

DEXTER'S DELI

PET HEALTH GUIDE

Ref.12 v.12



Benefits

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

Product Suggestions

- Herbsmith Clear AllerQi
- Sustenance Herbs Detox/Liver Cleanse
- Animal Essentials Detox Blend
- Herbsmith Milk Thistle
- Animal Essentials Seasonal Allergy
- Sustenance Herbs Canine Wellness
- Herbal Energetics Pet Boost
- Holistic Hound Mighty Mojo Mushroom Blend
- Beta-Thym
- Four Leaf Rover Colostrum
- Herbsmith Glimmer
- Four Leaf Rover Sea-Safe Oil
- Mr Ros Marine Phytoplankton
- Grizzly Pollock Oil
- Four Leaf Rover Protect
- Animal Essentials Plant Enzymes & Probiotics
- Herbsmith MicroFlora
- HomeoPet Skin & Itch
- 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 getting a bio-energetic sensitivity test by Glacier Peak Holistics from Dexter's to help you ascertain which food and environment issues 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.

Digestive Enzymes and Pre/Pro-biotics – these should be a part of every pet's diet. They reduce inflammation, improve digestion, and improve the immune system. *Digestive enzymes improve the assimilation of EFAs by 71%.*

Essential Fatty Acids – Whole fish, fish oil, or marine phytoplankton added to the food are the best source 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.

CARLSBAD
DEL MAR
NORTH PARK

760-720-7507
858-792-3707
619-738-8677

2508 El Camino Real
1229 Camino Del Mar
3773 30th St



dextersdeli.com

Learn More

Check out these books:

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

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 and ongoing care

- Lightly brewed plain green tea



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 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 should be used all year long.**
- **Occasional Itchy & Runny Eyes & Nose only**
 - Seasonally: Animal Essentials Seasonal Allergy. *Should be given for the whole season*. The best pattern for this use is twice a day on the weekdays, taking the weekends off.
- **Occasional Itchy Skin, Redness, Hot Spots**
 - Seasonally:
 - Sustenance Herbs Detox/Liver Cleanse, Animal Essentials Detox Blend, or Herbsmith Milk Thistle
 - Ask our staff about topical care products to ease symptoms
- **Chronic 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 one month in the Autumn and one month in early Spring (this pattern can be customized for your pet so please work with your holistic practitioner).
 - Use Herbsmith Milk Thistle in the other seasons to support the liver
 - Use Herbsmith Clear AllerQi during your pet's allergy season (start early!) and then as-needed in other seasons.
 - Support your pet's immune system throughout the year with Sustenance Herbs Canine Wellness, Sustenance Herbs Immune/Mushroom Blend, or Herbal Energetics Pet Boost. You can even rotate through the different products to see which is most suitable for your specific pet.
 - Use Beta-Thym as a safe replacement for steroids.
 - Feed colostrum, and use it topically as a paste (with distilled water).
 - 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 Homepet Skin & Itch and Mighty Mojo Mushroom Powder.