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Understanding food allergies.

If you think that your dog is suffering from food allergies you need to treat the immediate **outward discomfort**, (i.e. irritated paws, skin, and ears) and you also need to remedy the root cause of the allergy.

To gain an understanding of the causes and many symptoms of **food allergies** you can [read here](#).

Natural remedies and treatments, diets to resolve **food allergies**. While it is important to relieve the symptoms of a **yeast infection** due to food allergies - if the root cause of the allergy is not resolved the condition becomes re-occurring - chronic.

Paw and ear infections is made worse by the dog licking them.

First make sure you soak the dog's paws to remove the protector off of their feet after any walk on the road or felt - residue will stick to the protector.

Use some homeopathic arnica 30, soaked the paw with apple cider vinegar and water (you can also add 3% peroxide), and then put a sock on the foot (held in place by a ring of duct tape helped).

Common sense to know you need to soak your dog's foot - to get the road dirt off that stuck to the already-irritated skin.

<http://ottawavalleydogwhisperer.blogspot.ca/2012/07/dog-and-pet-shampoo-unsafe-harmful.html>

Olive fruit oil, castor seed oil, beeswax, tea tree leaf oil well rubbed in works well.

How often you soak the paws depends on the condition being dealt with.

There are very few cases were I would ever soak the paws on an hourly basis.

Normally soaking is done once to several times a day or depending on the condition being treated or on a particular maintenance protocol - several times a week.

What is a good grain free, low carb, anti-yeast dog food?

That can really depend on what your dog has food sensitivities to - however, by far the majority of yeast infections are caused by grains in the dog's diet.

But just because a dog commercial dry food - kibble - does not contain grain it does NOT mean that it is going to stop the yeast infection and is a good quality product.

Read this <http://ottawavalleydogwhisperer.blogspot.ca/2012/02/how-to-choose-good-kibble-for-your-dog.html>

Don't take the advice of pet food shop staff in dog food stores as I have yet to find one who actually understood what good and safe nutrition really is.

Don't purchase food from your veterinarian's office - as these commercial brands of dry feeds - kibbles - typically sold in vets offices are some of the worst products on the market (i.e. Hills Science Diet, Royal Canine).

Make your own dog food - read here

<http://ottawavalleydogwhisperer.blogspot.ca/2012/02/how-to-choose-good-kibble-for-your-dog.html>

Fish meal should be avoided at all costs - read here

<http://ottawavalleydogwhisperer.blogspot.ca/2013/02/fish-fish-meal-and-ethoxyquin-danger-do.html>

Dogs with sore paws most probably have a yeast infection, vets not helpful really suggests food allergies and medication but that won't solve the problem.

The dog feet smell like cheesy crisps and he always licks and sucks all paws.

When walking outside the dog wears special boots as their paws bleed and weep prevent wetness and dirt.

Yes, your dog has a yeast infection (candidia).

When you say you have changed the dog's diet do you mean that you have removed all grain from the diet?

The most common food allergy is to grains. Grains are not part of a species appropriate diet and cause many dogs to develop candida.

If you do not fix the root cause all the probiotics in the world are not going to solve the problem. The root cause IS diet.

To fix the diet.

<http://ottawavalleydogwhisperer.blogspot.ca/p/index-of-articles.html>

Read all of the articles on nutrition and get your dog on a truly good diet.

Also read articles on needed probiotic supplements.

I prefer to use commercial multi strain probiotics from natural sources - yogurt, kefir, sauerkraut.

A dog's diet should be between 57% and 60% protein and bone, 30% fat and 10% to 13% carbs.

<http://ottawavalleydogwhisperer.blogspot.ca/2013/05/conventional-practitioners-of-modern.html>

Tea tree oil is excellent for treating many issues - skin irritations, ear infections.

Tea tree oil gets a bad rap from some people as it is toxic to dogs and cats if used topically in too heavy an application, or if ingested.

Provided common sense is employed when using tea tree oil it is a wonderful substance :>)

You might also want to try using grapefruit seed extract as a topical application.

To get an idea about the benefits of grapefruit extract you can scroll down this article until you hit the section on grapefruit seed extract

http://ottawavalleydogwhisperer.blogspot.ca/2013/05/diy-natural-herbal-homeopathic_31.html

To permanently eradicate the problem it is best to treat topically (as you are doing) as well as internally.

There are many immune system boosting natural, simple items that you can add to the diet that will help the body be able to fight this condition.

The following items are all foodstuffs that my dogs all get on a daily basis...read the articles and you will see why...

Fresh minced garlic.

<http://ottawavalleydogwhisperer.blogspot.ca/2012/06/garlic-for-dogs-health-benefits.html>

Raw un-pasteurized honey - read about some benefits of honey here ...

<http://ottawavalleydogwhisperer.blogspot.ca/2013/04/diy-natural-herbal-treatments-for-dogs.html>

Turmeric.

<http://ottawavalleydogwhisperer.blogspot.ca/2012/11/turmeric-and-curcumin-good-for-your.html>

Kefir, sauerkraut or plain natural yogurt.

<http://ottawavalleydogwhisperer.blogspot.ca/2012/05/foods-rich-in-probiotics-beneficial-for.html>

Organic unpasteurized unfiltered apple cider vinegar.

<http://ottawavalleydogwhisperer.blogspot.ca/2013/02/apple-cider-is-good-for-your-dog-and.html>

Foot yeast infection ... if root of the infection is not addressed and properly resolved the infection becomes a chronic condition until the root cause is properly addressed.

Continue to do the soakings as above - if the yeast infection returns I recommend this ...

<http://ottawavalleydogwhisperer.ca/diet-nutrition-wellness-plans/>

Can I use betadine instead of iodine and I also been treating with tree tea oil?

Yes - the reason you are not seeing any improvement is because the root cause of the infection has not been addressed.

The inflammation of the paw is a symptom of the infection, the underlying cause of the infection needs to be remedied - short of doing so your dog's paw issues will be a chronic condition.

The vets are not helpful because they only know to prescribe drugs to mask symptoms, they do not understand or know how to address root cause.

I can address both the root cause and the symptoms holistically = identify all factors that are causing the problem, eliminate causes and put in place a health supporting diet nutrition wellness plan.

This is the only way to resolve the chronic infection while supporting overall short and long-term health.

Included in the plan:

Detailed a) guidance b) recommendations c) specifications/options covering the following...

1. Main Foods and Treats
 - a. Custom designed homemade food recipe, and/or
 - b. Commercial made food options
 - c. Complete with adjustments to be made as your puppy grows into adult-hood
2. Supplementation
 - a. Herbs
 - b. Nutraceuticals
3. Short-term treatment (ingested and topical) specified in the Plan
4. Recommendations for general regular maintenance of long-term health specified in the plan, i.e.

Truly safe natural options for oral health care, care of ears, fur and skin health, insect and parasite prevention etc.

5. Please note – I do not sell products nor am I affiliated with any companies – this is intentional so that I can remain 100% objective and truly focused on selecting the best options and solutions for my client's individual situation.

As I do plans for client's all around the world (Canada, USA, UK, Europe, Asia, UAE, etc.) the options I recommend are carefully selected to be obtainable by you based on your location (in-store and/or on-line as applicable to the specific products, ingredients etc.)

Use of foods, herbs, nutraceuticals and alternative medicines:

When choosing to use any of the items or protocols in the article above, it is your responsibility to ensure safe use of the item/protocol.

Food, herbs, nutraceuticals and alternative medicines all have drug interactions, most have health issue contradictions, and some have side effects.

Use of substances and protocols are your responsibility.

Prior to use of any substance or protocol make sure you do your research - check for all cautions, contradictions, interactions, side effects.

If in doubt do not use the substance or protocol.

If the substance, or protocol is contradicted for your animal do not use.

If your animal has an underlying condition you are not aware of substances may conflict with that condition.

The real meaning of holistic...

Food, herbs, nutraceuticals and alternative medicines are NOT 'holistic' they are a substance and MAY, or may NOT be 'NATURAL'.

It is important to keep in mind that the supplement industry is just as unethical as BigPharma, the Food and Pet Food Industry, and unfortunately many veterinarians.

If you use a 'natural' substance (i.e. an herb) you are using a natural substance, this is not synonymous with holistic.

Holistic is a way of approaching life, and within that - overall health, and wellbeing.

Please do not expect a natural substance to miraculously remedy a health or behavioral situation.

A natural substance may be used to treat symptoms.

However, if the factors causing the underlying issue are not properly identified, analyzed and addressed you do not have a remedy.

Remedy requires a comprehensive approach that identifies root cause, seeks to remove items that trigger, cause or otherwise contribute to issues, and builds a complete, and detailed approach to immediate treatment, remedy, and maintenance of long-term health = holistic.