

DEXTER'S DELI

PET HEALTH GUIDE

Ref. 18 v.9



SYSTEMIC YEAST

SYMPTOMS

- Allergies
- Itchy, smelly skin
- Ear discharge & smell
- Genital discharge
- Smelly bowel movements
- Excessively chewing feet
- Poor coat
- Poor digestion

Product Suggestions

Four Leaf Rover Yeast Free Fido Kit

Herbsmith MicroFlora Plus
Sustenance Herbs Pet Probiotic
& Digestive Enzyme Blend

Four Leaf Rover Protect

Sustenance Herbs Immune/
Mushroom Blend

Skout's Honor Probiotic
Shampoo

Skout's Honor Probiotic Ear
Cleaner

Eqyss MicroTek Shampoo &
Spray

Earthbath Hot Spot Relief Tea
Tree Shampoo

WHAT IS A SYSTEMIC YEAST OVERGROWTH?

Yeast has become a common problem in modern dogs (less frequently cats). *Candida albicans* is an organism that is both a yeast and a fungus. It is always in our system, but it is kept under control by the immune system and beneficial bacteria in the digestive system and on the skin. This system can be unbalanced by stress, medications, diet, and more.

WHY DIDN'T I KNOW?

Animals can have a low-grade, undiagnosed yeast problem for years. One problem is the repeated use of antibiotics and steroids to treat secondary symptoms like skin and ear problems. This cycle, when repeated over and over, suppresses the symptoms while allowing the yeast to flourish, and can severely damage the immune system. This overgrowth of yeast will also continue in many animals fed an inappropriate diet that is high in carbohydrates and low in naturally occurring beneficial bacteria and enzymes. *Candida* can also grow in the intestines in such a way that it actually effects the body's ability to absorb nutrients, thus continuing a cycle of ill health that you may not even suspect is due to systemic yeast.

DETOXIFICATION IS THE FIRST STEP

When an animal's system is overwhelmed by yeast & exhibiting many symptoms from the list, the first step is to reduce the population of the *Candida*. This is done by using specially designed supplements that destroy the yeast's protective biofilm and then digesting and eliminating the yeast through the digestive tract.

You also need to disinfect the skin. For dogs suffering from itching and rashes you should bathe (weekly) and rinse frequently. Use natural pet shampoos that contain plant-based ingredients that are naturally anti-fungal. Don't use oatmeal-based products. After shampooing apply an easy home-made leave-in rinse (recipes at the end of this handout. For affected paws it's important to fully immerse the feet in a natural anti-fungal "tea" by dunking them and patting them dry. This should be done daily as often as needed. Wiping the feet really won't work. Affected ears should be kept clean.

DIET IS THE KEY TO LONG-TERM SUCCESS

The diet should be changed to one that is low in carbohydrates, and ideally should include fresh food. Raw, meat-based diets are the ideal diet to beat yeast infections and prevent them from returning. If your pet doesn't tolerate raw food you need to look into home-cooking, or using dehydrated or canned foods that are meat-based and low in carbohydrates, to which you can add some fresh food. Kibble is the least appropriate food to feed, and will slow down or even stop your pet's recovery.

POPULATING THE GUT WITH GOOD BACTERIA

Feeding probiotics is the way to rebalance the intestinal system, but they don't work alone. Along with killing off the yeast and feeding an appropriate diet you want to include herbs that that help soothe the gut through this process.

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Learn More

Check out these books:

- *Dr. Pitcairn's Guide to Natural Health for Dogs and Cats*
- *The New Holistic Way for Dogs & Cats*
- *Raw Dog Food: make it easy for you & your dog*

“WHY ISN'T IT GETTING BETTER?”

If you've been following the recommended program and are not seeing much improvement after three months, you need to look more closely at your pet's immune system. The longer your pet has had a yeast problem and been treated with steroids, antibiotics, and other medications for the symptoms, the longer it will take to recover. One thing you should do is have your pet's thyroid checked. Low thyroid weakens the immune system and the body's ability to rebalance, and has become very common in dogs. We recommend having your thyroid testing done by Hemopet laboratories for the most thorough results. The best supplement for helping to restore balance to the immune system is one based on medicinal mushrooms. Food sensitivities can also contribute to your pet's difficulty rebalancing their system.

THE PRIMARY ANTI-YEAST SUPPLEMENTS

Four Leaf Rover Yeast Free Fido Kit—contains three products that work together to solve yeast problems. This kit is used for 30-60 days. This is our #1 recommendation.

Yeast Guard— destroys the yeast biofilm with herbs and caprylic acid.

Digest—helps break down the now vulnerable yeast and remove it from the body.

Gut Guard— provides appropriate probiotics and herbs to restore the gut.

Probiotics – the essential “good bacteria” needed to maintain a healthy gut. These can be given as a dry supplement, or by feeding cultured foods. They should be continued after you've resolved the current problem to prevent a recurrence.

Enzymes – helps the digestive system, which has been weakened by the systemic yeast overgrowth, break down food. Cultured foods are also a good enzyme source.

Raw Apple Cider Vinegar – helps balance the stomach pH. Can be added to food or water. Start with ¼ the regular dosage, raising it to the regular dose in a week.

- 10 lbs. or less 1/4 teaspoon per day
- 10 to 60 lbs. 1 teaspoon per day
- 60 lbs. and above 2 teaspoons per day

Coconut Oil – Kills *Candida albicans*, as well as other pathogens associated with systemic yeast overgrowth. Daily Optimum Dosage: 1 teaspoon per 10 pounds, or 1 Tablespoon per 30 pounds. It's important to *start slowly* and spend *2-3 weeks getting to the optimal dose*. See our Pet Health Guide on Coconut Oil for more information.

RINSE RECIPES

Foot Dunk from Dr. Karen Becker

- 1 gallon of water
- 1 to 4 cups distilled vinegar
- 1 cup peroxide (may fade dark fur)

After-Bath Rinse from Dr. Karen Becker. Be sure to avoid the eyes. This can also be used in a spray bottle throughout the day, a dropperful of colloidal silver can be added to the spray bottle for additional anti-microbial support.

- 1 gallon of water
- 1 cup distilled vinegar

Rinse/Dunk for less severe cases and ongoing care

- Lightly brewed plain green tea

