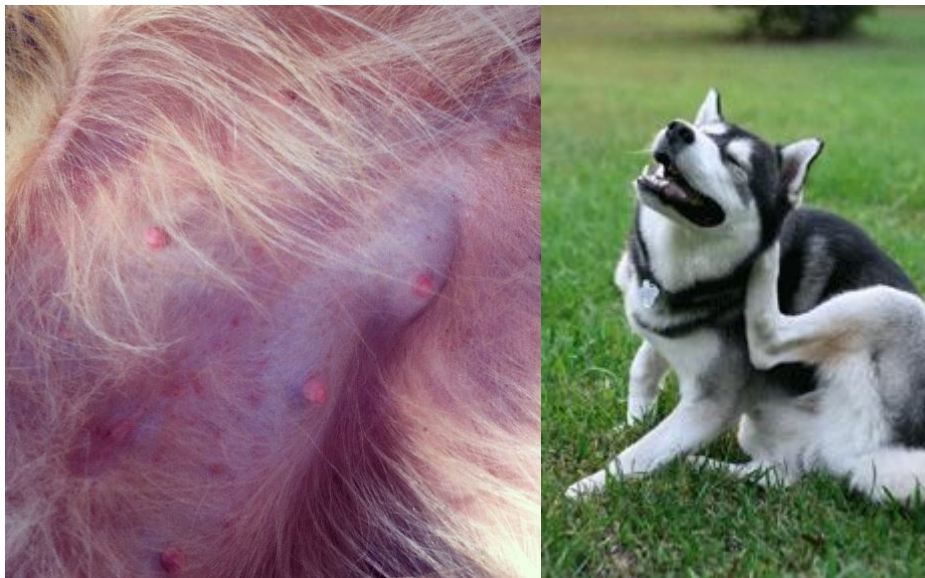


Skin Problems?

Top Topical Treatments for dogs and cats



The skin is one way the body rids itself of toxins. Dull coat and skin problems in general, particularly where they have been long standing, can be a sign of other problems such as hypothyroidism, food, contact and flea based allergies and/ or poor nutrition. Essentially allergic, itchy skin is an immune break down disease, whereby the immune system is over reacting to something it should ignore.

Conventional veterinary care for pets with allergies involves treatment with cortisone, antibiotics, allergy shots and antihistamines. These treatments can be helpful, giving pets' immediate, short-term relief. However, symptoms often return as soon as the medications wear off. Exploring natural healthcare approaches, along with conventional treatments, can give a pet the best prognosis for long-term relief_of allergy symptoms. These approaches often involve working with pets in a holistic way, from the inside out.

Topical solutions in acute situations can often be sufficient to deal with the problem, however where skin problems have been more chronic, whilst they will give symptomatic relief, a more holistic approach is needed to achieve improved outcomes in the long term.

Below are Animal Equilibrium's best topical natural solutions to help in a range of situations. Most ingredients are easy to access and make at home.

Coconut oil treatments - these treatments help reduce flaking and improve the integrity of the skin. Coconut also supports the lipid barrier, which makes skin healthier and more resistant to pathogens like yeast and opportunistic bacteria. It's important to do coconut oil treatments on clean skin. Use 100 percent organic, cold-pressed, human grade coconut oil

on part or all of the body. The oil will need to be in a liquid or semi-liquid form. In cooler months, you will need to warm the coconut oil to get it to the right consistency to use. Apply and leave on for a few minutes then rinse with warm water. This treatment not only keeps the skin soft, but also does a great job improving the natural defenses of the skin. Coconut oil contains auric acid, which is a fabulous immune builder, both orally and topically, so if your animal licks it, no need to worry.

My “all rounder” for skin irritations, infections and itchiness

In equal quantities mix Colloidal Silver (a natural liquid anti-biotic), chamomile tea (from steeped chamomile leaves or organic tea bags) and organic apple cider vinegar. Use as a spray or rinse.

Herbal rinses for animals with generalized itchiness and restlessness

Add a combination of green, chamomile and peppermint tea bags to two litres of very hot water, steep until water is cool (3 hours is recommended to allow for the maximum amount of polyphenols to exit the teabag and enter the water). Please note that this solution is iced tea colour and will turn white dogs and cats off white. This is not a health hazard, but important to note. Apply as a spray or rinse.

Solution for itchy paws – Dissolve Epsom salts in water and apply. If the skin between the toes is red and inflamed, then add some calendula cream after soaking in the epsom salts.

Ear & Skin Infections

Use colloidal silver, a natural anti-antibiotic lotion available from most health food stores. Use straight as ear drops, eye cleanse for conjunctivitis in dogs and kittens with Chlamydia. Alternatively in the case of skin infections dilute Colloidal Silver plus add calendula/Hypercom tincture and use as a skin rinse to rid fungal infection on animals who have smelly itchy coats (*NOTE : these problems are usually brought on by using antibiotics that destroy the good gut flora- hence using a good probiotic in the diet is also beneficial*).

The top homeopathic and herbal creams /gels for topical application

- Aloe Vera – good for overall skin and redness
- Calendula – good for overall skin, where they may be rashes and redness.
- Nettle /Uretic - good for anti-itch and where the skin is broken.
- Witch-hazel (can also get in a lotion form)– good for moist & sticky eruptions on the skin

Now what about essential oils added to baths and rinses? - ONLY USE 100% PURE

ESSENTIAL OILS- Best choices are

- Thyme – is antiseptic , antifungal and antioxidant – add a couple of drops of essential oil to a cup and use locally over skin or make larger quantities as a rinse,
- Peppermint – is analgesic, antipruritic (anti-itch), antifungal and antibacterial. It is good for intense scratching. Can also use a few drops of essential oil in water and spray.
- Skin spray for hot spots - In a 100ml glass spray bottle add:
 - 4 drops of Copaiba Essential Oil
 - 7 drops of Lavendula angustifolia (Lavender) Essential Oil
 - 5 drops of Melaleuca alternifolia (Tea Tree) Essential Oil
 - Fill the rest of the bottle with Distilled Water.
- Shake well and apply to skin as needed. Generally 1-2 times a day is adequate.
- I recommend Young Living essential oils as they are wild crafted /completely organic and are veterinary approved for topical and oral use.

To help with fleas, skin rashes and itching – Neem Oil, white vinegar and water.

The seeds, bark and leaves of the neem plant contain compounds with proven antiseptic, antiviral, antipyretic, anti-inflammatory, anti-ulcer, and antifungal uses. For thousands of years, the Indian people have appreciated the medicinal and insect-repellent properties of neem leaves and seeds. In a 100ml container, mix 10mls of neem oil, 30mls of white vinegar and 60 mls of water. For best results (as a flea repellent) hose your dog thoroughly with water. Shake the bottle well several times while applying the oil mixture on the entire body, including legs, feet, tail, etc. Then brush your dog to help disperse the neem oil further on fur and skin. Do not rinse off. Neem oil repels fleas and helps heal hotspots and promote a healthy skin.



As with all complementary therapies the advice and healing given does not replace the services, views and opinions of your veterinarian.

Animal Equilibrium does not dispense veterinary advice, diagnosis or prescriptions. Whenever a person feels that they require veterinary advice, I encourage the person to seek such advice from their veterinarian as soon as practical.