

# DEXTER'S DELI

## PET HEALTH GUIDE

Ref.12 v.17



### Benefits

- Vibrant Skin & Coat
- Improved Immune System
- Reduced Allergy Symptoms
- Improved Liver Function
- Improved Resistance to Infection & Disease

### Product Suggestions

- Gold Standard Herbs Cessorex
- Gold Standard Herbs ImmunoBalm or Galvanex
- Four Leaf Rover Colostrum
- Sustenance Herbs Detox/Liver Cleanse
- Animal Essentials Detox Blend
- Four Leaf Rover Liver/Kidney Clean
- Herbsmith Milk Thistle
- Animal Essentials Seasonal Allergy
- Real Mushrooms Daily Dawg
- Sustenance Herbs CWB Daily
- Herbal Energetics Pet Boost
- Grizzly Pollock Oil
- Four Leaf Rover S. boulardii
- Animal Essentials Plant Enzymes & Probiotics
- Herbsmith MicroFlora
- Glacier Peak Holistics Pet Wellness Life Stress Scan

# SEASONAL ALLERGIES?

Itchy Skin  
Hot Spots  
Red, Irritated Skin

Runny Nose  
Goopy Eyes  
Ear Discharge

Digestive Upset  
Inflammation  
"Just not right!"

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

### 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 the bio-energetic sensitivity test by Glacier Peak Holistics to give you a roadmap for eliminating foods and environmental triggers that 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. Formulas based on Traditional Chinese Medicine are very successful for most pets.

**Digestive Enzymes and Pre/Pro-biotics** – They reduce inflammation, improve digestion, and improve the immune system. Digestive enzymes improve the assimilation of EFAs by 71%.

**Essential Fatty Acids** – Whole fish or fish oil added to the diet are the best sources of Omega-3 EFAs. EFA's reduce the body's inflammatory response to invading allergens and improve skin integrity. Absorption of allergens through the skin is one of the primary routes.

**Colostrum** - calms immune reactions due to its immune modulating chemistry and gut healing properties.

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## Learn More

### Check out these books:

- *Four Paws Five Directions*
- *The Nature of Animal Healing*
- *The New Holistic Way for Dogs & Cats*

### RINSE RECIPES

**Green Tea Skin Rinse / Foot Dunk** to clean off allergens and reduce inflammation. Regularly brewed plain green tea. Apply room temperature or cool tea - don't rinse off. Use daily as needed.

**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



**Healthy Diet** – it's essential that your pet get the best food possible. Including fresh food is important for healthy functioning of the body. Feeding only dry food is not helpful and the result is often a "stalling out" of improvements, even with the right supplements.

### 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 1-2 weeks between new supplement starts. If your pet is very ill please use herbs under the guidance of a qualified practitioner.

- **Digestive Enzymes, Probiotics, and Omega-3s are best used all year long.**
- **Occasional Itchy & Runny Eyes & Nose only**
  - Seasonally: Animal Essentials Seasonal Allergy. Should be given for the whole season. Use twice a day on the weekdays, taking the weekends off.
- **Occasional or Seasonal Itchy Skin, Redness, Hot Spots**
  - Do a course of Sustenance Herbs Detox/Liver Cleanse, Four Leaf Rover Liver/Kidney Clean, or Animal Essentials Detox Blend, as directed.
  - Use herbal formulas like Cessorex seasonally to reduce symptoms
  - Ask our staff about topical care products to ease symptoms
- **Chronic or Repetitive Symptoms**
  - **Feed the best diet possible, as much fresh and species-appropriate as you can.**
  - Use Animal Essentials Detox Blend or Sustenance Herbs Detox/Liver Blend for 3-4 weeks in the Autumn and early Spring (this pattern can be customized for your pet so please work with your holistic practitioner).
    - Use Milk Thistle (alone or in a formula like Herbal Pet Boost) in the other seasons to support the liver
  - Use Cessorex and combine with ImmunoBalm or Galvanex (depending on your pet's symptom pattern) during your pet's worst allergy season (start early!) and then as-needed in other seasons.
  - Feed Colostrum. Can also be used topically as a paste (with distilled water) to quite inflamed skin spots.
  - Support your pet's immune system throughout the year with Real Mushrooms Daily Dawg, Sustenance Herbs CWB Daily, Sustenance Herbs Immune/Mushroom Plus, or Herbal Energetics Pet Boost. You can rotate through the different products to see which is most suitable for your specific pet.
  - If your vet recommends steroids use Beta-Thym as a safe replacement
  - Consider using the Glacier Peak Sensitivity Test to help you avoid triggers.
  - Consider that your pet's real issue might be Systemic Yeast and ask for our Pet Health Guide on that topic.

**Looking for non-plant options? Try** Real Mushrooms Five Defenders (mushroom powder) and Four Leaf Rover Colostrum, along with fresh food and fish oil.