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## ***Seasonal allergies.***

Unlike humans who typically suffer only with respiratory symptoms when they have seasonal allergies, **dogs can experience other symptoms as well**, like inflamed ears, runny eyes, skin irritation and overall itchiness.

Now you can zero in to the root cause of your dog's misery and help keep allergies from spiraling out of control.

According to a recent survey, over half of pet owners don't realize seasonal allergies can make their dog t feel miserable – just like them.

Allergies are extremely common among dogs today.

You know how allergies can make you feel, but do you know how your dog experiences them?

The symptoms may not always be the same as yours.

You *may* notice a red chin or swollen paws, watery or blood-shot eyes, a runny nose, or coughing and sneezing in your dog.

But you're also likely to see a whole different set of symptoms... Unlike humans who typically suffer with respiratory symptoms when they have seasonal allergies, with dogs, allergies can show up as skin irritation, itchiness and inflammation. When affected by allergies, your dog's skin can become very itchy. They may start scratching excessively, and even bite or chew at areas on the body. Your dog may lose hair, develop rashes, hives, open sores or "hot spots," or inflamed ears, especially with dogs. Ears and feet are often affected.

**Seasonal allergies can affect your dog's entire body, from head to tail. And they can affect your dog's behavior, too, making him irritable or snappish.**

If you find your dog rubbing herself against any surface they can find – including the face against the carpet or lawn– it may be their desperate attempt to relieve the miserable itchiness!

**How to know distinguish symptoms of seasonal allergies.**

Seasonal allergies can make your dog's life miserable. Your dog's symptoms can result from one, or both, types of allergies:  
Food allergies  
Environmental or seasonal allergies  
Many dogs suffer from both types and how signs of environmental allergies that last from spring throughout the summer.

**To help figure out if your dog's symptoms may be from seasonal allergies, these 3 questions can provide valuable clues:**

**Do symptoms come and go, or are they constant?**

Do the symptoms look exactly the same during the months of a specific season ... like summer time.

### **Do they become better or worse as the seasons change?**

When your dog's symptoms change with the seasons and don't remain the same throughout the year, chances are he's suffering with seasonal allergies.

Year-round symptoms are likely from food sensitivities or dust mites. If you suspect food allergies or sensitivities, you can find out how to get your dog tested to rule out food sensitivities first.

However, because many dogs suffer with both types of allergies, if you don't see significant results within 3 months on a food sensitivity trial, consider treating her for seasonal allergies, especially if the symptoms appear seasonal.

### **Left untreated, seasonal allergies can turn into a year-round nightmare.**

When your dog encounters something they sensitive to in their environment, the immune system launches an attack.

Allergens are substances that provoke an exaggerated immune response in sensitive animals.

At a young age, the immune response may be minimal with only mild reactions, such as itchy ears or a red tummy.

Because nothing is done to address the *root cause* of the allergic response, it's almost certain your dog's symptoms will return the following year when the temperatures rise again.

Only this time – the second year – your dog's symptoms are now more severe. The itching has increased, or he's developed an ear infection or even some hot spots.

Treating the symptoms and not the root cause of your dog's allergies can be a big mistake.

Again, a traditional vet treats the symptoms until the season changes and the symptoms disappear once again.

Each year the symptoms worsen.

Instead of going away, the reactions to the unaddressed root causes become even more intense.

Symptoms that may have previously erupted only in the warmer months, are now raging year-round, creating continuous misery for your dog!

Ideally, you want to address potential root causes at the *first* sign of any type of allergic response.

For many sensitive dogs, this usually occurs between 6 and 12 months of age.

Most develop their seasonal allergies within the first few years.

A traditional veterinarian might choose to give your pet steroid drugs to suppress the response to allergens. In my opinion, this isn't an appropriate action for many dogs as it depresses immune function.

### **What's making your pet itch?**

So what exactly causes your dog to feel so miserable when they have seasonal allergies?

As your dog becomes exposed to normally harmless substances in the environment, their immune system can begin to identify these substances as "hazardous."

These can include grass and weed pollens, trees, mold spores, insects, and even human personal care and cleaning and pest control products. Allergens can be a problem for your dog when they are inhaled, ingested, or come into contact with skin, ears, or paw pads.

When your dog is exposed repeatedly to any of these everyday substances, the immune system launches its attack on what's now viewed as "foreign invaders."

Dogs can become sensitized to everyday substances.

During this attack, the immune system produces antibodies, and they, in turn, signal the release of chemicals into the bloodstream.

Histamine, one of the major chemicals released, is largely responsible for the cascade of inflammatory events that follow.

Your dog's itchiness, irritation, redness and swelling are all a result of the release of histamine and other chemicals in your dog's body.

### **So how can you help your dog feel more comfortable?**

It comes down to three things...

Minimize the amount of allergens in your dog's living environment

Help promote normal histamine production in response to allergens

Help the immune system normalize its response to the attack

Unfortunately, most traditional veterinarians fail to address all three of these causes for discomfort, and instead focus on only one or two, usually with drugs.

Just like a three-legged stool needs all of its legs to stand straight and sturdy, your dog needs your help with all three approaches for not only comfort, but to help prevent damage to cells and tissues.

### **9 Ways to help your itchy, allergic dog.**

There are multiple ways you can help your seasonally allergic dog.

Since allergens can easily stick to paws and hair, the first two recommendations may be especially important:

#### **Your dog needs clear air just as much – if not more – than you!**

Surprisingly, indoor air can be up to 100 times more polluted than outdoor air, and more contaminants can lead to a greater risk of symptoms.

Chemicals in items such as home building materials and laundry and cleaning products, and flame retardants in furniture and mattresses can particularly affect your pet because of the smaller size.

Help protect your dog – and your entire family – from indoor air contaminants and common allergens with clear air purifiers – available in room, kennel or whole home sizes.

**Frequent baths** can provide fast relief from itching and wash away the literally millions of allergens that collect on your dog's skin and coat. Commercial products for shampoo and rinses can aid in the process.

**Foot soaks** are a quick and easy way to reduce the amount of allergens your pet tracks into your home and ingests when the dog grooms themselves.

**Remove your shoes** upon entering your home during the warmer months to reduce allergens on floors and in carpeting.

**Vacuum and clean floors regularly** to reduce levels of allergens in your home.

**Help remove allergens and other indoor air pollutants** with a home or room air purifier.

**Avoid unnecessary vaccines and drugs** if your dog is suffering with allergies.

Your dog's immune system response is already stressed!

**Restrict grains** in your dog's diet as they can create or worsen inflammation and gut issues.

Feed your dog a species-appropriate diet.

**Consider giving your dog a high-quality probiotics supplement** to help maintain a healthy balance of gut bacteria

**Add Krill /Fish and or Coconut oil** to your dog's diet to help promote a normal inflammatory response.

Reducing allergens in your dog's environment – especially indoors – is a good first step.

And so is addressing your dog's diet and gut health.

Relief for allergic dogs often begins in the gut as an imbalance in gastrointestinal bacteria is often why seasonal allergies worsen each year!

***Note! >> Commercial available seasonal allergy support treatments is not to get rid of every last allergen.***

If your mission is to eliminate every single allergen from your dog's environment – or to keep your dog away from all potential allergens, you're in for a surprise.

Reduce them, yes.

But with outdoor seasonal allergens, you can't control their source.

Potential allergens will always exist around your dog, no matter what you do.

Help support your dog's body's immune response to "common or specific" (your environment) seasonal allergens.

*Then this is the key - rather, a much better goal is to support your dog's functional immune response with a commercial support supplement and not steroids.*

*You want your dog to be able to handle allergens with a normal immune response.*

Steroids turn **off** your dog's immune system rather than support its normal, healthy function.

**And here's something many dog owners don't realize...**

When your veterinarian places your dog on steroids suppressing the symptoms for seasonal allergies like "prednisone" - as the only treatment plan - the dog *will probably need to remain on them, intermittently, for life!*

As you might imagine, a forever-suppressed immune system isn't likely to serve your dog well over their lifetime.

At the same time, if your dog is suffering with seasonal allergies, you don't want to *stimulate* your dog's immune function.

Their immune system is already on "overdrive!"

Instead of turning off or stimulating your dog's immune response, you want to support healthy normal immune function to help it "re-balance itself" and respond normally, without cascading out of control.

**Looking at a supplement support Dr. Mercola Seasonable Support.**

This or similar products, aims to keep your dog's immune system functioning optimally, especially when confronted by environmental **allergens.**

*So the best way to help your dog handle allergens is to support optimal, normal immune function.*

Avoiding unnecessary vaccines and drugs - minimizing allergens – can help support your dog's normal immune function in the face of allergens.

Certain nutrients can also help.

You might want to use a seasonal allergy protocol of herbs and vitamins that have produced excellent results – contact your animal nutritionist or herbalist for support;

Support an optimally functioning immune system, allowing it to re-balance itself when confronted with environmental allergens.

Support a normal inflammatory response to potential allergens by helping to maintain normal histamine levels.

Bring greater comfort to dogs during allergy season.