

HEALING TOUCH VETERINARY, PC

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Allergy Diet

The main premise of an allergy diet is to find foods that the dog/cat has not yet been exposed to.

I start with one protein source and one carbohydrate source and feed that to the animal for 2 weeks and watch to see improvement of allergy symptoms, for example:

50% cooked rabbit

50% cooked white rice

If allergy symptoms improve (itchy skin or flatulence, diarrhea, vomiting) then this is your base to build on. Each week add one new ingredient. After several weeks of keeping a log you will have a complete diet. You must keep a log.

Over time most animals will become allergic to the new diet so it is important to find more than one choice in each category (protein, carb, veggie, etc.). That way we can rotate the foods.

Initial suggestions for protein sources: rabbit, venison, buffalo, ostrich, white fish.

Natural Balance has 2 ingredient diets to choose from or you can prepare these yourself.

Suggestions for carbohydrate sources: white rice, quinoa, sweet potato

Eventually we want a diet that looks like this:

33% **protein** if you find a protein that suits your animal then try introducing it raw (except fish, pork, or game)

33% **carbohydrates**

33% **vegetables** – any and all vegetables can be tried (except onions) just make sure to introduce one at a time and watch for return of symptoms.

None of these percentages are set in stone and can be adjusted according to your animal's needs

Oil – suggestions are flax, salmon, hemp, cod liver, walnut, primrose (1 Tblsp/45lbs)

Just try one at a time

Vitamins – Choices for an allergic animal would be blue green algae or spirulina

Ca/Phos – bone meal, egg shell, oyster shell, human capsules (not necessary if using a commercial food)

H2O – no tap water

If symptoms do not improve then the allergy is in the environment either touched or inhaled and food is not the cause.