

# ALLERGY ACTION PLAN



I LOVE A DOG  
dog nutrition naturally



# ALLERGY ACTION PLAN 101



**SPRING  
HAS  
SPRUNG!  
  
GET  
READY!**



Spring has sprung with all its beauty and freshness and, for many, its allergic reactions.



Don't wait for allergies to arise, get on the front paw and protect your dog early with this Allergy Action Plan.



Whether your dog already gets allergies or is of a breed and age often vulnerable to them (see list here) and you want to do what you can to prevent them, having an Allergy Action Plan can help keep them in check, your dog in comfort and your budget intact.



The 5 key principles are:

**Awareness**

**Avoidance**

**Cleanse**

**Protect, and**

**Soothe**



# BREEDS MOST AT RISK OF ALLERGIES

Allergies are not limited to specific breeds, any dog can develop them, but some are genetically or physically more prone to them. Some others are more prone due to a deficient diet or poor hygiene or because early irritations were left to fester. Pure breeds are said to be more susceptible but if your cross-breed is a combination of allergic-prone breeds then this may not make them more resilient but more vulnerable.

## **Breeds most at risk of airborne allergies:**

Chinese Shar-Peis, Wirehaired Fox Terriers, Golden Retrievers, Dalmatians, Boxers, Boston Terriers, Labrador Retrievers, Lhasa Apsos, Scottish Terriers, Shih Tzus, and West Highland White Terriers.

## **Breeds most at risk of environmental allergies:**

Pugs, Shar-Peis, Bulldogs, Spaniels, Labrador Retrievers, Pit Bull, Bichon Frise, Boxer, Brussels Griffon, Bull Terrier, Cocker Spaniel, German Shepherd, Golden Retriever, Labrador Retriever, Maltese Terrier, Chihuahua, Jack Russell

## **Breeds most at risk of food allergies:**

Any breed can also develop food allergies (although relatively few actually do), but there may be an increased risk for Labradors, West Highland White Terriers, Cocker Spaniels, Soft Coated Wheaten Terriers, English Springer Spaniels, Boxers and Collies, Dalmatians and German Shepherds.



# 1. AWARENESS

**Early intervention is the best medicine. Know your dog's body.**

This is great advice for so many reasons. You'll never be sorry to identify health issues for your dog early.

- **Check over them regularly** both visually and by touch. Make it a game and bonding session, ideally from a young age, so that they are comfortable with you touching and looking all over and it's a pleasure for you both. This way you'll notice something different very quickly. Address anything you find then so that it can be quickly quelled.
- **Check high-risk areas:** under and inside legs, on belly, paws, ears, and base of tail, are usual candidates; sometimes the nose and mouth. Look closely so you'll notice changes.





# 1. AWARENESS

**You're looking for bumps, rashes, hives, redness or blisters.** Check for weeping eyes, notice swelling around the face, sneezing, obsessive licking, boot scooting, chewing, diarrhea or vomiting, even hot ears. Feel into their fur if they have a thick coat for any scaly, scabby or dry or sore spots, which can become 'hotspots'. Be aware. For them.

**Awareness of your dog's surroundings** and the potential allergens in it is also important. These can include some grass, tree and weed pollens, mould, fungus and even dust. This knowledge can help with next step....



## 2. AVOIDANCE

**The best allergy treatment is to avoid the allergen altogether - but it isn't always easy.**

If you know that your dog has seasonal plant allergies (eg to certain grasses or pollens) then perhaps change up your walk routine during this time to avoid the grasses. Consider changing your garden, if they're there, to remove those plants or prevent their access to them.

**Like us humans, dogs have different allergies, if any, and some develop over time, so it can be hard to know what to avoid, but you should always be mindful.** Generally, be mindful of grass, especially freshly mowed, grass seeds and flowers. Mould or fungus at home or in parks or bushland or forests.

Try path walks, or beaches (if available), or go onto the next step, which is to cleanse well regularly.







## GOLDEN BUDDHA PASTE

turmeric, bee pollen and ceylon cinnamon  
with hemp seed oil and black pepper

**Especially good for dogs who...**

- have inflammation issues
- need extra immunity support
- have allergies or hot spots
- have any kind of arthritis
- are overweight or obese



**Lukey had  
skin issues  
but  
after using  
Golden  
Buddha  
Paste  
they never  
came back!**

**Lei & Lukey**  
Ferntree Gully, Victoria



### 3. CLEANSE

**Rinse, wipe, soak or wash away potential allergens before they take hold.**

Keep areas of likely allergen contact or inflammation (noted in Step 1) super clean, especially after walks or outdoor play.

As part of your 'Awareness' investigation gently cleanse ears, paws, belly, wipe eyes and nose each day in peak season (our PURE Colloidal Silver on a cotton pad is perfect for this, but even a moistened clean cloth will help).

Or, if they've been really wild, rinse them off with a hose, have them stand or dip their paws in a diluted apple cider vinegar or colloidal silver solution. Towel dry them, including inside legs and their ears, especially for those with folded and fluffy ears.







### 3. CLEANSE



**Do not over shampoo!** This can remove their natural microbiome and oils in the skin that are their own natural defence.

**In really warm and humid weather ensure that they are dry,** especially in areas that don't generally get air like under arms/legs, around neck and in ears, folded skin etc.

**Ensure their bedding and favourite hang out spots are clean** and free of dirt, dust or other allergen residues.



## MAGIC GOLDS

turmeric, bee pollen and ceylon cinnamon  
with hemp seed oil and black pepper

### Especially good for dogs who...

- are healing from injury or surgery
- suffer allergies or hot spots
- are anxious or stressed
- have digestion issues or sensitive tummy
- are growing and active



## PURE SILVER

a soothing body tonic and purifier  
for internal and external health

### Especially good for dogs who...

- have allergies and hot spots
- get irritated or weepy eyes
- get hot or infected ears
- have a wound or cut
- have shaved fur from surgery (itchy)



## 4. PROTECT

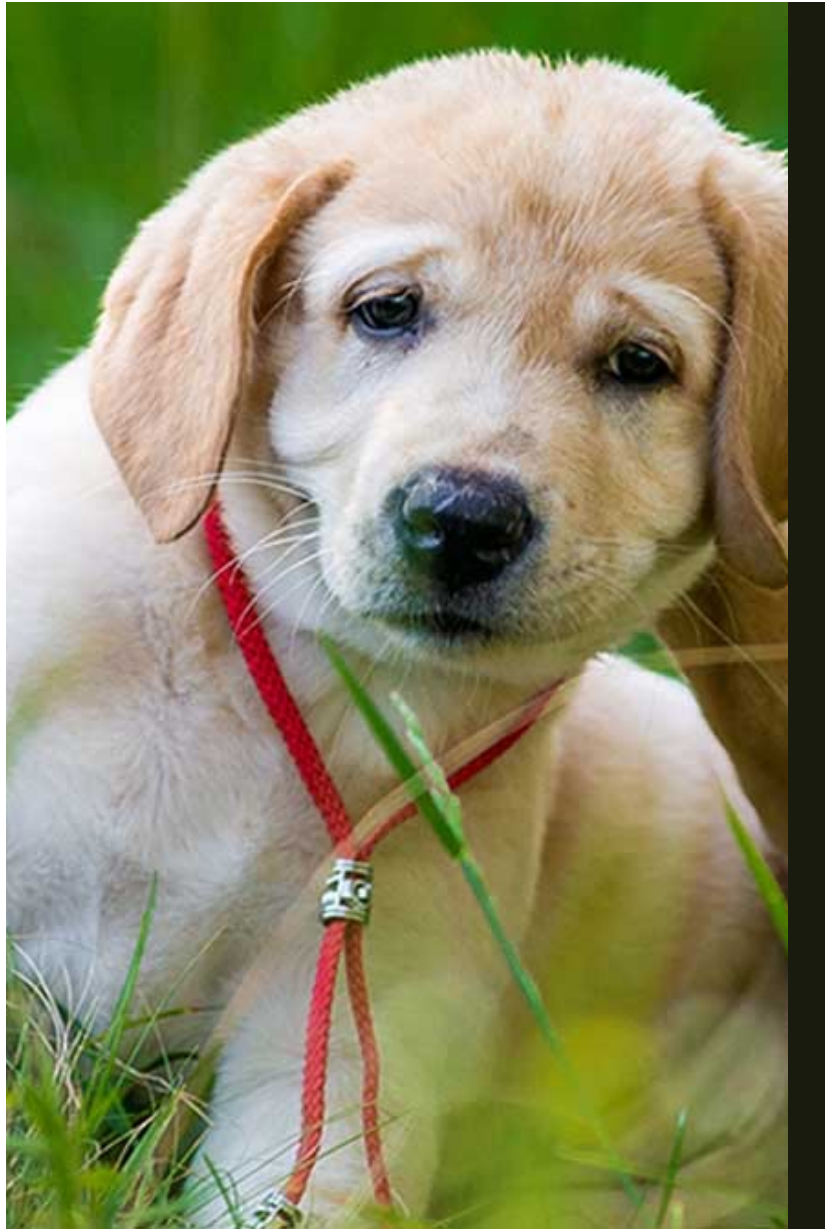
**A healthy skin and gut are the best defense to protect against angry allergies.**

**Healthy, supple, smooth and clean skin**

mitigates and minimises allergic reactions and, importantly, also makes it less likely a reaction will develop into a secondary infection. Omega 3 supplements or foods (such as mackerel, sardines, algae etc) and topical conditioners like cocoa butter, aloe vera, or our Silver Soothe, are perfect.

**A strong and healthy gut** is the engine room of an effective immune system and mediating against allergic over reactions and infections. Keeping the gut wall strong, smooth and not inflamed is key.





## 4. PROTECT



**Give soothing foods** such as bone broth, nutritional yeast, turmeric, oats, kefir and fermented veggies. These are all great additions to the diet to build gut health and boost immunity.

**Soothing supplements** such as MSM, turmeric paste, vitamin C, Omega 3's are also powerful.

**Foods to avoid**, that can add to inflammation, include chicken, most kibble, starchy vegetables and white rice, processed carbohydrates and foods high in chemical preservatives.



## 5. SOOTHE

**Allergies are inflammation and require relief at the site and the cause.**

The earlier we can identify and soothe any signs of allergic inflammation the better. “Nip them in the bud” so to speak.

This is best achieved by addressing them ‘inside and out’, and early.

Usually, the earlier we address allergic reactions the gentler the solutions we can use. Topically, my favourite is a combination of colloidal silver and aloe vera (Silver Soothe), depending on what and where it is.



## 5. SOOTHE

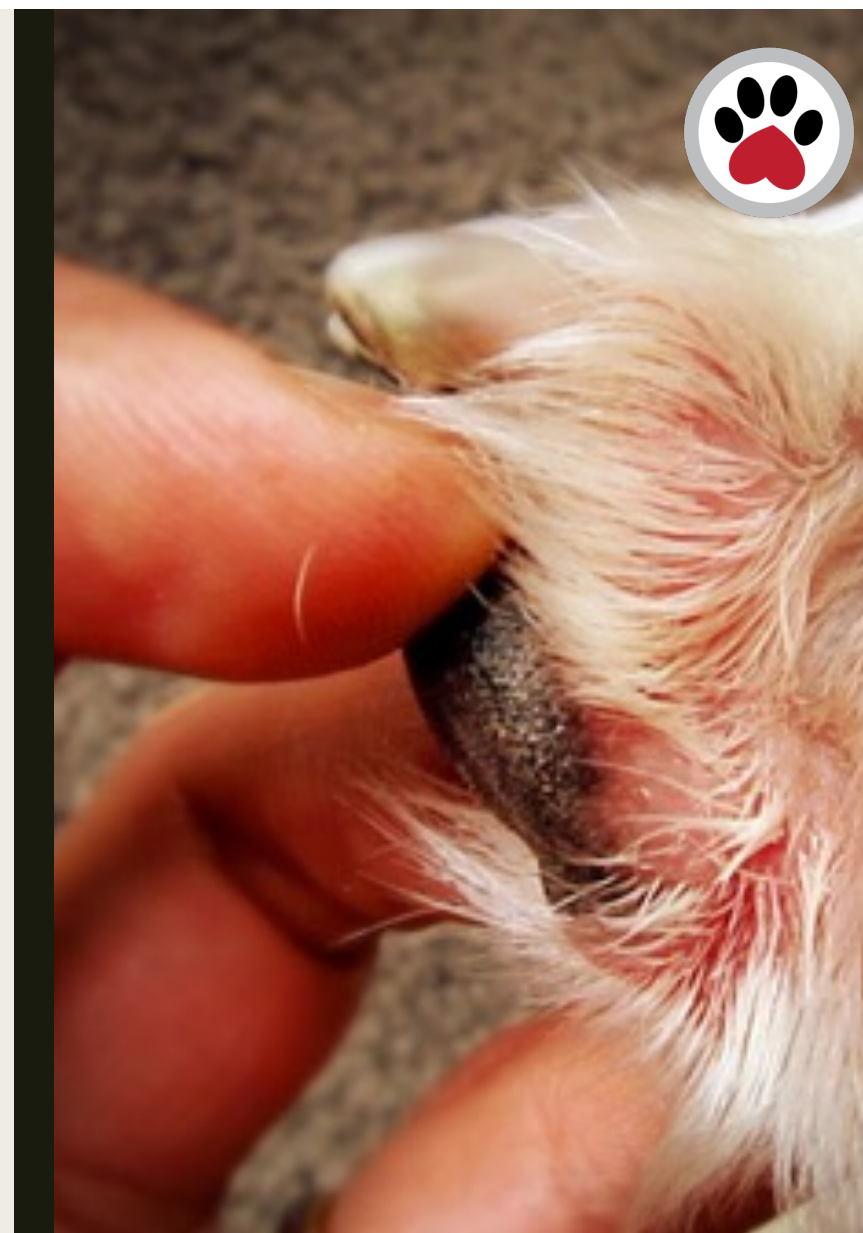
**If irritations arise treat them quickly and consistently. Again, inside and out.**

**The first approach is a gentle topical gel or cream to soothe the area,** keep it clean and dry, avoid infection. Soothe with colloidal silver and aloe vera gel, and/or an ice pack or cool towel. Do not put creams that are toxic to lick. If it is looking really angry, with broken skin, apply an antibiotic cream and cover. Secondary infections can lead to chronic conditions that are hard to eliminate without harsh pharma options. They have their place when you really need them but we want to avoid them if we can.

**Do your best to keep you dog from scratching, chewing, licking or biting the area.** It will likely make it worse, especially if they break the skin. Lightly bandage or cover with cotton sock if necessary. Help keep them calm.

**Give them soothing foods and supplements.**

**Try our Allergy Aleve Pack**





# Allergies Aleve Pack

Soothe  
allergies  
inside and  
out, even  
before  
they start



Magic Golds | Pure MSM | Pure Silver | Silver Soothe | Golden Buddha Paste





Seriously healthy dog food  
made super easy!



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dog nutrition naturally