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Symptoms of Skin Allergies

Inflammation Have you noticed when you take your dog or cat to the veterinarian because of itchy skin, you are almost always told it is because your pet has fleas? Often, you are sold flea shampoos, monthly flea chemicals, and told to go home and fumigate your house and yard. Even though you cannot find evidence of any fleas, you still go home and do this. Unfortunately, the skin irritation may still continue, because your pet never had a flea allergy dermatitis in the first place.

What is a flea allergy dermatitis (FAD)?

According to Wikipedia, a flea allergy dermatitis begins as a very itchy, red, raised area of skin, occurring in pets and their owners, due to the bite of the flea. It is thought the clinical effects that the flea bite causes its victim, comes from an allergic reaction, due to the chemicals present in the flea saliva. Almost any inflammation of the skin occurring on your pet will be diagnosed as a flea allergy dermatitis, which is often not the case. If you are like us at HAMPL, you may have multiple pets in your household, have you noticed that possibly only one pet is bothered by fleas?

This is because that pet has either a nutritional or a hormonal imbalance, and the fleas are attracted to that pet, to actually cause that pet to succumb! Nutritional deficiencies can obviously come from being fed improper nutrients, however, when all the pets are being fed the same, and only one pet has the nutritional deficiency, what is the cause?

The cause can come from an enzyme deficiency from the pancreas.

This condition is referred to as a trypsin deficiency.

When this enzymes is deficient, protein, carbohydrates and fats, will not be broken down effectively for absorption by the gut, and a nutrition imbalance will result. Often blood tests done for trypsin levels, do not correspond with the amount of enzymes that is present, in the actual gut. Pets that have this condition, often have a need to ingest inanimate objections, in order, to fulfil their nutritional needs. This is found much more frequently in dogs than in cats.

Often these pets will lick the ground and their owner incessantly, eat paper, grass, rocks and plastic and in extreme cases, will eat their own stool or the stool of another pet that has a trypsin deficiency. The reason for ingesting stool in the first place is due to the presence of undigested food that remains in the stool.

Another sign of a trypsin deficiency is the inability of a puppy to absorb calcium properly, which in turn, creates lengthened tendons and ligaments. This is easily viewed by the pet owner, by looking at the wrists of your pet and identifying curved or bent wrists. Your veterinarian can help you identify this condition if you are not sure.

Also the rear paws may point slightly lateral in their position. This condition is called cow hocked.



A trypsin deficiency can be corrected by adding plant based digestive enzymes to each meal the pet eats. Once proper nutritional absorption occurs, the flea infestation to that one pet should dissipate. Another condition that will cause a pet to have a flea infestation, can be caused by a hormonal imbalance. Please know that inflamed skin on the back and near the tail, can also occur from an inhalant allergy, and not just from a flea allergy dermatitis. If your pet bites its feet, has inflamed ears, and the skin of the abdomen is also inflamed, this is most likely due to a food allergy and not fleas! These particular allergy sites contain mast cells which, when adversely stimulated by a food allergy, release their histamines and cause inflammation at those sites.

NOTE: Please be careful of foods that contain plant based estrogens called phytoestrogens which will cause further inflammation.

Start these simple protocols to stop the cycle of on going prescribed immune suppressive drugs and skin issues.

- 1. LIVER** fix the Liver detox and support it - HAMPL Liver Tonic 200ml (AN088)
- 2. GUT** fix the GUT FLORA back to a healthy one - highly recommend "Garden of Life, RAW Probiotics, Ultimate Care", 30 Veggie Caps (Ice). We get mine from www.iherb.com
- 3. STRESS** fix the STRESS it causes - adding Bee Pollen granules - 1 teaspoon in meals three times a day for a med to large dog or 1/4 teaspoon for small dogs.
- 4. CHEMICAL** stop all chemicals drugs, sprays, products, chemical food (commercial dry foods are the worst offender), as it will make it very difficult to any pet. We have all natural medicines to use instead of drugs.
- 5. SKIN** often the pH skin acid is out of balance, due to over prescribed antibiotic drugs, making the skin will be red and itchy or check to see if it is the chemical shampoo side affects causing this (read below).
- 6. DIET** **Feed your dog or cat a natural home-prepared diet.** Cats need quality protein, but dogs do not need much meat protein. Often we find too much protein can make a dog itchy. And chemicals in the commercial foods (and grain free ones) are not healthy for them either causing allergy reactions. So try to feed your dog meat with pureed or mince vegetable once a day – meat only once a day. And more veg and other healthy snacks. Raw lamb shank bones and non sugar plain set pot Yogurt etc. We have found some dogs have allergies to Beef meat and some have reactions to Chicken or both as these poor animals are subjected to a lot of drugs and hormones.

A natural pH skin treatment using "**BiCarb Soda**" – fungal and too acidic skin.

Example:

Natural Antihistamine Author: Dr Janice Joneja

Ingredients

- 2 tablespoons sodium bicarbonate (baking soda not baking powder)
- 1 tablespoon potassium bicarbonate (available at most compounding pharmacies)

Instructions

1. Mix well, place mixture in an airtight jar.
2. Take ½ teaspoon completely dissolved in warm water.
3. Symptoms should resolve fairly rapidly.



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4. A second dosage can be taken 20-30 minutes later if symptoms have not completely resolved. Do not repeat for 24 hours.
5. The natural antihistamine mixture can also be mixed into a paste, rubbed onto the skin, and left.

Half the dose for small dogs, and quarter for toy dogs.

Notes Whilst baking soda is often used in detox baths it is not commonly used with potassium bicarbonate. The inclusion of both in this recipe is important.

NOTE; If you do google search about any chemical products and there side affects- it will horrify you. this is what came up for just the shampoo you are using.

What are the side effects of Malaseb Shampoo?

Side effects include hives or redness all over the animal's body. Your dog's body could release too much histamine, which causes excessive itching. In very severe allergic reactions, swelling of the face, throat or nose may occur--which could quickly turn into an emergency.

6. Also add 1 tablespoon of Apple Cider Vinegar in water dish once a week or add to daily meals for aiding digestion health tonic. (med to large dog) 1 teaspoon for small dog Or 5 drops for toy dog.

Please consider this, and if you like to get some idea of how bad drugs can be, google each drug your pet has had, and see all the side affects and organ damages they do. If at any stage you think your pet needs a vaccination (one vaccine in there life lasts for their lifetime), if you want to check every 4 - 6 years, instead of vaccinating ask for a antibody immunity test called Titre test. Each time you might do this, you will see for yourself each time your pet will be fully covered.

FURTHER INFORMATION

Pet is having “Allergy Reactions” inflammation

(is it due to an over burden Liver from waste build up in the lymphatic system and weak kidneys)

The skin is the body's largest organ and is used as a backup system for eliminating toxins. So we can see itchy skin, red skin and even breaking in little sores on the skin. The endocrine glands have to take over some of the cleansing process, especially the thyroid if the liver and kidney and lymph function is compromised and as a result the skin becomes the alternative way to get the daily toxins out until the liver and kidneys start to function well. Itching and other skin issues will only stop when the natural channels of elimination (liver, kidneys and intestinal tract) function normally through a real food diet and good whole food supplements. This means sometimes we also need to work on cleansing the liver and kidneys as well. Herbal liquid liver drops for dogs and homeopathic liver formula drops for felines or toy dogs works well. The liver in particular is affect by all drug products, sprays injections, etc so supporting the liver a couple times a year is recommended. Also try to avoid using chemical drugs and provide the alternative to drugs that are non-chemical and safe.

Due to having a poor or weak immune system or age is catching up with a pet, if we continue to bombard them harsh chemicals, via artificial foods, vet chemical drug, vet chemical products, vaccinations (full of heavy metals) will cause a build up of toxins, hence a acute inflammation reaction. The Liver filters all the chemical drugs, and thus puts a lot of stress on this organ. So helping detox and repair and support the liver can help start repairing the body (skin) and reduce the inflammatory reactions. (itching, hot, little sores, etc).

As we know, the largest organ is the skin, and so the skin tries to throw off toxins out of the body.

With a struggling liver and clogged lymphatic system.

This will cause so much discomfort and itching (over acidic system) and it has now become a skin toxic reaction. It is very common in canines, as for some reason they are targeted more. Some pets are born with an already weak or underdeveloped immune system or in some young ones it only takes one vaccine to start skin issues. Many Holistic Vets in the USA, say 99% of skin allergy reactions start after the very first vaccination.

Vaccines shock the immune system and thus allow infection to invade the body.

- **Causes of skin diseases in dogs:**

Something is out of balance. e.g., The body is producing too many or too few hormones. In the case of itching and open sores, low thyroid function can be a major cause for such conditions. When the thyroid function is low, circulation is reduced. In advanced cases of hypothyroidism, the skin, in fact, may receive as little as one-fourth to one-fifth the normal blood supply. With reduced circulation, the nourishment supplied by blood is reduced and, at the same time, waste products are not removed promptly and completely since blood is the primary remover. **The result is a skin which is not normally healthy and the development of itching, swelling, blistering, oozing, and scaling of the skin** (Barnes, pp. 112-114) .

- **Something is wrong with digestion.**

If the gut is not healthy, neither is the rest of the body including the skin. In the stomach, nutrients are made usable as fuel for running the body. James Barker, N.D., summarized one of the causes of skin itching by stressing the importance of protecting the integrity of the gastrointestinal tract: "**If the eyes and the skin are the portals through which we may observe the body's internal health, the gut then is the door through which a majority of disease initiates its entrance into the body.. .. It goes without saying that...the first area of treatment...should be the gastrointestinal lining, without a doubt**" A good question to ask at this point is: Does my dog have allergies to foods or environmental irritants? The solution is not to eliminate the foods. By helping the digestive system function better, allergies should stop and so will the itching and other skin problems.

- **Infection.**

If the immune system has to get up every day and fight germs (harmful bacteria, yeast, parasites...etc.) it is not surprising that it may become cranky and overly reactive to environmental stimuli.

A cause of itching and open sores is the immune system becoming over reactive and hyper responsive to normal stimuli. In Chinese medicine they describe this condition by saying that a person has too much "heat".

Infections from the growth of Candida albicans is common among dogs constantly itching with skin soars. Candida albicans is a type of yeast-like fungus that can cause weakening of the immune system and infection known as candidiasis. Candidiasis is the result of feeding dogs commercial foods, using antibiotics and different medical drugs.

Pets can be successfully cleared from dermatitis, pemphigus skin conditions (blisters, ulcerations) eczema, secondary skin infections (staphylococcus bacteria) that cause itching, dry, red, rough scaly skin and sores. Other conditions for urticaria, pustules, body is cold and trembling, exhaustions and debility, skin infections. Treating any type of secondary bacterial skin infections of **Staphococcus and or streptococcus**, fungal weakness, very low vital force, thyroid imbalances and dermatitis. With natural medicines and an allergy free natural diet. Must stick to this lifestyle so they do not get re infection or inflammation chemical reactions. Use alternative products and medicines for them.

I would be changing diet firstly, and try to get him/her off the chemical foods and onto real food. E.g. for a feline cooked or raw chicken mince or pieces, turkey mince, and gourmet Roo meat (found at woolies supermarket) for human consumption.

Highly suggest starting some or all of the below suggest "healing and support natural products and medicines.. for the organs and blood of your pet.

1. **HAMPL Infection Fighter 71 50ml (herbal antibiotics)**
2. Fix the Liver, kidney and lymph system detox and support it **HAMPL Lymphatic 200ml (AN302)**
3. **If your pet has skin sores and bleeding HAMPL Itch O 053-2 " 30ml (Herbal Skin topical use)**
4. Fix the GUT FLORA back to a healthy one - highly recommends **"Garden of Life, RAW Probiotics, Ultimate Care", 30 Veggie Caps (Ice)**
5. Fix the STRESS it causes - **adding Bee Pollen granules - 1 teaspoon in meals three times a day for a med to large dog. 1/4 teaspoon for small dogs.**
6. The mineral Zinc Picolinate powder * See Page 20
7. Avoid all chemicals drugs, sprays, products etc, as it will make it very difficult to any pet. We have all natural medicines to use instead of drugs.

Please consider this, and if you like to get some idea of how bad drugs can be, google each drug your pet has had, and see all the side affects and organ damages they do. If at any stage you think your pet needs a vaccination (one vaccine in there life lasts for their lifetime), if you want to check every 4 - 6 years, instead of vaccinating ask for a antibody immunity test called Titre test.

Each time you might do this, you will see for yourself each time your pet will be fully covered.

EXAMPLE: To help heal external skin lesions and re growth of fur we recommend the use of the **"HAMPL Scratch Skin 053-2 30ml (1oz) A Herbal Skin topical use, provides fast relief from any type of skin allergy reactions and conditions for example things like:**

- dermatitis
- infection
- itchy skin
- inflamed red
- heals sores and bleeding
- Queensland itch - insect reactions bites
- flea bite allergy reactions
- Dilute in a spray bottle with water and spray in pets mouth (teeth-gums) once or twice a day to help prevent or relieve acute bacteria – and rotting of teeth as a pet ages. (smelly breath).

In conjunction with the **"HAMPL Drawing Out 16" formula** (release infection and abscess) and **HAMPL Gingivitis Support formula 30ml** (mouth infection gingivitis disease)

This formula will last for several years and is concentrate which only small amount is used each time as diluted to water to apply on affected areas.

For example using a empty spray bottle and filling with water and 20 drops of herbal scratch relief formula will work quickly when spraying on affected areas a couple times a day for fast relief, healing of skin sores, redness and excessive itching and biting, also promotes fur re growth. Not suitable for felines, otherwise all other species are fine. Only because Felines groom themselves, and have the taste of herbal rinse on body will put them off in grooming and attending to themselves.

Does your pet also have strong “musky” odour?

Quite often this is from a Fungal infection.

See **HAMPL Fungal Skin formula (AN208)** and **the HAMPL Internal Fungal formula (AN283)**. **You can use the anti fungal treatments topically as well.** Irritation is seen in the ears and skin. Usually brought on after the use of chemical antibiotics. From past or recent that most often are prescribed from your vet for any type of skin or ear conditions. To avoid this continual cycle of infections, only use natural antibiotics and use nutritional diet that will boost the immune system, not deplete it.

Allergies to food and environmental elements is an autoimmune disorder.

So besides using herbal and homeopathic skin treatments it is also ideal to repair the **immune system**. A healthy immune system is better able to fight off all illness. Some of the substances that can trigger an **autoimmune disorder** include Vet (doctor) drugs, heavy metals (found in vaccinations, drinking water, polluted air, food, etc), bacteria, viruses. Infections and allergies (especially food allergies) are thought to play a major role.

Prolonged stress, vaccines and drug toxins, old age and Nutritional deficiencies can weaken the immune system and render it less able to defend the host against foreign "invasion." Food allergies and sensitivities, an overgrowth of yeast or other non-native "bugs" in the intestinal tract, emotional distress (dis-stress) in fact, anything that weakens and therefore alters immune system function can be a factor in causing autoimmune disease.

Yeast Infection

Importance of restoring and maintaining beneficial bacteria, the so-called "friendly flora" in the intestines. These bacteria are killed off by chlorine in your water supply, by Veterinary Anti-biotics, by preservatives in food and by alcohol, and by other factors.

When the beneficial bacteria are gone, "bad" bacteria, molds, and yeasts (also known as Candida) can then rage out-of-control.

Immune system overload, malnutrition, skin and ear problems, and many other problems shortly follow this. Which are the most commonly seen animal health issues presented today.

Afflicted by candidiasis, the hidden curse.

Candidiasis, an overgrowth of yeast (Candida) in the body, can be a key contributing factor in causing or worsening:

- * Food allergies reactions
- * Digestive problems (causing as bad a symptoms as malabsorption syndrome)
- * Sensitivity to tobacco and other odors
- * Other immune-related disorders, yeast skin infection and ear infections!
- * Headaches
- * Depression
- * Cancer
- * AIDS
- * Skin rashes, odour to skin, itching, red.
- * Joint and muscle pain

The key to overcoming many such conditions is to undo the actions which caused them to occur in the first place, while restoring balance to the body. E.G. just eating organic/natural Yogurt, daily for a min of least 12 months is still not enough.

The gastrointestinal tract's balance of beneficial flora is most commonly disrupted by:

- * Antibiotic usage
- * Excessive sugar consumption (found in commercial pet foods and biscuits)
- * Stress
- * Drinking chlorinated water
- * A diet consisting chiefly of processed tin foods
- * Prescription anti-inflammatory drugs and painkillers
- * A diet high in red meats or rich, fatty foods.

Many people and animals lack sufficient friendly bacteria in their digestive tracts, and are often overrun with unfriendly bacteria and yeasts at the same time.

These people / animals are in fact being simultaneously poisoned and starved (malnourished).

The effects of the imbalance of intestinal flora are all too often seen in the failing health and vitality of millions of middle-aged and elderly individuals. However, if you or your pet have had antibiotics, a high stress level, have been exposed to chlorinated water, or have any of the signs or symptoms of ill health below, you may have a bacterial imbalance beyond the ability of such foods to resolve.

If you or your pet have symptoms of any of the below conditions:

- * Chronic fatigue
- * Frequent diarrhea
- * Frequent intestinal gas
- * Frequent constipation
- * Poor immune response
- * Chronic bladder infections
- * Chronic vaginal infections



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- * Allergies to grass, pollen and foods etc
- * Skin Issues
- * Rapid onset of osteoporosis
- * Vitamin B deficiencies
- * Dairy product sensitivities
- * Chronic bad breath

Once again the gut flora needs to be repair and restored. So to maintain a healthy and strong immune system. There are now many very effective pro biotic supplements available from you Health Food stores. Discussion on what to use is suggested at end of subject on yeast healing relief.

A pet or human that has had any Antibiotics any time in their life, will need to be taking these flora immune building supplements for a min of 6 months.

Note: When ever needing Antibiotic treatment, consider using “ **HAMPL Infection Fighter 71 50ml**” (a **potent herbal formula**) or “**HAMPL Infection Clear 70 50ml** ” (homeopathic formula) which is more suited for small animals. or use both treatments. www.naturalpetpharmacy.com

They have never let me down, even in the most acute sepsis type cases.

How to rid this YEAST infection that is also internally “systemic fungal immune weakness”.

The fungal yeast is in your tummy to stay for decades... Once you get too much yeast it will not leave on its own. Not in a year, not in ten years, not in your lifetime. And as long as it is there, it's going to win sooner or later. So here is what you can do for a animal who has had or still has skin allergies, ear infections, smelly odour or ever had antibiotics.

1. First, kill the yeast. Use a **anti- fungal herbal formulas**

INTERNAL TREATMENT (**283**) **HAMPL Internal Fungal 100ml** brown liquid herbal formula TOPICAL – SKIN, PAW TREATMENT, EAR DROPS You can also put 30 drops in a 100ml spray bottle fill dilute with water and spray on affected skin. For fungal nails and feet can soak paws into dilute Apple Cider Vinegar. Could also add ACV in with topical internal Fungal herbal formula as well. * **HAMPL EAR DROPS** – dilute 20 drops in 20ml of hot water to dissolve alcohol content then when cool drop 1ml in ear canal. Repeat once to twice a day.

2. Fix the Liver, kidney, lymphatic **HAMPL Lymphatic 200ml (AN203)**

3. Fix the GUT FLORA back to a healthy one - highly recommend "**Garden of Life, RAW Probiotics, Ultimate Care**", **30 Veggie Caps**

4. Fix the STRESS it causes - **adding Bee Pollen granules (which a natural form of B complex) - 1 teaspoon in meals three times a day for a med to large dog. Or 1/4 teaspoon for small dogs.**

Has your pet got Pyoderma (Bacterial Folliculitis)?

What to look for as this bacteria can be often missed. Bacterial folliculitis is the most common type of bacterial skin infection in the dog and occasionally in felines. The *Staphylococcus intermedius* bacteria, which is a normal resident bacteria of canine skin, can cause infection of the skin in some dogs. Current theories indicate that most dogs who develop the infection, particularly recurrent infections, have an underlying abnormality of their metabolic or immune systems. This form of pyoderma is a frequent complication of allergies, skin parasites (mites, fleas) and endocrine diseases, like hypothyroidism. An idiopathic primary bacterial folliculitis is also seen in short-haired dogs.

Located within the hair follicle, this bacterial infection causes:

Inflammation in and around the hair follicle

- * Itching in some cases
- * Hair loss in many cases.

The clinical signs of bacterial folliculitis can be quite variable and may include:

- * Pustules
- * Papules (pink or red swelling on skin), heat and crusts
- * Erythema (redness)
- * Alopecia (hair loss)
- * Hyperpigmentation (darkening of the skin)
- * Some dogs develop large circular area of hair loss with crusting or scaling around the border
- * Superficial erosion
- * Draining tracts
- * Pain or discomfort

Surface pyodermas:

Skin fold pyodermas (face wrinkles, vulva fold), Hot spot (pyotraumatic pyoderma).

Superficial pyodermas:

Bacterial folliculitis in short-haired breeds, Impetigo and bacterial folliculitis (pustular, immune disorders, demodex mange), Mucocutaneous pyoderma (autoimmune disorders, metabolic disorders).

Deep pyodermas:

This is a serious bacterial infection with inflammation of surrounding deep tissues. Furunculosis - rupture of infected hair follicles caused by deep fungal infections, eosinophilic autoimmune disorder with lesion on top of nose. Abscesses, * Chin acne * commonly seen in felines (stress related condition) Bacterial pododermatitis (fungal, autoimmune, foreign body, demodex mites, idiopathic) Lick granulomas and callus pyoderma. Further Information - Skin Allergies, eating stools, other indigestible objects.

Have you noticed, when you take your dog or cat to the veterinarian because of itchy skin, you are almost always told it is because your pet has fleas? Often, you are sold flea shampoos, monthly flea chemicals, and told to go home and fumigate your house and yard. Even though you cannot find evidence of any fleas, you still go home and do this. Unfortunately, the skin irritation may still continue, because your pet never had flea allergy dermatitis in the first place!

Pet is having “Allergy Reactions” inflammation

Is it due to an over lymphatic system. Over acidic system, as proteins are acidic and mucus forming, this clogs up our lymph system. Lymph is our sewer.

Acid system causes pain and inflammation, and skin is the largest organ in the body, which helps eliminate toxins

The skin is the body's largest organ and is used as a backup system for eliminating toxins.

So we can see itchy skin, red skin and even breaking in little sores on the skin. The endocrine glands have to take over some of the cleansing process, especially the thyroid if the liver and kidney function is compromised and as a result the skin becomes the alternative way to get the daily toxins out until the liver and kidneys start to function well. Itching and other skin issues will only stop when the natural channels of elimination (liver, kidneys and intestinal tract) function normally through a real food diet and good whole food supplements. This means sometimes we also need to work on cleansing the liver and kidneys as well.

An herbal liquid liver drop for dogs and homeopathic liver formula drops for felines or toy dogs works well. The liver in particular is affected by all drug products, sprays injections, etc so supporting the liver a couple times a year is recommended. Also try to avoid using chemical drugs and provide the alternative to drugs that are non-chemical and safe.

Many times our pets are unwell due to having a poor immune system and then when given chemicals foods or drugs will cause a build up and reaction to the body. The largest organ is the skin and the skin tries to throw off toxins out of the body. This could be why it is causing so much discomfort and itching and it is an allergy skin toxic reaction. It is very common in canines.

Some animals are born with a weak immune system or in some young ones it only takes one vaccine to start skin issues. As vaccines shock the immune system and thus allows infection to invade the body.

What is a flea allergy dermatitis (FAD)?

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Almost any inflammation of the skin occurring on your pet will be diagnosed as a flea allergy dermatitis, which is often not the case.

If you have multiple pets in your household, have you noticed that possibly only one pet is bothered by fleas? This is because that pet has either a nutritional or a hormonal imbalance, and the fleas are attracted to that pet, to actually cause that pet to succumb!

Nutritional deficiencies can obviously come from being fed improper nutrients, however, when all the pets are being fed the same, and only one pet has the nutritional deficiency, what is the cause?

The cause can come from an enzyme deficiency from the pancreas. This condition is referred to as a **trypsin deficiency**.

When this enzymes is deficient, protein, carbohydrates and fats, will not be broken down effectively for absorption by the gut, and a nutrition imbalance will result. Often blood tests done for trypsin levels, do not correspond with the amount of enzymes that is present, in the actual gut. Pets that have this condition often have a need to ingest inanimate objections, in order, to fulfill their nutritional needs.

This is found much more frequently in dogs than in cats. Often these pets will lick the ground and their owner incessantly, **eat paper, grass, rocks and plastic and in extreme cases, will eat their own stool or the stool of another pet that has a trypsin deficiency**. The reason for ingesting stool in the first place, is due to the presence of undigested food that remains in the stool.

Another sign of a trypsin deficiency is the inability of a puppy to absorb calcium properly, which in turn, creates lengthened tendons and ligaments. The pet owner easily views this, by looking at the wrists of your pet and identifying curved or bent wrists. To prevent or treat this, we need to provide the mineral Magnesium powder or drops to daily meals, with whole food vitamin C (powder from capsule). (Do not give calcium). We are all deficient in magnesium and we need magnesium to absorb calcium and build health bones and tendons.

Your veterinarian can help you identify this condition, if you are not sure. Also the rear paws may point slightly lateral in their position. This condition is called "cow hocked". **A trypsin deficiency** can be corrected by adding plant based digestive enzymes to each meal the pet eats. Once proper nutritional absorption occurs, the flea infestation to that one pet should dissipate.

Another condition that will cause a pet to have a flea infestation can be caused by a hormonal imbalance. This is something you can read about on this website. Please know that **inflamed skin on the back and near the tail**, can also occur from an **inhalant allergy**, and not just from flea allergy dermatitis.

If your pet bites its feet, has inflamed ears, and the skin of the abdomen is also inflamed, this is most likely due to a food allergy and not fleas!

These particular allergy sites, contain mast cells which, when adversely stimulated by a food allergy, release their histamines and cause inflammation at those sites.

NOTE: Please be careful of foods that contain plant-based estrogens called phytoestrogens which will cause further inflammation.

Read this article on **Natural Estrogens That Occur In Nutrients** by Dr Plechner DVM

NATURAL ESTROGENS THAT OCCUR IN NUTRIENTS

You definitely need to determine, for you and your pet, if extra nutrient estrogen is a friend or a foe and whether you are exposing yourself to extra estrogen through your eating habits.

Dr Plechner, believes that we already know that soy products do contain a type of natural estrogen called estradiole. This estrogen may be helpful or not. If you or your pet are estrogen “prominent”, it could put you into an estrogen “dominance”, that will begin Plechner’s Syndrome and all those chronic diseases that you and your pet do not need, or deserve, may happen.

The important question that is so often asked and discussed, is whether phytoestrogens are healthy or unhealthy for you and your pet?

A simple way to determine this would be to have a total estrogen blood test taken and then eat foods that are high in phytoestrogens, and then 2 to 3 weeks later repeat the total estrogen to see if it has increased or decreased. This can be easily accomplished in human males and male canines, spayed female canines and postmenopausal women.

If a woman is still menstruating, the total estrogen test should be taken at the time her ovarian estrogen is at its lowest level. Foods high in phytoestrogens can be eaten for a month and then have a total estrogen test taken.

By doing this kind of assay, it will indicate if phytoestrogens are good or bad for you or your pet. Hopefully the day will arrive, when this simple test will be performed and solve this question about the effects of total estrogen on people and canines.

The following is a list that might surprise you, as to those “healthy” foods we eat, that contain natural estrogen. If eaten regularly, these foods may cause catastrophic consequences if you are estrogen “prominent”, or may help you if you are estrogen deficient, but without first testing total estrogen blood levels, you really will not know! It does make you wonder, if phytoestrogens cause more than just allergies, and may be the cause of even more serious diseases.

The University of Minnesota and many other websites have similar lists, but the following list came from a website entitled “**Foods that Contain Natural Estrogens**” and includes: Alfalfa, Meats from mammals, Anise seed, Apples, Baker’s yeast, Barley, Beets, Carrots, Cherries, Chickpeas, Clover, Cowpeas, Cucumbers, Dairy products, Dates, Eggs, Eggplant, Fennel, Flaxseed, Garlic, Hops, Licorice, Oats, Olives, Papaya, Peas, Pepper, Plums, Pomegranates, Potatoes, Pumpkin, Red beans, Red clover, Rhubarb, Rice, Sage, Sesame seeds, Soybean sprouts, Soybeans, Split peas, Sunflower seeds, Tomatoes, Wheat and Yams.

Note: Both carrots and apples are frequently mentioned on high phytoestrogen lists. However, according to the latest studies, both carrots and apples contain only limited amounts of phytoestrogen. This discrepancy could possibly be explained by the fact that most apples and carrots are sprayed with pesticides that contain an estrogen mimicker referred to as a xenoestrogen.

This additional form of chemical estrogen may be the reason why carrots and apples are included on the high phytoestrogen lists. Please be beware of any fruit or vegetable that may be low in phytoestrogens, yet high on the pesticide risk list. Remember apples are number one on most pesticide lists!

Please do not let this list make you feel there are very little foods you and your pet can eat, but do realize that if you or your pet are estrogen deficient, eating foods with natural estrogen may save you from the exposure and often detrimental effects prescribed by your healthcare professional, whether for you or your pet. Obviously, if you have been tested estrogen prominent or dominant, avoiding some of these foods may help both you and your pet not to develop Plechner's Syndrome. The final word is natural estrogens may be good for you or bad for you. Please get properly tested before you decide.

Please be especially careful, to avoid foods that include, sweet potatoes, carrots, apples, flaxseed and soy products, because these foods contain large amounts of phytoestrogens. Often string cheese is a great substitution for pet snacks, which do contain various chemicals even though they may not be listed on the package. If you question feeding that snack to your child, why would you feed it to your pet? It is important to manage a flea infestation, but NOT with monthly chemical insect repellents.

Given enough time, these flea, tick and heartworm chemicals will all cause catastrophic diseases and hopefully one day, they will be taken off the market! In all fairness to the veterinary profession, they have never been told about the detrimental effects these monthly insect repellents will cause with prolonged use!

What then, should you use, to control fleas?

Dr Plechner, commented that... "over the past 50 years of clinical, veterinary practice, he has found the use of a non chemical non Head and Shoulders with Conditioner to work very effectively, and because of the conditioner, you can wash your pet several times without being concerned about drying out their skin " There are also natural, weekly natural sprays that can be used, containing cedar oils etc. that are also quite effective. To determine if you actually have a flea build up in your home or garden, you should have bites on your feet and ankles. Bites on your face and neck, do not count, if you are sleeping with your pet. Treating your yard and your home every 10 days for three periods with "non-toxic products", may be crucial, in order to get rid of a flea infestation. (eg Borax powder)

B Vitamin Complex (e.g. Bee Pollen grains).

Adding B vitamins to help to maintain the health of the brain, nerves, skin, eyes, hair, liver and mouth. B-complex vitamins are coenzymes involved in energy production, and may even be useful for alleviating anxiety. There are no side effects so you can feel comfortable giving your canine and feline companions this vitamin supplement.

The following lists some ***Vitamin B-*** info on specific B vitamins...

B-1 (Thiamine) deficiency can result in brain damage and seizures.

Vitamin B-2 (Riboflavin) deficiency may lead to cataracts in dogs and cats.

Vitamin B-3 (Niacin) is a great help in controlling seizures and behavior problems.

Vitamin B-5 (Pantothenic Acid) deficiency is common with **allergies**.

Vitamin B-6 (Pyridoxine) deficiencies can lead to failure to grow, epilepsy, anemia and calcium kidney stones.

Vitamin B-9 (Folic Acid) is necessary for red blood cell formation and protein metabolism.

Vitamin B-12 (Cobalamin) deficiency can lead to anemia. Raw liver is the best source.

Biotin deficiency results in hair and skin disorders in cats. Raw egg whites contain enzymes that deplete biotin.

Biotin may help dogs that eat their feaces.

Choline deficiencies can lead to cognitive dysfunction and neuropathies.

What to do?

If your dog is eating their own stools or other pets stools, you can add just the B complex which has Biotin in it. Also use a digestive enzyme that contains the Trypsin enzyme. Use these supplements in every meal given until symptoms go then you can reduce back to three times a week for a while longer then stop.

* I really like these brands of good quality supplements to use for your pet.
(available on the iherb.com website at a good price and fast shipping to Australia)

EXAMPLE:

Enzymatic Therapy, "Mega-Zyme" Systemic Enzymes, 200 Tablets (which has trypsin enzyme in it) plus **Designs For Health "B-Supreme" 120 Veggie Caps** * I get mine from Fishpond.com.au (e.g. a good amount of Biotin 2mg = 2000mcg if stool eating, for allergies B-5 100mg)

Or

Add 1 teaspoon of Bee Pollen granules into twice a day mixed in meals (natural form of B complex) 1 teaspoon in meals twice or three times a day. 1/4 teaspoon twice a day in meals for small dogs.

A few granules for toy dogs or felines.

SUGGESTED DOSAGE: ENZYMATIC THERAPY, Mega-Zyme, Systemic Enzymes, 200 Tablets

Cat, small pet: add a pinch from a crushed tablet and mix well into food.

Med dog: Add one crushed tablet to every meal given. In a weeks time if symptoms have not improved add two to each meal.

Med to large dog: add two-crushed tablet to every meal given. In a weeks time if symptoms have not improved add three to each meal.

SUGGESTED DOSAGE: DESIGN FOR HEALTH, B-Supreme, 120 Veggie Caps

For cats and small dogs give a pinch of powder from capsule mixed well into food. For medium dogs give one powder from capsule in meals

For large/giant dogs give the powder of one to two capsules in meals.

Give once or twice daily. Please note the urine may become a "brighter" yellow while taking B vitamins.

Note: Raw meat and brewers yeast are good sources; cooking destroys many B-complex vitamins.

Example: A condition called PICA (eating indigestible objects could be anemia also),

HAMPL Pica drops or the **HAMPL Skin Allergy drops set (herbs and homeopathics)** to help relieve acute symptoms while restoring nutritional deficiencies and changing diet.

Did you know Vaccination injections often severely deplete "Vitamin C" which is a natural antihistamine protection from the pet's body.

Antihistamines

work by blocking histamine, a substance which is released by the immune system cells, which then attaches to the receptors in blood vessels, causing them to enlarge. Histamine also binds to other receptors causing other symptoms such as redness, swelling, and itching. By blocking histamine and keeping it from binding to receptors, antihistamines prevent these symptoms.

Deficiency of Vitamin C

causes a lowered immunity, dental issues (loose teeth, bleeding of gums, swollen sore gums, gingivitis) impaired lactation, Leukaemia, irritability, fear, anxiety, skin problems, allergies, .. just to name just a few. Vitamin C is water-soluble so the body cannot store it for very long, this is why we need repeat dosing during the day for full effect and healing to take place. e.g. three times a day would be ideal until improvement is seen.

Natural Anti Histamine

Ingredients

2 tablespoons sodium bicarbonate (baking soda not baking powder)
1 tablespoon potassium bicarbonate (available at most compounding pharmacies)

Instructions

- 1 Mix well, place mixture in an airtight jar.
- 2 Take ½ teaspoon completely dissolved in warm water.
Pet: give 1ml orally with a syringe.
- 3 Symptoms should resolve fairly rapidly.
- 4 A second dosage can be taken 20-30 minutes later if symptoms have not completely resolved. Do not repeat for 24 hours.
- 5 A little natural antihistamine mixture can also be mixed into a paste, rubbed onto affected skin areas, and left. Do not cover big areas.

Apple Cider Vinegar for animals

Has your dog been scratching itself obsessively, losing hair, trying to clean itself, developing an odor, or become picky over food? An application of apple cider vinegar (ACV) can help your poor pooch. A bit of apple cider vinegar in your pet's food is a great way to maintain the acid/alkaline balance of your dog's body; and it also helps with digestive health, allergies (watery eyes, runny nose, wet coughs), and even parasites such as fleas, ringworm, ticks, fungus, and bacteria.

Taken orally or sprayed on topically, apple cider vinegar is great for skin conditions in dogs. For hot spots, thinning hair, pimples, or even ear infections, try out an ACV/water spray. ACV is also useful for after grooming sessions; applying a few drops to the ears can help prevent ear infections, and applying to your dog's skin after a washing on a weekly basis can help prevent infestation by fleas or ticks.

Apple Cider Vinegar for Fleas, Dog Allergies, and Wellness

Every home with dogs should have apple cider vinegar. It's a remedy with multiple uses for dogs: repelling fleas, alleviating allergies, arthritis, establishing correct pH balance. You can also give apple cider vinegar to cats and horses.

Dosage and Instructions:

Start with a one-teaspoon dose mixed into your dog's food twice a day for a 50 lb dog (adjust accordingly by weight) and if necessary increase up to about 1 tablespoon twice a day for the same size dog

In the case of pests or parasites, bathe your dog and then apply a 50:50 mix of apple cider vinegar and water. Allow this to air dry on your pet to kill off fleas, ticks, ringworm, etc. and to prevent future infestations and/or infection. You can also spray your dog with apple cider vinegar before going out for a walk, in order to repel fleas and ticks naturally.

Celtic Salt

Just sprinkle a little unprocessed sea salt or celtic salt (not white table salt) on your dog's food (a pinch in cats food)

If unwell or has arthritis

Dog: Have three bowls of water, one with 1/4 tsp, one with 1/2 tsp & another with 3/4 tsp per quart. Your dog will drink the one he needs. Once your pet is well, the salt on its food should be enough for maintenance health.

Start these simple protocols to stop the cycle of the ongoing prescribed immune suppressive drugs and skin issues. In his best-selling book, "Pet Allergies: Remedies for an Epidemic", Dr. Alfred Plechner, ... wrote in his books, how it only takes one vaccine to cause skin issues. He believes 90% of skin conditions are from the heavy metals toxins in vaccine injections.

Acute and chronic canine pruritus (itchy).

Today's prescribed DRUG being used. This drug for skin allergies Atopica (Apoquel) drug chemical name is cyclosporine, which has a devastating and destructive effect on the immune system. The Food and Drug Administration (FDA) has 17 pages of adverse events (starting on page 452) that have been reported for oral use of Atopica (cyclosporine) in dogs!

You might be interested to read about this drug Apoquel®

<http://www.dogsnaturallymagazine.com/wouldnt-give-dog-new-allergy-drug/>

You may feel you need to stop altogether giving this drug if your pet is on it... and starting healing and repairing his immune system and nervous system with all natural medicines and products, I know the drug is a quick relief, but not a healing answer for future health. **We have heard from a number of pet owners having cysts in-between the toes, and they are also on the Apoquel drug for skin allergies. Some Vets have cut them out to get tested** (not being aware of these symptoms are possible drug side effect related).

Apoquel DRUG - prescribed for skin allergies.

SIDE EFFECTS

In the margin of a safety study on 12-month old dogs, some of the symptoms that were considered likely to be related to Apoquel included:

- ~ papillomas (warts)
- ~ interdigital furunculosis (cysts) with related dermatitis symptoms (local alopecia, erythema, abrasions, scabbing /crusts edema of feet)
- ~ lymphadenopathy (abnormal or swollen lymph nodes) in peripheral nodes

Yes, you read right ... the side effects include various types of skin disease in dogs who are being **treated for allergies!**

Reference: dogsnaturallymagazine.com/wouldnt-give-dog-new-allergy-drug/

What is ichthyosis?

Ichthyosis is a skin disease characterized by a dry, flaky, scaly and thick skin. Ichthyosis is a genetically inherited skin disorder in which dead skin cells get accumulated on the skin surface. The intensity of ichthyosis varies from mild to severe. Affected dogs have abnormal skin at birth and the condition worsens with age. Holistic Practitioners' believe this is a vaccinosis condition (vaccination caused side effect).

This is a rare condition that has been seen mostly in the West Highland white terrier and has also been recognized in the Cavalier King Charles spaniel, Doberman pinscher, Jack Russell terrier, Norfolk terrier, and Yorkshire terrier.

Symptoms of ichthyosis

The skin is rough and covered with thick greasy scales, some of which tightly adhere to the skin and hair, and some of which are shed in flakes. The dog's general health does not appear to be affected, but the skin changes are chronic and severe. West Highland white terriers may be born with black skin that cracks and peels at 2 weeks of age. Because of the marked thickening of the footpads, the whole paw may appear enlarged and the feet may be painful..

Homeopathic Medicines for Ichthyosis

Homeopathic medicines have always shown the most excellent results in skin complaints. Homeopathy offers the most effective treatment for ichthyosis as well. Homeopathic medicines control dryness and scaliness of the skin in ichthyosis. There are several advantages of using Homeopathic medicines. Homeopathic medicines follow a curative approach to ichthyosis and do not suppress symptoms. They take a mild, safe and gentle approach to treating ichthyosis. Homeopathic medicines are made from natural substances and are, hence, free from adverse side effects.

Some of the top Ichthyosis remedies are:

Arsenic iodatum - ichthyosis with marked exfoliation of large scales from the skin that leave behind a raw surface.

Hydrocotyle Asiatica - for ichthyosis with great thickening of skin and exfoliation of scales.

Petroleum - most useful for ichthyosis where the skin is rough, dry and thick, with the presence of cracks.

Kali Sulphuricum - ichthyosis with dry, flaky skin with prominent, yellow scales.

Sepia Succus- offensive skin odor.

These remedies are in the SkinAllergy 53-1 formula drops.

GENERAL INFORMATION about Allergy symptoms

Not all leg or foot licking and chewing are allergies. It's often due to back pain and nerve compression.

"Irritation of the spinal nerves due to muscle tension results in abnormal sensations being felt down the legs and feet. These sensation changes may be experienced as numbness, pins, and needles, or a sharp burning pain. Dogs who licked or chewed their front feet all had irritation points in the neck and shoulder area.

Similarly, dogs who licked their back feet had tension and irritation in the lumbar and sacral area (lower back and hips)."

If you have a dog who chews and lick their feet then maybe consider treating the possible condition/s.

ie try homeopathic drops for HAMPL *Sciatica nerve pain and repair drops, HAMPL Spinal-vertebra Drops, HAMPL Foot, and Ankle Remedy, HAMPL Inflammation drops, HAMPL Hip Dysplasia, HAMPL Arthritis etc.* * Depending on what body part he is attacking then match the remedy to that area.

Naturopathic Nutritional Advice

Boost the immune system to heal and prevent chronic health conditions: **The majority of inflammatory diseases start in your gut.**

1. BEST PROBIOTICS

"**ProBiotic 12 Powder**" * 200 Billion CFU's (brand - Seeking Health)
 from Seeking Health website or other websites also sell this.

OR

"**RAW Probiotics Ultimate Care**" Capsules *100 Billion CFU's (Band- Garden of Life) The above from Garden of Life can be purchased at www.iherb.com
It takes 2 months to fully restore gut flora.

and

2. BEST COLOSTRUM

NZ Colostrum Powder

Colostrumhealth 100% pure Colostrum Powder

www.colostrum.gen.nz Order online.

Feline - Toy dog: Add a pinch of powder or each into every meal given.

Double the amount for larger pets.

3. Zinc Picolinate Capsule (mineral) will help lower inflammatory reactions to a neurotoxin produced by viruses in the herpes family.

* **Zinc deficiency in psoriatics** is well known and was confirmed by multiple studies. Actually when "380 patients with alopecia areata, alopecia androgenetica, psoriasis vulgaris, vitiligo, rosacea, venous ulcer and atopic eczema, [were] compared with 31 healthy people" the serum zinc levels were low in all diagnoses.[15]

Add some powder of the **Zinc Picolinate 30mg Capsules** (Thorne Research brand) to daily meals.

Can readily order online from iherb.com * **See page 20 about Zinc**

4. Magnesium liquid called "ReMag" * Viral and Bacterial Diseases - Magnesium supplement has a unique healing power on acute viral and bacterial diseases.

5. Minerals liquid called "ReMyte"- Mineral Solution (12 mineral combo) You can find these wonderful supplements from another supplier, we do not stock these. www.rnareset.com, or if you don't have a computer, at 888-577-3703 (USA)

6. **LivOn Liposomal Vitamin C Packets**

or **LypriCel, Liposomal Vitamin C, 30 Packets – from Iherb.com**

We may have also supplied sample satchels that won't last as long as the need for full recovery, so please order a box of the special vitamin C satchels straight away. This type of vitamin C is good for everyone to take to treat or prevent flu, colds, pneumonia etc

Vaccines severely deplete the system of Vitamin c.



Zinc (mineral) Supplement

How important is Zinc?

Very important ..If you cat, kitten, puppy or dog have some or many of the below issues then now is the time to add some Zinc into daily meals.

RESPIRATORY - *Mouth ulcers, diarrhea, low immunity, chlamydia bacterial infection (internally or eyes), sinus or flu, bronchitis, emaciation, vomiting, debility, poor health in general, retarded growth, and tendencies to have allergies, abscess type sores, or little scabs here and there, slow healing sores and recovery from illness, prostate problems in older canines.*

ALLERGIES - *tendencies to have allergy reactions to foods, grass or other inhalants etc*

EYES - *conjunctivitis or corneal inflammation*

SKIN - *Mange (skin mites), ringworm, unhealthy looking skin, dry skin poor coat, skin sores, skin allergies issues, extra zinc is required until skin is healing and good health has resumed. Then reduce to zinc a couple times a week for a little longer.*

BACTERIAL INFECTION- e.g. **Chlamydia bacterial infection** is usually harmless unless you or your pet are Zinc (mineral) deficient. As this infection seems a common occurrences with infant kittens and teenager cats, this would be pointing the fact that this maybe a common deficiency amongst our feline friends.

Especially the malnutrition cats and kittens that have had a lot of stress – breeders, rescue centers and other life saving pet rescue groups.

This mineral helps in fighting off infections and also helps in the production of cells in the body. It boosts the body's immunity and helps to heal wounds and injuries faster. It helps the kitten or puppy to grow. e.g. runt of the litter. E.g. Malnutrition mum and kittens, frequent infections, and appetite and weight loss.

Prolonged deficiency then starts to show more serious signs.

In the skin, deficiency causes a disruption to normal cell division, and the skin becomes dry and flaky. As it progresses, the skin can become grossly thickened and scaly looking (hyperkeratosis), similar to human psoriasis. Hair growth is also retarded, and eventually hair-loss spreads over the body (alopecia). In conjunction with the skin changes, the entire animal's immune system is severely depressed, and secondary bacterial skin infections and pustular dermatoses occur, along with increased susceptibility to all manner of bacterial and viral infections.

Poor wound healing is also a **notable sign, as is damaged and brittle nails, and thickened and crusty nasal pads and digital pads.**

Deficiency of zinc during pregnancy and foetal development can lead to severe growth retardation, limb abnormalities, swollen joints, and poor skeletal formation. Brain development is retarded, and learning and cognitive functions are inhibited. **Long term deficiency can result in premature ageing, senility (cognitive), vision loss (especially night blindness), and hearing loss.**



DIET - Diets high in fresh meats should not require additional zinc supplements. Zinc is important because it is heavily involved in enzyme function and protein digestion. Most premium commercial pet foods have zinc added to the ration, however, the damage/loss during heat processing may have very little minerals and vitamin in it. For home prepared diets, additional zinc, in the form of Zinc Picolinate, can safely be added at a rate of 10mg per 25kg bodyweight daily which is below the therapeutic amount for healing. It is important to add Magnesium drops or powder as well, so the Zinc is not an issue we a pet has alot of hidden stored calcium (that is not being absorbed or distributed through the body) this calcium issue happens when we don't get enough of the mineral magnesium. Magnesium helps balance out and absorb calcium deposits.

However, cats and kittens who lived in the city and had to survive by eat old contaminated scraps of food with no protein (without protein cats and kittens will not survive or thrive – lack of taurine in protein is critical). **Taurine deficiencies** - Shortness of breath, Loss of appetite, Lethargy, Poor vision- blindness, Rough looking coat, Dental problems, Poor growth.

Felines need to eat quality protein (fresh meat) will need to be supplement with minerals. All dry foods aren't because they often rely on plant-based sources to comprise much of the protein in the food. In foods that have primarily plant-based protein sources, a chemically derived taurine supplement.

We have found this through experiences, many are deficient in vital minerals to help them grow and stay healthy. If you are a rescue shelter or have a rescued kitty or cat, then look into supplementing your cat or kittens diet, even though they maybe getting a fresh meat diet now, it will help, but they need that extra support with this mineral now.

Types of Zinc Supplements

There are several types of zinc supplements, some better than others, that can be purchased most anywhere. **Some types of zinc supplements include:** Zinc sulphate (which can cause stomach irritation), Zinca chelate Amino acid (which may be a little expensive), Zinc gluconate (which is a good type).

Some types of zinc that are best absorbed include: zinc citrate capsules, zinc acetate capsules, zinc picolinate capsules, zinc orotate capsules.

* We, personally recommend **Thorne Research brand- Zinc Piconate 30mg Capsules.** www.iherb.com

DOSAGE - SUGGESTED THERAPEUTIC DOSING

Kitten, Teenager, Cat - Open capsule and mix in ¼ of the powder into a kitten's meal twice a day.

Or, if, say you are feeding say 4 kittens in the one bowl add 1 full powder of the capsule.

Puppy - Add ½ capsules of powder to meals twice a day.

Adult dog- Add 1 capsules of powder to meals twice a day

There seems to be a pattern I have noticed with rescue groups and kittens, they have symptoms of mineral deficiencies.

Zinc deficiency - affects many other hormones, and can be involved in hypothyroidism, diabetes, and dwarfism. Its effect on suppressing the immune system has also been documented to prove that it makes animals more susceptible to developing a large range of degenerative diseases, including cancer. **The first, and most easily missed, sign of zinc deficiency is reduced appetite and gradual weight loss.** During early post-natal development, the puppy's immature immune system begins forming from bone marrow tissue. These immature immune cells leave the bone marrow and migrate to the Thymus gland, where they are "educated" to become mature immune cells (called thymic cells or "T" cells). These T cells are responsible for a significant part of the immune system, and are able to differentiate between normal body cells and "foreign" cells (i.e bacteria, viruses, fungi, and cancer cells). The T cells are critical to normal immune function (these are the cells destroyed by the HIV virus leading to immune failure). Zinc is essential for the growth and development of the thymus gland, and for the proliferation and "education" of T cells