

Veterinary Holistic Healthcare



Natural Health for Animals

A NATURAL APPROACH TO SKIN DISEASE!

It is important to understand the cause beneath the myriad of skin complaints that are evident in our beautiful animal companions.

Many skin problems respond well to conventional treatments, yet there are frustrating reoccurring cases where natural support can provide additional treatment modalities often working alongside conventional treatments.

A diagnosis is essential and referral to a dermatologist is often recommended. (Immunotherapy – allergy vaccination specifically for your dog can be valuable).

We find that many of the cases that are presented to us suffer from allergies (potentially to food, environmental allergens), skin infections (bacteria, yeast) and parasites as common causative agents.

Skin conditions can be exacerbated by diet, hormonal disorders, environmental factors and poor immunity.

THE NATURAL APPROACH TO DERMATITIS:

- A natural diet is generally recommended, this may be followed by an elimination diet if a food allergy is suspected or diagnosed. Simply removing substances such as preservatives, colouring agents and cereals can often help.
- Gut health is paramount; dysbiosis (microbial imbalance) and leaky gut may also be considered as an underlying cause.
- Immune system support is also addressed
- Diet – adding high-quality fatty acid supplementation that includes antioxidants, zinc and vitamins
- Herbs can support many skin diseases, their clinical actions often can provide anti-allergy, anti-bacterial, detoxification, immune, gastrointestinal and stress relief. There are many research papers supporting these claims. Herbal formulas are individualised for each patient and it is recommended that a qualified practitioner prepares the formulas. Good manufacturing practices and herb-drug interactions are important considerations. They are generally a very safe treatment modality.
- Bathing, shampooing and rinsing are other supportive therapies.

WHAT CAN YOU DO – HOLISTIC APPROACH?

- Avoid known allergens or suspected allergens.
- You can add essential fatty acids such as fish oils and a vitamin supplement (discuss doses with your veterinarian) to support the skin health.
- Use eco-friendly products for household cleaning and washing
- Some options which can potentially soothe inflamed skin are as follows:
 1. An oatmeal bath (1 cup of oatmeal in a sock and squeeze into water till it turns milky), soak the feet for 10 minutes twice daily. Three drops of pure lavender oil (eg absolute essential oil), can be added to the bath.
 2. Green tea can relieve itching. Make a concentrated tea with hot water, then add cool water and apply topically with a sponge.
 3. Epsom salt bathes with cool water for 5 – 10 minutes to relieve itching.
 4. Topical aloe vera gel can be applied directly to the skin that is inflamed.

These treatments may support your animals health using a natural, safe and effective approach to encourage the body's own incredible healing abilities.

Disclaimer:

The information contained in this document is not intended to replace guidance from your veterinarian. The above remedies can be safely used alongside veterinary treatment. In the case of an emergency you should consult your veterinarian.

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