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SPRING ALLERGIES? PERHAPS.

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|---------------------|---------------|-------------------|
| Itchy Skin | Runny Nose | Digestive Upset |
| Hot Spots | Goopy Eyes | Inflammation |
| Red, Irritated Skin | Ear Discharge | "Just not right!" |

If your pet suffers from any of these problems they will benefit from some specific supplements and diet improvements.

BENEFITS

- Vibrant Skin & Coat
- Improved Immune System
- Reduced Allergy Symptoms
- Improved resistance to infection & disease

HOW THE HEALTH OF THE LIVER IMPACTS EVERYTHING ELSE

The liver is arguably the most important organ of the body for maintaining basic health. It is responsible for metabolizing food and detoxifying the body, thus proper functioning of the liver is key to the body's ability to absorb nutrition, maintain a healthy immune system, and deal with toxins entering the body. When the liver is not functioning properly the delicate ecology of the body is disturbed, organs are weakened, and a cascade of problems occur, especially to the general functioning of the immune system.

WHAT DOES THE LIVER HAVE TO DO WITH ALLERGIES?

A healthy liver produces an enzyme called histaminase, which acts as a natural antihistamine. When the liver is stressed it cannot produce enough of this enzyme, so the natural protection is gone and allergy symptoms appear. Dogs have ten times more mast cells in their skin than humans, so itching all over the body is a common way allergies show up. **Chronic inflammation instigates disease.**

If your pet is showing signs of serious health problems it's important to see your veterinarian for tests to ensure that they are not suffering from serious liver disease. Our suggestions cannot take the place of proper veterinary care.

We recommend getting a bio-energetic sensitivity test by Glacier Peak Holistics from Dexter's to help you ascertain which food and environment issues are problematic.

WHAT HELPS?

Herbs – herbal supplements are an essential component for improving liver function, reducing allergy symptoms, providing anti-inflammatory support, and improving the immune system.

Digestive Enzymes and Pre/Pro-biotics – these should be a part of every pet's diet. They reduce inflammation, improve digestion, and improve the immune system. Enzymes improve the assimilation of EFAs by 71%.

Essential Fatty Acids – Whole fish or fish oil added to the food is the best source of Omega-3 EFAs. EFA's reduce the body's inflammatory response to invading allergens



DEXTER SUGGESTS

Ask our knowledgeable staff about trying a raw food diet for your pet.

Check out these books:

- *The New Holistic Way for Dogs & Cats*
- *Whole Health for Happy Cats*
- *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats*
- *Four Paws Five Directions*



PRODUCTS

- Animal Essentials Seasonal Allergy
- Glacier Peak Inflation
- Animal Essentials Detox Blend
- Pet Wellness Blends Detox/Liver Cleanse
- Newton Homeopathics Detoxifier
- Pet Wellness Blends Canine Wellness
- Herbal Energetics Pet Boost
- Dr. Harvey's Solaris
- Animal Essentials Plant Enzymes & Probiotics
- Mushroom Matrix Formulas
- HomeoPet Skin & Itch
- Beta-Thym
- Glacier Peak Holistics Pet Wellness Life Stress Scan

and improve skin integrity. Absorption of allergens through the skin is one of the primary routes.

Healthy Diet – it's essential that your pet get the best food possible. Including fresh food is important for good functioning of the body. Older animals in particular need highly digestible food in order for them to have a healthy immune system.

HOW TO USE SUPPLEMENTS SO THEY WORK

Natural, whole-food supplements work best when given consistently over time. They allow the body to naturally and easily adjust to a healthier state. If your pet is unaccustomed to natural supplements, start slowly – spend a week getting the dose to the full amount, and wait 2 weeks between new supplement starts. If your pet is very ill, please use herbs under the guidance of a qualified practitioner.

1. Digestive Enzymes, Probiotics, and Omega-3s should be used all year long.

2. Occasional Itchy & Runny Eyes & Nose only

- a. Seasonally: Animal Essentials Seasonal Allergy. *Should be given for the whole season.* The best pattern for this use is twice a day on the weekdays, taking the weekends off.

3. Occasional Itchy Skin, Redness, Hot Spots

- a. Seasonally: Animal Essentials Detox Blend or Pet Wellness Blends Detox/Liver Cleanse for up to one month.
- b. Use Glacier Peak Inflation as needed (a pattern of two weeks on then one week off is recommended).

4. Chronic Symptoms!

- a. Feed the best diet possible, as much fresh and species-appropriate as you can.
- b. Use Detox Blend or Detox/Liver Cleanse for one month in the Autumn, and one month in early Spring (this pattern can be customized for your pet, so please work with your holistic practitioner). The best pattern for this use is twice a day on the weekdays, taking the weekends off.
- c. Use Glacier Peak Inflation as needed (a pattern of two weeks on then one week off is recommended).
- d. Throughout the year use Pet Wellness Blends Canine Wellness, Herbal Energetics Pet Boost, or Dr. Harvey's Solaris (you can even rotate through the different products to see which is most suitable for your specific pet).
- e. Talk to your practitioner about whether Beta-Thym would be appropriate for your pet.

Looking for non-plant options? Homeopathy is a good option, or use medicinal mushrooms for the immune system and enzymes.