



The Itchy Dog Detective

Solve the Mystery of Your
Dog's Itchy Skin!



WELCOME



Hello pet parents,
my name is Hanka and I am a
naturopathic vet with a passion for
helping pet owners provide the best care
for their pets.
I'm a certified small animal nutritionist,
veterinary homeopath and
phytotherapist.

My aim with this guide is to help you understand the underlying causes of your dog's itchy skin and give you the knowledge and tools to address the issue naturally. I believe that treating the root cause—rather than just the symptoms—is key to maintaining long-term health and well-being. By identifying the triggers behind your dog's itchiness and using gentle, holistic remedies, we can work together to create lasting relief and wellness for your furry friends.

Let's uncover the mystery of your dog's itchy skin and take the first steps toward a healthier, happier pet!

*Love
Hanka x*

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The Itchy Dog Detective:
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Chapter 1

The Crime Scene—Your Dog's Itchy Skin

Welcome Pet Parents,

Your dog's itchy skin is more than just a nuisance—it's a "crime scene" telling you something deeper is wrong. Is your furry friend suffering from allergies, parasites, or even stress? Don't worry, detective—you're about to learn how to crack the case!

In this free guide, you'll uncover the culprits behind itchy skin and get first-aid tips for fast relief.

What is itchy skin really?

- Just like a crime scene leaves clues, your dog's skin will leave hints about what's going on beneath the surface. Redness, bumps, flaky skin, or even hair loss can all tell different stories.
- Common signs of skin irritation:
 - Excessive licking, chewing, or scratching
 - Red, inflamed, or dry patches
 - Hair loss or thinning
 - Dandruff or oily coat
 - Smelly, yeasty odour

Take Action:

- Examine your dog thoroughly. Is the itch localised or all over?
- Take photos of affected areas to track changes over time.

Chapter 2

Meet the Culprits—What's Causing the Itch?

Now that you've examined the crime scene, it's time to profile the potential culprits. Each one requires a different approach, so let's identify them:

1. Allergies:

- **Culprit Profile:** Environmental (pollen, dust), food (chicken, beef, dairy), or chemical (shampoos, cleaning products).
- **How They Act:** Seasonal itching, often on paws, ears, or belly.
- **First Steps:**
 - Consider switching from kibble to high quality food (e.g. homemade food or grain-free or single protein canned food).
 - Use natural shampoos with soothing ingredients like oatmeal.
 - Clean your dog's paws after outdoor walks to remove pollen.

2. Parasites (Fleas, Mites):

- **Culprit Profile:** Tiny but mighty enemies that can cause major irritation.
- **How They Act:** Intense scratching, especially on the rump or back.
- **First Steps:**
 - Use a flea comb to check for evidence (flea dirt or fleas themselves).
 - Bathe your dog with a natural anti-parasitic shampoo (e.g., neem oil, rosemary).
 - Keep up with regular flea and tick prevention (preferably using natural repellents... there is a free download on my website).

3. Dry Skin:

- **Culprit Profile:** Cold weather, low humidity, or poor nutrition.
- **How They Act:** Flaky, dandruff-like patches, dry coat.
- **First Steps:**
 - Add omega-3 fatty acids (like fish oil or flaxseed oil) to your dog's diet to boost skin moisture.
 - Avoid overwashing—too many baths can strip the skin's natural oils.
 - Use a humidifier indoors during winter.

4. Yeast Infections:

- **Culprit Profile:** Often secondary to allergies or weakened immune function.
- **How They Act:** Greasy, smelly skin with thickened, dark patches (often on ears, paws, and belly).
- **First Steps:**
 - Cut down on sugary, starchy foods in their diet (yeast thrives on carbohydrates).
 - Bathe your dog with an anti-fungal shampoo (look for ingredients like tea tree oil or apple cider vinegar rinses).

5. Stress and Anxiety:

- **Culprit Profile:** Itching with no obvious physical cause—often related to emotional discomfort.
- **How They Act:** Licking paws or chewing skin, especially in high-stress situations.
- **First Steps:**
 - Provide plenty of mental and physical stimulation (walks, playtime, puzzle toys).
 - Try calming supplements like L-theanine, chamomile, or CBD oil.

Chapter 3

The Evidence Box—Tracking Clues

To solve the case, you'll need to gather evidence. Here's how to create a clear picture of your dog's itchy habits:

- **Start a journal:**

Note when the itching is worst (after meals, walks, during certain seasons), and track food changes or environmental exposures.

- **Monitor Stress Levels:**

Pay attention to new stressors in the environment (new pets, changes in routine).

- **Visit a vet:**

If the mystery deepens or worsens, a vet can run blood tests or do a skin scrape to look for microscopic invaders.

Date	Food	Supplements	Symptoms from 1-10	Behaviour	Daily schedule	Others
5/10/24	Tin food: beef with potatoes	MSM	Belly itch "2"	Very good	One long walk 45 minutes	visitors

Chapter 4

First Steps—Relieving the Itch Naturally

Sometimes you need to provide immediate relief while you work on solving the root cause. Here are a few gentle, naturopathic remedies to ease your dog's suffering:

1. Soothing Oatmeal Bath:

- **Recipe:** Grind organic oatmeal into a fine powder and mix into lukewarm water. Let your dog soak for 10 minutes then rinse thoroughly.
- **Why It Works:** Oatmeal has anti-inflammatory properties that calm the skin.

2. Coconut Oil Massage:

- **How-To:** Massage a small amount of organic, virgin coconut oil into the itchy areas.
- **Why It Works:** Coconut oil has antibacterial and antifungal benefits.

3. Aloe Vera Gel:

- **How-To:** Apply pure, unscented aloe vera gel to hot spots or red patches.
- **Why It Works:** Aloe cools and heals irritated skin.

4. Apple Cider Vinegar Spray:

- **How-To:** Mix 50/50 organic apple cider vinegar and water, and spray onto the affected area (avoid open wounds).
- **Why It Works:** ACV helps balance the skin's pH and has antifungal properties.

5. Herbal Remedies:

- **Calendula Infusion:** A soothing wash for red, irritated skin.
- **Chamomile Tea Rinse:** Use as a cool rinse to reduce inflammation.

Chapter 5

When to Call in the Professionals

If the itch persists despite your best detective work, it's time to consult a holistic vet or animal naturopath for further testing.

Chronic itching can be a sign of deeper imbalances that may need tailored treatment, including homeopathy, immune support, or dietary changes.

Conclusion:

You're now equipped to start solving the itchy dog mystery.

Remember, healing your dog's skin is a journey—by identifying the culprits and using natural first-aid remedies, you're giving your dog the best shot at lasting relief.

Keep tracking the clues and don't hesitate to ask for help when needed!

THANK YOU!

Hello there pet parents,

As a naturopathic vet who is deeply passionate about animal health and well-being, I want to take a moment to say a huge THANK YOU to all of you who downloaded this freebie on identifying and relieving your dog's itchy skin. It's been a pleasure to share my knowledge and insights with fellow pet lovers, and I'm truly grateful to see so many of you taking an active role in your dog's health.



By understanding the root causes of your dog's itchiness and embracing natural, holistic solutions, you're already taking important steps towards helping your furry friend live a more comfortable, happy, and healthy life. I hope the information in this guide has been useful and empowering for both you and your pet.

If you ever need further guidance or support, please don't hesitate to reach out. I offer personalised advice and I'm here to help you and your pet every step of the way.

Thank you again for your support and for allowing me to be a part of your pet's journey towards optimal wellness. I truly appreciate it!

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*Love
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