



3b Prevention

Allergy, Dermatology, and Otolaryngology

TOPICAL THERAPY

BATHE every 3-7 days with a disinfecting shampoo to wash off pollens and kill bacteria and yeast.

After shampoo **apply** a skin barrier restoring **OATMEAL conditioner/spray**

Apply the **Genesis Spray** to red itchy spots in-between the baths to prevent infection.

Treat the EARS with prevention therapy after every bath **WARMED LETK** or **EASOTIC pump**

WIPE the feet, chin, and face folds with **baby wipes** at bedtime.

ITCH CONTROL:

In the **MORNING** (and up to every 12 hours for severe itching) give ___generic **Zyrtec** or **Allegra**

At **BEDTIME** (and up to every 12 hours for severe itching) give ___generic **Benadryl (25mg)**

On **WEEDENDS (Sat + Sunday)** give **STEROIDS (Dex Tablets)** or *Apoquel* for severe itching

INSECTS ALLERGIES make sure **ALL** pets are treated with a NEW generation (**nonBeef/nonChicken**)

SIMPARICA every 30 days for **mites, chiggers, mosquitoes, scabies, fleas, and ticks.**

Revolution Plus every 30 days for **cats** - **Bravecto** must be every 30 days

FOOD ALLERGENS

REMOVE ALL BEEF, DAIRY, CHEESE, CHICKEN, EGG, TURKEY, VENISON, BISON, BUFFALO, ETC

Select **VEGETARIAN, Lamb, Rabbit, lean Pork, or FISH/SALMON** diet

HOME-COOKED DIETS ARE BEST. ALL FLAVORED MEDS AND TREATS MUST NOT BE BEEF/CHICKEN

IMMUNE SYSTEM CONTROL:

CYTOPOINT - MONOCLONAL ANTIBODY THERAPY INJECTION (safe to repeat every month)

ALLERGY SKIN TESTING AND ALLERGY VACCINE SHOTS - weekly injections with **ALL** positive allergens

CYCLOSPORINE/ATOPICA - daily oral treatment

HORMONE IMBALANCE:

HYPOTHYROID LEVELS - Give thyroid supplement every 12 hours (must be every 12 hours)

CUSHING'S SYNDROME - Give oral melatonin every evening to boost the immune system

HAIR & SKIN and NAILS + GLAND HEALTH

Essential Fatty Acid (EPA) (1000mg EPA per 25 lbs weight).

Vitamin A + B + D daily to prevent "Old Dog Warts" skin tumors and improve gland health.

Melatonin for hair growth and rejuvenate geriatric conditions and behaviors (5mg or 10mg every 12-24 hours).