



Recognising the signs of hay fever



Here at Grangemead training, we are often confronted with many problems which are simply solved by a corrective diet, one example is allergies.

Now we are in spring, many of you have allergies such as hay fever to look forward to but have you given a thought about your dog? Dogs can suffer from allergies as much as us, so here are a few pointers to help you control and ease their discomfort.

Hay fever in dogs can be a little more difficult to spot than it is with humans. This is because the histamines released by the body in response to pollen in animals are mostly released in the skin rather than in the nose and eyes.

Symptoms include;

- **Scratching and biting, to the extent of losing fur and coat condition**
- **Licking their paws**
- **Shaking their head and rubbing their face on the floor or furniture**

- **They may be sensitive to your touch**
- **And they may be miserable in his demeanour**
- **The skin may eventually become red, inflamed and broken if over scratched**
- **Broken skin could become infected**

Bathing your dog in a hypoallergenic shampoo designed to soothe irritated skin will lessen your dog's discomfort. It's also very important to keep up to date with flea control and brushing the coat to ensure there is no dirt and debris or trapped pollen in matted hair. At peak hay fever times ensure you brush the coat to remove seeds, etc. from their coat and wipe them down with a damp towel after



their walk to get rid of the pollen. Regularly wash your dogs bedding with hypoallergenic powder.

If you suspect your dog's scratching has led to a skin infection, you should visit your vet as soon as possible to ensure the infection does not spread further.

Omega6 and 3 oils increase the essential fatty acids in a dog's diet to improve their skin health to help prevent or lessen symptoms, hypoallergenic and gluten free food can also help, oils also aid arthritis and slow metabolism for those who are underweight. Your dog may have a direct allergy to some ingredients or these ingredients may worsen other allergies, these ingredients may include;

beef, dairy products, wheat (which contains gluten), egg and corn. Your dog's diet can help prevent many problems and conditions, for help on dietary advice contact Dorothy and Amy at Grangemead Labradors by visiting our website www.grangemeadlabradors.co.uk or phoning us on **01676 542 471**.

A good diet can affect many aspects of your dog's life, including behaviour. Dogs, like children, can become hyperactive after eating highly coloured and flavoured food, which could lead to bad behaviours, even aggression. Here at Grangemead Labradors, we recommend an all natural, hypoallergenic, gluten free diet to dogs during training and behaviour correction to help get the best results, leading to a calmer, healthier, happier dog, aiding the bond between dog and owner.