

Allergies and your pets

Allergic reaction in dogs and cats can occur from artificial and what we would consider to be 'natural' dog foods. The most common are: meat, such as beef in canned pet food is overcooked and devoid of most nutrients and may contain harmful additives, colourings or preservatives, not to mention salt and possibly msg. Canned pet food contains so much lead that only six ounces a day is more than toxic levels for children! Lean blocks absorption of calcium and other trace minerals.

According to Pet allergy expert Alfred Plechner, beef can be an unsuspected culprit with food allergies (Diane Stein, 1993, pg.55 natural healing for dogs and cats). Some pet foods contain the undetectable chemical ethoxyquin, which causes hair loss, thyroid problems and reproductive disorders.

Most dry foods are filled with grains. We consider grains to be a natural food with b vitamins. However, dogs and cats are high protein eaters. Ever seen a dog grazing in the oat field? Grains can alter the ph of their body, affecting the GI tract, kidney and of course cause skin allergies. If more pets ate no grain there would be less obesity, perhaps people should follow the same advise. Dr. Pitcairn (Dr. Pitcairn, [The complete guide to natural health for dogs and cats](#), 2005), does recommend small amounts of cooked brown organic rice or traditional organic oats for dogs to help provide nutrients but it should be avoided if dog is sensitive to grains. Author of Natural Healing for Dogs and cats, Diane Stein also recommends Pitcairn's diet for dogs and cats which for dogs does recommend small amounts of grains. Hills company would disagree with him as their research shows no carbohydrates are required by dogs, yet it is in their food? To reduce allergies, yeast products, corn, canned fish and spicy foods should be avoided. Chocolate, beans, citrus fruits and rolled oats may also cause problems. Members of the nightshade family may not be helpful either, that is chillies, capsicum and eggplant, and tomato or potato. These are generally considered a poisonous plant to all animals unless they are cooked. However, people seem to be able tolerate them better than our pets and horses and chickens certainly DO NOT tolerate them at all. In humans the nightshade family can often aggravate arthritis, in pets it causes inflammation and often vomiting.

Avoid all pork, bacon and dog nibbles that contain nitrates, colouring and preservatives. Such as "naturally smoked" pigs ears or snouts. Rather, feed fresh, organic where possible, lean meat with fresh veggies like organic carrot, chopped parsley, eggs, grated zucchini, cooked squash, and wilted steamed chopped greens. Adding fresh essential fatty acids like grapeseed oil or refrigerated flax seed oil will also help reduce allergies, act as antioxidants and help the skin. Supplements of zinc, vitamin e and probiotics will help the gut flora and improve immunity. Please see article on vaccines and the webpage for further causes of allergy with your pet.

<http://www.treshanley.com/cic/vaccines.html>

