

What is My Dog Allergic to?



Finding out what your dog is allergic to is a process and will require some detective work on your part. Our dog Ginger has both food and environmental allergies, but her food allergy is much worse.

It took me several months to figure it out though. My hope is that my experience will speed the process up for you and your dog. Because I know how frustrating it is when all you want to do is help your dog stop itching!

First, take note of all the symptoms your dog is showing that makes you believe she has allergies.

Allergy symptoms to look for in your dog:

- Skin: Itchy, scabs, red, rash,
- Ears: Red, raw, infection?
- Eyes: Discharge, watery
- Paws: Red, raw, infection, excessive paw chewing or licking
- Other: Snoring, vomiting and diarrhea

Your dog can be allergic to a number of things, below are some of the most common. But your dog can be allergic to just about anything...

- Food; most common are chicken, beef and dairy, but can be just about any food
- Weed pollens, trees, and grass
- Fleas and flea control products
- Dander and dust
- Cigarette smoke
- Cleaning products and perfumes
- Fabrics, carpet, plastic or rubber materials

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Keeping Track



Start keeping a log of when you notice any allergy symptoms. The chart below should help keep track. I entered a few examples on the first row to help you get started. The chart will track 14 days/2weeks.

TIP: You can print this and handwrite your entries, or you can type in your entries in this PDF.

Date	Activity/Weather	Food	Skin	Ears	Eyes	Paws
7/1	Hot & humid, went to dog park, swimming in lake	Iams Chicken, Beef Treats	Itchy	Infection	Good	Red

Home Remedies for Dog Allergies Checklist



If your dog is itching because of seasonal/environmental or food allergies, these should help stop the itch! Keep track of what remedies you've tried with the chart below. For more details go to <https://www.rescuedogs101.com/ultimate-guide-home-remedies-dog-allergies/>

Product	Date Started	Date Ended	Results
Zignature or other Limited Ingredient Dog Food			
Fruitables or other Limited Ingredient Dog Treats			
Coconut Oil			
Raw Honey			
Krill and Fish Oil			
Probiotics			
Yogurt			
Colostrum			
Claritin or OTC Meds			
Jax-n-Daisy Shampoo or Other Medicated Shampoo			
Eco Ears			
Apple Cider Vinegar			
Doggy Grooming Wipes			
Other			

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