

# ANIMALS HAVE ALLERGIES TOO!

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## ABSTRACT

Allergies that people have to animals have long been known and treated by the medical profession with various modalities. What has not been known and is coming to be widely appreciated is the knowledge that animals also have allergies that give them symptoms and health problems. Many people have encounters with animals that are their pets. Awareness of their physical, emotional, and mental problems and treating them is an important factor in having a healthy animal. Not only can NAET® help people with their health needs, but it can treat and solve many of the health problems that their pets and animals have. Many veterinarians are becoming aware of the unlimited possibilities of NAET® for helping their patients. Pet owners can also help their beloved animals with some of the NAET® principles that they can use at home.

## INTRODUCTION

The fact that people can be allergic to animals has been known for many years and is well documented. What is now becoming apparent is that animals could have allergies. These allergies can develop over a period of time, which means that allergy to various components tolerated by an animal in the present can develop at a later time. Animals can have allergies to inhalants, ingestants, contactants, injectants, infectants, physical agents, and mold and fungi. Genetic factors as well as emotional stressors can cause and contribute to animal allergy (Nambudripad, 2006).

Allergy to inhalants are those that are inhaled through the nose, throat, and into the bronchial tubes and lungs. They include pollen of grasses, weeds, and trees; mold and mold spores; powders, smoke, cosmetics, perfumes, cleaning products, and laundry products; as well as fumes from paint, insecticides, pesticides, fertilizers, and other sources. Pets

may get hay fever, which means they are allergic to pollen and mold. They can also be allergic to dust mites, mildew, and mold. Animals that are allergic to airborne particles are usually allergic to more than one substance (Nambudripad, 2006; AAHA, 2007).

Ingestants are substances that are taken in through the mouth and go into the gastrointestinal tract. These substances can include food, condiments, food additives, preservatives, food colorings, chewing gum, beverages, drugs, antibiotics, and vitamins and other supplements. Diet can be a complex issue in pet food allergies, and the allergy is usually to animal proteins, although it can be to grains, depending on the animal. Allergic responses to these substances can take several days to manifest, thus complicating the diagnosis. Reactions to ingestants can be more violent (Nambudripad, 2006; AAHA, 2007).

Direct contact with the skin of the animal can result in allergic symptoms from contactants. Cosmetics, soaps, oils, detergents, latex products, formaldehyde, and various plant oils such as those from poison ivy, oak, and sumac can be contactant allergies. Carpets, rugs, plastics, vinyl, toys, shampoo, grooming products, bath accessories, and towels can also cause contactant allergies in pets. Contactant allergies in animals are the least common allergy (Nambudripad, 2006; AAHA, 2007).

Injectants are substances injected into the skin, muscles, joints, or blood vessels. If these substances are allergenic to the animal, an allergic reaction can result. Serums, antitoxins, vaccines/ immunizations, and drugs are among injected substances. Insect bites are also considered injectants, and various substances can be injected through these bites. A common problem for animals is allergy to protein in flea saliva. Animals can itch from a single flea bite for over five days and can become more sensitive to these substances over time (Nambudripad, 2006; AAHA, 2007).

Infectants are infectious agents such as bacteria, viruses, or parasites, which can produce allergic symptoms in a sensitive animal. Sensitivity to an infecting agent increases the severity of a disease. Infections in animals are often overlooked, and the fever, poor appetite, swelling, respiratory distress, and many other symptoms can be exacerbated by the allergy and in some instances can be fatal to the pet (Krohn, Taylor, and Larson, 2000; Nambudripad, 2006).

Animals can be exposed to molds and fungi in many different ways. They may be infections or simply nondisease entities inhabiting the skin, digestive, or respiratory tract of the animal. They can be ingested, inhaled, and contacted by the body of the animal while playing in the yard; inhaled in the form of airborne spores; ingested in their drinking water; or exposed to them in the rooms they inhabit. Reactions are varied and because of the number of ways pets can be exposed to molds and fungi, can be quite severe (Nambudripad, 2006).

Animals may react to physical agents such as heat, humidity, cold, dampness, drafts, dryness, heating and air conditioning, changes in barometric pressure, and high altitude.

Sources such as radiation from the sun, computers, geopathic sources, electromagnetic fields, fluorescent lights, and power lines fall into this category. Burns, noises, vibrations, and colors can also be physical agents. Pets can be exposed to this type of agent when traveling with their owners, as well as in their homes (Nambudripad, 2006).

Tendency toward allergy in humans results from genetic factors inherited from parents and grandparents. This is true of animals also. Allergies can skip generations and can be manifested differently in the animal versus the parents and grandparents. Growths and tumors can result from inherited factors. Lifestyle factors can have different impacts on people and animals depending on genetic factors (Nambudripad, 2006).

Unresolved emotional trauma can be the cause of many physical symptoms. Pets are affected by emotions, and their inability to communicate verbally with their owners makes it so that many of their emotions will never be understood. Strange behaviors as well as physical symptoms result from these emotions. It is also possible for pets to be allergic to their owners (Nambudripad, 2006).

## **Pets and Their Allergies**

Animals can develop allergies just as people can. Their immune systems respond to an allergen, seeing it as foreign and using an established immune response to the substance. Energy blockages are caused in the meridians. Animals and humans can be allergic to the same substances, but symptoms and type of immune reactivity can vary between the species. For example, pollen or inhalant allergies do not cause most dogs and cats to sneeze. Instead they experience allergies through their skin with excessive licking of the paws, biting, chewing at the paws, ear infections, and scratching the flanks, groin and armpits (WorldNow, 2007). Allergies can cause signs of illness in a particular body system, but many times multiple systems are affected. Signs of the allergy may correlate with the system affected rather than the allergen itself (Trixan Pty Ltd., 2007). Almost any animal can suffer from allergies. For the sake of brevity, this discussion is limited to birds, cats, dogs, and horses.

### **BIRDS**

Birds are the third most common pet in the United States. Birds are susceptible to allergies just as are other animals and these allergies are a recently recognized problem (Gestier, 2007). The major causes of allergies in birds are their food, household dust, pollen, dust mites, and mold. Corn and oats can be sources of food allergy. Cigarette smoke and household chemicals, such as natural gas, fumes from overheated nonstick cookware, and fumes from self-cleaning ovens can also cause health problems (PETA, 2007). Feather loss can be a sign of allergy in a bird, but allergic response in

regard to feather picking in birds is poorly documented. Other causes of feather loss include parasites, dermatitis, folliculitis, hypothyroidism, metabolic disease, zinc toxicity, malnutrition, and psychological problems (Hoefler, 2007). Allergic birds also itch and scratch.

## CATS

Cats can suffer from a wide range of allergies and an allergic cat seldom has just one allergy. Flea allergy is the most common allergy, and as the cat ages, the sensitivity to flea bites increases. The cat may severely scratch or chew, resulting in the removal of large amounts of hair. There may be open sores or scabs on the skin, allowing secondary bacterial infections to begin. The most common area involved is just in front of the tail. There may be numerous, small scabs around the head and neck, called miliary lesions because of their resemblance to millet. (Moore, 1999). Many flea allergic cats chew or lick the hair off of their legs (PawPrints & Purrs, Inc., 2007). Cats may also receive bee and wasp stings. They do not always have swelling or obvious signs that they have been bitten (Richards, 2000).

Between 5 and 10 percent of cat allergies are caused by food and are the second most common allergy in cats. Cats are not usually born with food allergies, but they will develop allergies to foods they have eaten for a long time. Most cats with food allergies have been eating the same allergen-containing food for over two years. Allergies are usually to the grains, meats, and dairy products used in the food. Food allergies usually manifest as dermatitis and severe itching (nonseasonal), but vomiting and diarrhea are also possible as is respiratory distress. Symptoms can mimic diseases such as arthritis, multiple sclerosis, infections, and cardiac arrhythmia. (Bren, 2004; Moore, 1999; Nambudripad, 2006; Pawprints & Purrs, Inc., 2007).

Cats can suffer from inhalant allergies such as pollen, which irritates the nasal passages and lungs. These inhalant allergies can result in asthmatic symptoms as well as skin loss, scabbing pustules, or ulcerated areas on the skin. The cat may also itch. Kitty litter can trigger inhalant allergies as can dust from the furnace, cigarette smoke, perfumes, household sprays, and air fresheners.

Contactant allergies result when the cat has prolonged contact with a substance it does not tolerate, such as bedding. Signs of a problem with a contactant allergy include dermatitis, pigment changes, or skin eruptions on the chin, ears, inner thighs, abdomen, underside of the tail, armpits, and around the anus. Contactant allergies can also be to plants that the cat brushes up against, carpet, carpet fresheners, wool, house dust, newsprint, cleansers, and topical medications (Moore, 1999).

Cats can also have allergies and reactions to drugs. Each drug causes different symptoms and symptoms vary from cat to cat. Skin eruptions are a common symptom, and penicillin, tetracycline, and neomycin commonly cause skin eruptions. Topical drugs are a particular problem in that cats will lick anything put on their fur (Moore, 1999).

## DOGS

Dogs with allergies frequently chew on their feet, rub their face in the carpet or on furniture, scratch their bodies, have recurrent ear infections, and have mutilated skin and hair loss. They may also wheeze and have a runny nose and eye discharge (WorldNow, 2006.) If the dog does this during the same months of each year, inhalant or seasonal allergies are usually the culprit. Skin problems frequently result from allergy to and infections of molds and fungi. Some breeds of dogs are more prone to allergic skin diseases including Terriers, Golden Retrievers, Labradors, Boxers, and Bulldogs, although all purebreds have some risk for allergy (Macropoulos, 2007; PetEducation, 2007).

Food allergy usually appears in 33 percent of dogs less than one year of age, and are the third most common allergy in dogs. The most common offenders for dogs are beef, dairy products, chicken, wheat, chicken eggs, corn, and soy, which are the most common ingredients in dog food. Retrievers may be at greater risk to develop food allergy than other breeds of dogs. Nonseasonal pruritis and dermatological lesions including papules and erythema; secondary lesions of epidermal collarettes, "hot spots," hyperpigmentation, and seborrhea are symptoms of food allergy in the dog. GI symptoms of food allergy include colitis, fecal mucus, fecal blood, tenesmus, and increased fecal frequency. There may also be neurologic signs such as malaise and seizures. It is rare for a dog to have both cutaneous symptoms and gastrointestinal symptoms concurrently (Bren, 2004; PetEducation, 2007; White, 2007).

Dogs develop urticaria (hives) or angioedema from insect bites, vaccines, and medications. Urticaria and angioedema can develop within 20 minutes of being exposed to the allergen. Anaphylaxis to these substances is also possible. Angioedema is swelling of the face, especially the muzzle and around the eyes. The swelling can be so severe that the animal cannot open his eyes. Angioedema can often result in itching, causing dogs to lick and scratch itchy areas. This causes skin irritation, hair loss, and can cause secondary skin and ear infections. Dogs are allergic to the protein in flea saliva just as cats are, and flea allergies increase during the spring and summer. Dogs frequently wear flea collars to combat fleas. Chemicals in

these flea collars can cause problems, and the skin may itch, become thickened or discolored, have a strange odor, and/or lose hair due to constant biting or scratching (ASPCA, 2007; Nash, 2007).

Allergic contact dermatitis occurs in dogs when they are exposed to substances in their environment to which they are allergic. Causes include antibiotics applied to the skin, metals, materials such as rubber or wool, and chemicals such as dyes and carpet deodorizers. Dogs frequently have “plastic dish dermatitis,” which is an irritation of the skin on the nose caused by a reaction to a chemical found in plastic food or water dishes. Multiple exposures are required for this type of allergy to appear, and dogs are seldom less than two years old when they begin to manifest these symptoms. Lesions usually occur on areas where there is less hair. The backs of the paws, abdomen, muzzle, and lips are frequently affected. These areas will be red, have small bumps or vesicles, and itch. Exposure to irritating chemicals such as poison ivy, sumac, or oak and salt on the road causes a similar condition called irritant contact dermatitis (Bren, 2004; Nash, 2007).

## HORSES

It is difficult to diagnose allergies in horses. These allergies may take months or even years to fully develop. The two biggest allergic conditions in horses are skin problems and respiratory problems. Allergies in horses can develop with no warning, and a horse’s age, gender, or breed are not contributing factors. Any horse can have hives or other skin allergies at any time in his life. Other common symptoms of allergies in horses include tearing eyes, coughing, raised lumps on the shoulders, and change in behavior. Horses in the field are exposed daily to dust, mold and mold spores, and pollen. In their stables they are exposed to hay, grains, bedding material, and again dust and mold (AHR&HHI, 2007; Thomas, 2005).

Skin allergies are quite common in horses and appear 12 to 14 hours after exposure to the allergen. These allergies usually appear as hives around the neck and shoulders of the horse. Horses may have fever or itchy skin with the hives. Skin allergies may be caused by food allergy or an allergic response to insect bites. Gnat bites and mosquito bites are a common problem for equines. *Culicoides*, a tiny fly, causes problems in the mane and tail area. Deerflies and horseflies cause problems on the sides of the chest and flanks. Irritation on the ventral midline is caused by horn flies, and black flies and stable flies affect the abdomen and legs. Sweet itch is an allergy to midge bites. Many horses will rub the bite area until they have very little hair or a bald spot. They may also have redness of the skin, papules, pustules, or ulceration (Judd, 2005; Thomas, 2005).

Horses can have food allergies to common, everyday feeds, as well as various ingredients in feed additives and supplements. Barley, oats, buckwheat, soy, clover, wheat, and other foods have caused allergic reactions in horses. Symptoms to food allergy include pruritis, papules, excoriations, erythema, alopecia, crust over a break in the skin, vasculitic lesions, and gastrointestinal upsets. Commercial feed, hay types, pasture, nutritional supplements, and treats must be considered as source of food allergy for a horse (KER, 2000).

Heaves is the term usually used for respiratory allergies in horses. The symptoms can include coughing, exercise intolerance, and nasal discharge. It is similar to chronic obstructive pulmonary disease or asthma in humans, and wheezing is associated with heaves. Hay can host many organisms that cause heaves. Pollen, dust, and mold can also cause heaves (AHR&HHI, 2007). The condition clears when the horse is moved to a different environment. Common risk factors for the recurrence of heaves include poorly cured, moldy, or dusty feeds, confinement to a stable environment, inadequate stable ventilation, straw bedding, and being 6 years of age or older. The incidence of heaves may be the highest in ponies because they are frequently kept in inadequate conditions and fed poor quality hay (Townsend, 2006). Summer pasture is a syndrome similar to heaves that occurs in pastured horses caused by mold spores on the grass (Texas Farm Bureau, 2004).

## Treatment of Animal Allergies

Modern veterinary medicine diagnoses and treats pet allergies much like allopathic physicians treat human allergy. Veterinarians use scratch or intradermal allergy testing to identify allergens, and this usually involves shaving an area on the animal so that the scratches or wheals can be seen. They also use several different blood tests. Treatment is with immunotherapy, the use of antihistamines, topical or inhaled steroids, vaccines, and bronchodilators. They also use symptomatic treatment to give relief for the symptoms as they occur. Shampoos, ointments, ear treatments, or sprays may make the animal more comfortable. Elimination diets may help identify food allergies. (AAHA, 2007; Morris, 2007).

Holistic veterinary practitioners consider the entire well being of the animal, not just the presenting symptoms. Holistic veterinary medicine combines complementary medicine techniques with conventional veterinary medicine. One of the complementary techniques that veterinarians use is NAET®. Because their patients cannot talk, the QRT (Question Response Testing) of NAET® is very valuable in helping these veterinarians elicit causes of symptoms, physical state, as well as emotional and mental states of their animal patients.

Because NAET® is a noninvasive, drug free, natural solution to eliminate allergies and energy disturbances of all types and intensities, it is an ideal technique for treating animals and their problems (Nambudripad, 2006).

Surrogate testing with NST (Neuromuscular Sensitivity Testing) is utilized in testing and treating animals with allergies. The surrogate is a person who maintains skin-to-skin contact with the animal. The tester never touches the animal and utilizes the muscle responses of the surrogate to determine the animal's condition and problems. With this method, there is no interference to the surrogate's energy. Many NAET® practitioners have been asked by patients to help their pets. Certainly this is possible and helpful, but the laws of the state in which the practitioner practices must be considered. Some patients are able to learn to do simple tests on their animals at home and identify and treat some of their allergies. However, for serious conditions a veterinary NAET practitioner should be consulted (Nambudripad, 2006).

In testing and treating an animal for allergies, their food (both wet and dry), drinking water, and the material on which the animal sleeps should be considered first. Pets will need to be tested and treated for the NAET® Basics, and in some cases for many other substances, including phenolics. Environmental exposures will need to be investigated in detail, as many of them are "hidden" and not obvious. This includes chemical type exposures as well as pollens, molds, dust and dust mites, and other airborne substances. Testing and treatment for these is essential to the recovery of the animal (Krohn and Taylor, 2001; Nambudripad, 2006).

Allergic animals may react adversely to the vaccinations they receive. Sensitive pets can develop numerous symptoms and a variety of illnesses after receiving a vaccination. Diarrhea, urticaria, hair loss, asthma, pneumonia, and other severe symptoms can result. The response of the traditional veterinarian is to give the vaccines in divided doses. A more prudent thing to do is to use NAET® to treat the allergy to the vaccine. The animal can then be safely vaccinated with no allergic symptoms. NAET® can also be successfully used to help animals recover from injuries that they receive. Many times no further treatment is required, and if addition treatment is necessary, it will be minimal (Nambudripad, 2006).

Many animals have emotional issues that are impacting their health. They have energy blockages in their meridians that cause emotional symptoms. Because they cannot speak and communicate their problems, the QRT technique combined with surrogate testing allows NAET® practitioners and owners to become aware of the emotional conditions, traumas, and problems that may be affecting the animals. To have complete recovery, many animals will need to be treated with the NAET Em techniques. The allergic state, both physical and emotional of all pets should be investigated and treated with

NAET®. Not only are the symptoms uncomfortable, but they can be severe and in some cases cause death of the animal (Nambudripad, 2006).

For patients, animal owners, and practitioners caring for animals and desiring to use NAET® techniques with their animals, reading Dr. Nambudripad's books, *Eliminating Your Pet's Allergies*, *Living Pain Free with*

## CONCLUSION

Just as humans have allergies, animals of all kinds develop allergies to many of the same substances to which humans develop allergies. These allergies severely impact their health and well being. Their symptoms can affect many body systems and can be severe and uncomfortable. In some cases if left untreated, death of the animal can result. NAET® provides an excellent method for both testing for and treating all types of allergies in animals. Its noninvasive, drug free modalities are ideal for treating both animals and humans, and can be used to treat both physical and emotional issues, as well as injuries.

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## BOOK REVIEW

### ELIMINATE YOUR PET'S ALLERGIES

by

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**Book Reviewed by**

Devon Cesmat, A Pet Owner

**E**liminate Your Pet's Allergies using NAET® by Dr. Devi Nambudripad has surfaced at the perfect time. More and more people all over the world are turning to alternative medicine to help their ill and suffering animals. For all those who love their pets and wish to save them from painful shots and scary vet visits this book is for you.

Through out my dog's 14 years of life, he has suffered from various problems. It hurt me to see him suffer, when I heard of Dr. Nambudripad's new book I was ecstatic and finally knew there was a way to help my dog.

The forward, written by a veterinarian who completely stands behind Dr. Nambudripad's techniques and supports her new book. The introduction is thoroughly written to give a general description of the NAET® techniques as well as

guiding the pet owner on how the NAET® treatment process works.

Chapter 1 gives an introduction and further understanding of allergies, holistic veterinary medicine, complementary medicine and NAET®. Dr Nambudripad also describes the body's natural defenses and a home evaluation for your pet's health and well being.

Chapter 2 breaks up allergens into smaller subgroups, and explains each one in detail such as, inhalants, ingestants, etc.

Chapter 3 explains to the reader how to detect allergies in their pets. It also gives a brief explanation on the process that takes place when your pet is having his/her evaluation appointment.

Chapter 4 gives visual aids of all the major meridians in the body and how an allergy can