



THE FASTING PODCAST **WOW**: EPISODE 146 Major Insights on Itchy Pets

# EPISODE 146: MAJOR INSIGHTS ON ITCHY PETS

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



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## THE FASTING PODCAST WOW: EPISODE 146 Major Insights on Itchy Pets

### Symptoms

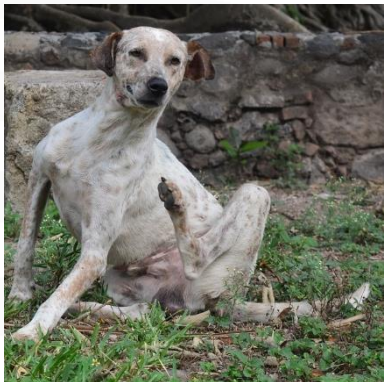


- Pet scratches excessively, licks paw and areas, may hit ear with paw then lick it (e.g. ear infection), possible bald spots, sores/hotspots, even blood – clearly the pet is suffering, as is the owner
- Shampoos, conditioners, wipes, sprays, creams, coconut oil, probiotics, enzymes, etc – may bring some temporary relief
- Vet may prescribe pills for yeast overgrowth, candida – explaining that the yeast is secondary to the true problem – an allergy of some sort
- Vet was correct - these finally work close to the 14 day but then backsliding after pills gone & itching again – arghhh
- Friends with dogs for years explain that a Cytopoint injection does not harm kidney and liver like other injections – works more naturally with the body's immune system
- Suspect ingredients in food and treats – didn't suspect food because it was working great on pet for years



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### Reactions



- After the pills gone and the backsliding – tried the Cytopoint injection since the vet said in 5-6 years, no pets had a bad reaction and all of them worked within the first 24 hours – encouraging so worth a try
- Within a few hours after the Cytopoint, discovered that the dog's food – Blue Buffalo Wilderness had added grains back into their grain free formula but the fine print now said grains without gluten
- Clearly a poor decision for profit increase, when hit with a class action suit, the company settled out of court to keep it quiet
- Meanwhile the poor dog and human parents have been suffering and spending a lot of money to eliminate the problem to no avail
- It surfaced in the lawsuit that one small bowl of the grain type formula contained more grain/carbs than what a wolf (as their logo and their theme of eat like a wolf) would likely eat in a lifetime



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### Things to Learn



- Within 24 hours of taking dog off the food and the injection which both occurred same day – symptoms substantially improved and by 48 hours was near normal
- Note there are “onesies” like a baby wears that greatly comforted and reduced itching during the itching stage – vet said it was reducing airborne allergens from touching the skin – dog seemed to like it a lot
- Vet was right – the yeast/candida was secondary to the core problem of grain allergy – dog could not digest it and yeast thrive on poorly digested carbs and a lack of probiotics
- There are also many carbs in treats and table/human food adding to the same problem – dogs aren’t built to eat our carbs or grains
- Some treats have “vegetable glycerin” that can be very dangerous, especially in the products from China, sweet taste, but undigestible





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### Things to Learn

GRAIN FREE

LIMITED  
INGREDIENTS

Natural, High  
Protein, Low  
Carb/Fat

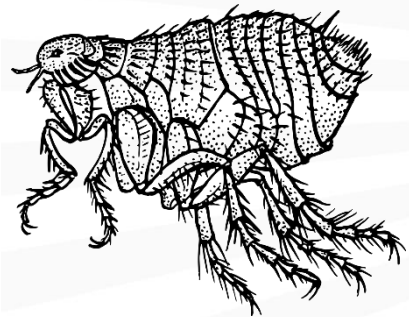
- In picking new food vendor, if not buying raw low carb from your vet, add up percent protein, fat, fiber, and moisture = subtract total from 100% and one might wonder if some of these foods are up to 75% carbs
- One pet store manager thought that the huge difference wasn't carbs, but simply all vitamins and minerals – right...
- Too much fat content (especially bad fat) can lead to overweight pets
- To get extra nutrients, the **GRAIN FREE with LIMITED INGREDIENTS** choices may have some carbs through vegetables, sweet potatoes, pumpkin, or even berries – these are COMPLEX carbs that can typically be digested
- If need wet food for supplements, taste test outside a pet store
- If you make your own dog food, try to choose natural meat so it doesn't have hormones, steroids, and antibiotics
- For home made, consider some of these extra nutrients to include and the fact that the pet needs some HEALTHY fats in their diet like we do, but are primarily built for PROTEIN – Species Appropriate Diet dogs/cats



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### Fleas Cause Itching Too

- Another cause of itching can be fleas
- Fleas can be picked up nearly anywhere, even in a vet's parking area
- Vet explained that even 1 single flea can result in tapeworms – white wiggly worms in the stool usually less than 1 inch long
- There are worm pills to eliminate the worms, but the root cause is fleas
- White vinegar doesn't work, beware Sevin dust, baking soda/powder
- Some dogs are allergic to Frontline for flea/tick prevention, but even sensitive dogs seem to handle NexGuard per the vet
- NexGuard reportedly kills the fleas on the dog along with larvae and pupae within 8 hours of the single monthly chew – itching may be gone
- House and possibly yard needs to be treated for fleas and bed clothes, pet bed, etc with hot water and hot drying – 100 degrees may kill – and vacuum thoroughly and dump vacuum outside
- May need to treat again after eggs hatch
- Use a good vet, choose food/treats wisely, just say no to itching!





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### Possible Next Steps



For questions and feedback with me at [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)

Check out our website: [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)

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# Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

