

## What to do in the case of a flare-up

There are several natural remedies that can be used to help ease the itching and irritation:

### Oatmeal bath:

>>> Oatmeal has anti-inflammatory properties that can help soothe itchy skin. To use, grind up some oatmeal and mix it into your dog's bath water. Let him soak for about 10-15 minutes, then rinse thoroughly.

### Apple cider vinegar:

>>> Apple cider vinegar has antimicrobial properties that can help kill bacteria and fungi on the skin. To use, mix equal parts water and apple cider vinegar and apply it to your dog's skin using a cotton ball or spray bottle.

### Aloe vera:

>>> Aloe vera has anti-inflammatory properties that can help reduce redness and swelling. To use, apply aloe vera gel directly to dog's skin.

### Coconut oil:

>>> Coconut oil has antibacterial and antifungal properties that can help improve the health of the (especially dry) skin. To use, apply a small amount of coconut oil to dog's skin and massage it in.

### Lavender essential oil:

>>> Lavender oil has antimicrobial and anti-inflammatory properties that can help soothe itchy skin. To use, dilute a small amount of lavender oil with a carrier oil such as coconut oil and apply it.

### Baking soda:

>>> Baking soda can help soothe itchy skin and reduce inflammation. To use, mix a small amount of baking soda with water to make a paste or add to a bath, then apply to your dog's skin. Please try this on a small area first as some dogs do not tolerate baking soda well.

### Oil of Oregano (not the essential oil!!!):

>>> has antibacterial, antiviral, antiparasitic and antifungal properties. It's quite potent so you only need a little and must dilute it. You can dilute 2 to 3 drops in a tsp of almond oil or MCT oil. Give it to your dog 3 times a day. You can **add it to his food** to blend it in more as the smell and taste are quite strong.

For **topical use**, you can mix 1 drop of oregano with 1 tsp of almond oil to increase its antibiotic power. Avoid oil of oregano for dogs with a history of seizures.

I hope you will be able to use one or more of my recommendations.

