

How To Combat Food Allergies Of Your Dog

It is very difficult to determine the causes of food related allergy problems in your dog though the common food items that cause allergies are wheat, corn and soy. Among the essential nutrients required for health of your dog are various proteins that are also found to cause allergies in some dogs. Some dogs are also allergic to chicken, beefs and muttons. Therefore it can be said that it is very difficult to come to the conclusion that what causes allergies and what does not.

If your dog is excessively itching and scratching then it is the symptoms due to lack of certain fatty acids that keeps the skin of your dog richly supplied with essential oil and not due to food allergy. Lack of fatty acids like Omega 3, 6 and 9 in your dog's diet will make their skin and coat dry. The condition of your dog is even more pathetic during winter indoor heating. Such deficiency could be avoided by supplementing Mrs. Allen's Shed Stop, Flaxseed Oil, Pet Botanic Skin & Coat supplement, Royal Coat from Ark Naturals or Health & Shine from Dr. Harvey's to your dog's food without switching diets to make their skin and coats oily.

Symptoms like excessive and compulsive foot licking, or chewing and biting other parts of the body, are generally the sign of food allergy. Recommendations are given after determining the cause of allergy that is whether it is caused due to any food or environment. Many vets recommend lamb as a substitute of protein which is not "non-allergic", but it is less common than chicken and beef and an uncommon dog food ingredient. Expensive "allergy free formulas" are also recommended for the food allergic dog for instance Dr. Harvey's or Solid Gold Holistique Blendz, The Honest Kitchen's FORCE formula, or Sojourner Farms' new grain free Europa formula by some vets but it is better to begin with a good diet for your dog that contains the proper nutrients and vitamins especially formulated for dogs which is followed by introduction of your own protein sources and keeping the every day records of your dog's reaction.

You can begin allergy testing by sticking with the new protein source for a week and than introducing a new one every week taking note of your dog's reaction. The purpose of introducing a different protein source is to test your dog's tolerance and to determine what type of food is causing allergy thus using common sense method combined with a good quality dog food to help your dog lead an itch-free life.

About the Author

[dog training dogs training train dog](#)

Source: <http://www.tntarticles.com>