The itchy skin diseases in this table are characterized by constant scratching, biting at the skin, and rubbing up against objects to relieve the itch.

- **Allergic contact dermatitis**: Same as contact dermatitis, but rash may spread beyond the area of contact. Requires repeated or continuous exposure to allergen (such as wearing a flea collar).
- **Canine atopy**: Severe itching that occurs in young dogs and begins in late summer and fall. Caused by seasonal pollens. Occurs in mixed breeds as well as purebreds. Common. Tends to get worse each year. May start with face rubbing and foot chewing.
- **Chiggers**: Itching and severe skin irritation between the toes and around the ears and mouth. Look for barely visible red, yellow, or orange chiggers.
- **Contact dermatitis**: Red, itchy bumps and inflamed skin at the site of contact with a chemical, detergent, paint, or other irritant. Primarily affects feet and hairless parts of the body. Can also be caused by rubber or plastic food dishes, with hair loss on the nose.
- **Flea allergy dermatitis**: Red, itchy pimple like bumps over the base of the tail, back of rear legs, and inner thighs. Scratching continues after fleas have been killed.
- **Fly-bite dermatitis**: Painful bites at tips of erect ears and bent surfaces of floppy ears. Bites become scabbed and crusty black, and bleed easily.
- **Food allergy dermatitis**: Non-seasonal itching with reddened skin, papules, pustules, and wheals. Found over the ears, rump, back of the legs, and undersurface of the body. Sometimes confined just to the ears with moist, weeping redness.
- **Lick granuloma (acral pruritic dermatitis)**: Red, shiny skin ulcer caused by continuous licking at wrist or ankle. Mainly in large, short-coated breeds.
- **Dandruff**: Flaky dry itchy skin with sometimes greasy skin: can be due to food, dry winter air condition, inflammation of sebaceous glands, allergies.
Most Environmental Allergies are due to FLEAS. Even One Flea Bite can cause a serious allergic reaction in dogs who have this allergy with out of control itching, even shredding themselves. This is why it is so important to make sure there are no fleas on your dog or in your home. Use of a Flea Comb with show you evidence of fleas or flea dirt. If you find this evidence you must do the Protocol to Rid your Home and Dog from fleas and protect him from further flea bites. (Ask for This Separate PDF).
Inhalant Allergies

Atopic dermatitis is an inflammatory, chronic skin disease associated with allergies. In fact, this is the second most common allergic skin disease in dogs. These allergic reactions can be brought on by normally harmless substances like grass, mold spores, house dust mites, and other environmental allergens.

Dogs normally show signs of the disease between 3 months and 6 years of age, though atopic dermatitis can be so mild the first year that it does not become clinically apparent before the third year.

Yeast Overgrowth Infections

So many times, when we have dogs with allergies, we have been treating with Corticosteroids and/or for other health issues - Antibiotics. Both can damage immune system with long term use, along with other health problems. This can lead to the dog developing secondary infections, such as Yeast Overgrowth on top of the allergy skin rashes. Here is some information on the problems with both those drugs.
Long term use of corticosteroids:

- Urinary Tract Infections (UTI) in up to 30% of patients. Monitoring for the development of UTI is achieved by performing periodic urine cultures. A patient receiving steroids will not experience the usual symptoms of urinary tract infection because the steroid will suppress the inflammation and discomfort commonly associated with a UTI. In many cases, a urine culture may be the only way to detect the infection.
- development of thin skin, blackheads, and a poor or thin hair coat
- poor wound healing ability
- development of obesity due to increased hunger
- muscle weakness secondary to protein catabolism (breakdown)
- development of hard plaques or spots on the skin called calcinosis cutis. These plaques are the result of calcium deposition in the skin.
- increased susceptibility to opportunistic or secondary bacterial infections
- increased susceptibility to fungal infections (especially of the nasal cavity) and
devlopment of adult onset demodectic mange.
- Predisposition to diabetes mellitus

What are some of the short-term side effects?

Short-term side effects are those that we expect a pet to experience when initially placed on corticosteroids. These side effects depend both on the type of steroid prescribed and on the dosage administered, and include:

- Increased thirst and urination
- Increased hunger
- Panting (especially dogs)
- General loss of energy
- Development or worsening of infections (especially bacterial skin infections)
- Vomiting or nausea (less common)

Side effects from Antibiotics in Dogs

Yeast Infections

Yeast infections are common side effects of antibiotics. The antibiotics kill the friendly bacteria in the intestinal tract of the dog, and result in the overgrowth of harmful bacteria which cause the yeast infection. The normal balance in the intestinal tract should be 80% good bacteria and 20% bad bacteria. The antibiotics ruin this balance.

A yeast infection is a very unpleasant condition accompanied by itchiness, rashes and eczemas, lesions on skin, diarrhea or food allergies.

Antibiotic resistant infections is problem of overuse.
Other Side Effects of Dog Antibiotics

Antibiotics are beneficial in many ways, but may create numerous new conditions such as:

- Diarrhea
- Vomiting
- Irritable Bowel Syndrome
- Fever
- High white blood cell count
- Dehydration
- Liver or kidney disease
- Blood in urine, or discolored urine
- Hair loss
- Rashes
- Bad breath

Antibiotics may also cause potassium deficiencies and inhibit the availability of multiple vitamins, such as vitamins A and B, magnesium, zinc and folic acid.

Antibiotics will weaken the immune system. Remember that allergies are an expression of a damaged immune system.

Allergies/Sensitivities to Food

A small percentage of dog allergies (and it is usually sensitivities in this case) are due to certain foods.

Sometimes particular meat proteins such as chicken, beef, turkey can be at issue. To determine what foods your dog is allergic to you need to do a Food Elimination Diet.

Please Note: In addition to the nutritional value of food rotation, dogs might be less prone to allergies from food if they aren't always fed the same food. Allergies tend to develop over time, so the longer a dog is exposed to the same ingredients, the more likely the dog will develop an allergy to one or more of those ingredients. By rotating among different protein and carbohydrate sources, food allergies might become less likely.
Elimination Diet Basics:

1.) Feed your dog one protein source. Best to start with protein dog has not had before, like Rabbit, Ostrich, Venison, Salmon... where you just feed that one meat protein and you mix it with one carb item (like cooked rice, oatmeal, or cooked sweet potato (white potato can be issue with some dogs). But, stick with one animal source and one carb source. Include the A2Z Vitamins and Minerals (crushed up in food if dog will not take as treat) 1 for dogs up to 50 lbs, 2 for dogs over 50 lbs. Also mix 6-8 drops of IQ Omega Oil into Food breakfast and dinner. Feed this protein/carb diet this for at least 4 weeks. If the allergy is still present, then try another protein source and carb source for another 4 weeks.

If the allergy is still present, then it might not be the food. If the allergy is gone, then go on to step 2.

2.) Verify that it is REALLY the food by giving him his old food for 3-5 days. If the allergy is back, then you are assured it is the food. Go on to step 3.

3.) Feed the elimination recipe for another week and start introducing another animal source after a week to figure out which one triggers an allergy. Give the new animal source for 3-5 days and see if the allergy gets triggered. If it doesn't, then add that food to the non-allergen list. If it triggers the allergy, put it on the allergen list and find another meat. Do the same thing for the carbs.

After this, you should have a good idea of which things your dog is allergic to.

References:

http://www.peteducation.com/article.cfm?c=2+2111&aid=143
http://www.petmd.com/dog/conditions/skin/c_dg_atopic_dermatitis
http://pets.webmd.com/dogs/dog-itchy-skin-diseases
http://www.petmd.com/pet-medication/prednisone-prednisolone

by Skye Patterson - ©Revised 10-Oct-14
skypatterson@juno.com
Suggestions for Protocols Using Essential Oils and Diet Changes *
by Skye Patterson - ©Revised 10-Oct-14
skyepatterson@juno.com

Suggest: Reduction of amount of corticosteroids such as given every other day or 1/2 dosage and tapering off as essential oils and other products start resolving issue.

Protocol of Bathing and Cleaning House to Help Reduce Allergens On/Around Dog:

• Wash dog every week in Earthbath Oatmeal and Aloe Pet Shampoo™ for dogs and cats (I recommend this it is a very soothing natural shampoo and will help soothe irritated skin, remove dead skin, allergens, etc. To each capful of shampoo add: 2 drops Lavender, 2 drops Lemongrass 1 drop Rosemary or Geranium. Thoroughly wash dog and THOROUGHLY rinse dog
• For dogs dealing with Yeast (Candida) Overgrowth, adding Frankincense, Wild Orange or Myrrh to shampoo is helpful - 2 drops
• When dog comes in from outside - wipe down coat, feet, legs with damp cloth to remove allergens that are potentially issue.
• Vacuum and mop frequently to remove allergens from house, wash dog's bedding frequently.
• in 15 ml old Essential oil bottle with added spray to: 50 drops Lavender, 50 drops Lemongrass, 20 drops Frankincense, 20 drops Rosemary or Geranium - fill remainder of bottle with Fractionated Coconut Oil (FCO) Coconut oil is very helpful for this condition so do not substitute other veggie oil. Spray areas of skin that are affected with this mix (make sure you thoroughly shake bottle between each use) and lightly massage in - 2-3X/day.

THE “ALLERGY SHOT” PROTOCOL

Using the Allergy Shot has been shown to be helpful for inhalant allergies and seasonal allergies. For dogs up to 80 lbs: 1 drop each of Lavender/Peppermint/Lemon in capsule given 2X/day with some improvement seen fairly soon after starting regimen, but to effectively help body stop having an allergic reaction, this is a regimen that will often needs several months to be most effective. For dogs over 80 lbs. double the # of drops/oil or you can use the Seasonal Blend – 1 capsule 2X/day.

Supplements Suggested That Are VERY Helpful:

• Probiotic Complex: to help repopulate damaged gut with good bacteria and crowd out bad bacteria. Helps heal immune system and digest/absorb nutrients from food. 1 Probiotic capsule daily for at least 10 days every month.
• Enzyme Complex: to help dog with compromised gut be able to properly digest/absorb food, Promotes gastrointestinal comfort and food tolerance. 1/2 capsule for dogs under 50 lbs, mixed in wet breakfast, 1 capsule for dogs over 50 lbs. This should be a daily protocol.
• Omega Oil Blend: to reduce inflammation (allergies are an inflammatory disease) and heal/support immune system. 6-8 drops mixed into wet food breakfast and dinner. This In my opinion should be a permanent protocol.
• The Detoxifying Oil Blend and The Detoxifying Herbal Complex Capsule: because skin issues/allergies are also an expression of overwhelmed filter organs (liver, kidney, colon, lungs, skin). These organs rid the body of toxins and it is very important to help them eliminate toxins. When overwhelmed, they will become damaged and affect their ability to function. These products help detox them and support them in detoxing the body. For dogs under 20 lbs to get 1/3 of the Detoxifying Herbal Complex capsule
mixed in wet food 2X/day, from 20-75 lbs = 1/2 capsule 2X/day and larger dogs = mixed into the dogs breakfast and dinner wet food as a permanent daily protocol. Initially, also add 1 drop of the Detoxifying Oil Blend to the wet food for breakfast for one month, then every 2-3 months.

**DIET IS A CONTRIBUTING FACTOR**

(Note: Beneful™ is one of the worst dog foods you could feed your dog)

Improper diet is a major contributor or cause of fungal/yeast/allergies. Grains are the major culprit. Must make sure there are NO corn/wheat/soy or grain byproducts in food. Most commercial diets contain them to a high percentage to replace high quality meat protein. Dogs are carnivores and do not have digestive system to digest/use/healthily handle grains. Damage gut = damaged immune system = allergies/candida/fungal infections.

Also remove dairy products from diet. Can be a problem with allergies/exacerbate issues/feed yeast.

Dry dog food is by far worst food with some very few exceptions by a few companies who have produced a fairly healthy dry dog food (not found in grocery stores or pet food supply stores). However, even these contain pea or white potato (carbs), which will continue to exacerbate issue. All dried food need either grains or pea or potato to act as binder. Highly Processed food such as dried dog food is stripped of their natural fibers, enzymes, vitamins, and other nutrients. These foods tend to wreak havoc on the digestive tract. Highly recommend a complete nutrition raw diet, such as Primal™ Raw Frozen. There are some other good ones.

Dogs with severe skin issues can be greatly helped just by switching to the raw diet (no grains). However, not everyone is willing or able to afford this optimum diet. The next best option is to go to a high quality grain free organic canned food. If you decide to stay with a dry food, PLEASE add a high quality canned food to it to bump up the quality usable protein. 1/3 canned to 2/3 dried.

Even if your dogs has environmental allergies (grass, pollen, flea bite, cleaning chemicals you use in your home, chemicals you use in your yard...) grains will exacerbate issue.
I do NOT recommend specialty diets (like those vets have) - they are among the worst culprits for being full of problematic grains and very poor quality meat protein (read ingredients list). An excellent resource for finding healthy food for the dog. Again no grains - and go with only 4 or 5 starred foods: [http://www.dogfoodadvisor.com/](http://www.dogfoodadvisor.com/) A lot of these foods can be ordered online through Amazon.com

**Remedies for Antibiotic Side Effects**

Because antibiotics destroy all flora and fauna (bacteria - good and bad) in the gut, which is 70% of your immune system, affects dogs ability to digest and absorb nutrients from food... very important to repopulate gut with probiotics. The Probiotic Complex is excellent - best I have found. Give your dog one capsule daily for 10 days, repeat next month. Personally, I do this every month for my dogs.

Also because with allergies and especially with prolonged use of antibiotics you are very likely to have damaged liver, kidneys, colon, skin = all filter organs. The Detoxifying Herbal Complex Capsules are very important to clean and restore filter organs to functioning optimally. Recommend for dogs under 20 lbs to get 1/3 capsule mixed in wet food 2X/day, from 20-75 lbs = 1/2 capsule 2X/day and larger dogs = 1 capsule 2X/day. You can also use the Detoxifying Oil Blend for 1 month, then repeat every 2-3 months for even better help (use both products) – give 1X/day. See the instructions above for these two products (suggested supplements).

Additionally, need to support your dog healing the immune system/support it: The Protective Blend: Apply 1-2 drops to back paws between toe pads AND Swipe 1 drop in your dog’s mouth daily. Don’t be surprised if dog makes a nasty face. If she will accept it in her wet food then you can put it in there 1X/day.

A2Z vitamins/minerals supplements are recommended to help body have best resources to heal immune system. 1 tablet/day for dogs up to 30 lbs, 1 tabled 2X/day for dogs 30-75 lbs, total of 3 tablets for dogs 75-100 lbs, over 100 lbs use either 2 tablets 2X/day. Some dogs will take these tablets as a treat, and some you need to crush up and mix in wet food.

It is very important in dealing with skin issues - allergies/bacterial/fungal overgrowth to be persistent and consistent in above protocols.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.

**WARNING:** Many essential oils on the market contain synthetics which should not be used. Only certified pure natural therapeutic grade essential oils should be used for safe and reliable results.

**Note:** All Blends/Complexes/Supplements: I will use the descriptive names, not the proprietary registered names.

To learn about the brand of essential oils and supplements that I recommend for your family and pets and how to purchase these powerful natural products at the best available prices go to: [http://www.thedogoiler.com/](http://www.thedogoiler.com/)

by Skye Patterson - ©Revised 10-Oct-14
skyepatterson@juno.com