 - 2 Tbs. Wild Mediterranean Oregano oil (if has bacterial infections)
 - 1/2 tsp garlic oil (anti-parasitic, anti-microbial; omit or use less if odor is too strong)
 - 2 Tbs organic coconut oil (soothing, moisturizing)
 - 1 Tbs Vitamin E (soothing, moisturizing)
 - 1 Tbs Lavender oil (soothing)
 - 1 tsp Calendula extract (soothing)
 - Fill with tap water to the top

Shake well. Rinse twice weekly (ok to do after bath). Apply liberally all over body, paying special attention to affected areas. **Use a baby (very soft) toothbrush to scrub affected nail beds. Also soak affected feet in this rinse for 5 timed minutes daily to help kill bacteria. The mixture can be stored in the refrigerator for up to 2 weeks.

- You can also make the following mixture and rub on affected toes once to twice daily as needed:
 - 5 drops Wild Mediterranean Oregano oil (if bacterial infection)
 - 2 drops Lavender oil
 - 2 drops Calendula extract
 - 2 drops Vit E
 - 2 Tbs coconut oil

Other:

Ear Drops (to prevent future infections; do NOT use during an active infection):

Mix 1/4c distilled (white) vinegar, 1/4c isopropyl alcohol and the contents of 1 Vitamin E capsule. Instill 4-8 drops in each ear weekly and whenever ears get wet.

IF there is a mild malodor without pain, add 5 drops garlic oil to this mixture. SHAKE WELL.

For allergies to tree/flower pollens, 1 tsp local, raw, wildflower or all-season honey per 10 pounds body weight per day could help decrease allergic response over time.