

# Golden Retriever Rescue of Wisconsin, Inc.

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## Holistic Help for a Few Common Golden Retriever Problems

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**DRY, FLAKY SKIN.** EFA's (essential fatty acid supplements) such as fish oil or flaxseed oil, will help the skin.

**ALLERGIES.** Typical signs of allergies in dogs are licking or chewing of paws, rubbing of face on furniture, floor, etc., itchy, red skin with patches of hair loss, rash on belly, runny nose and/or red eyes, chronic ear infections, and a tendency to develop hot spots. Your dog may present only one or several of the symptoms listed.

☐ Feed a high quality NATURAL (with human grade ingredients) dog food or home cooked/raw food diet that does not contain any additives, preservatives or poor quality ingredients (i.e. Wysong, Solid Gold, PHD, California Natural, etc.) Also - eliminate chemicals from dog's life/environment: including lawn pesticides, flea sprays, chemical cleaners, etc.

☐ Supplementing with Vitamin C (as sodium or calcium ascorbate) 500 mg twice daily is recommended, MSM (methylsulfonylmethane), grape seed extract & Bee Pollen are also useful to counteract allergies, as are the above mentioned EFA's (essential fatty acid supplements) such as fish oil or flaxseed oil.

**EAR INFECTIONS.** Chronic ear infections are usually a result of an underlying food allergy. Must address allergies (see above).

- ☐ Olive leaf extract given orally is an excellent anti-bacterial and anti-fungal supplement.
- ☐ Clean ears with 1 part vinegar to 2 parts water.
- ☐ Pour 1/4 capsule of acidophilus (from health food store) into each ear after cleaning with vinegar solution. This helps to kill off unwanted bacteria and yeast. Repeat periodically as needed.

**HIP DYSPLASIA / ARTHRITIS.** The addition of Vitamin C to daily routine is vital in the PREVENTION of these conditions. Best to use sodium ascorbate form of Vitamin C. Dosage is to 'bowel tolerance' (which means increase dose until stools become soft, then back off slightly). An average Golden Retriever would receive approximately 1,000 to 1500 mg per day. FOR TREATMENT of existing hip dysplasia, daily supplements and acupuncture therapy provide the greatest relief, without any side effects.

- ☐ Glucosamine builds cartilage and connective tissue back into joints - 500 mg orally twice a day is recommended.
- ☐ MSM, chondroitin sulfate, perna mussel, boswellia are often added to glucosamine supplements for added treatment of arthritis. Alfalfa and yucca can be used as natural anti-inflammatory agents to relieve pain.