



**Hints for Spring and Summer by
Richard Allport, Diet'DoG's consultant
vet**

Richard says:

“Following the miserable Winter we have had, it’s hard to remember that we do sometimes get hot summery weather in the UK. But we do and here are a few hints to help pets stay safe and well in Summertime

- Check regularly for fleas and ticks on the skin, and look out for adders when walking in country areas
- If you are leaving your pet at home for several hours, make sure there is a cool room or area available – leave a fan on if necessary, and also plenty of water.
- If you are leaving your pet outdoors for any length of time, ensure shade (and water) are available.
- Take a bottle of water and a drinking bowl with you if you are taking your dog out for long walks or on car journeys and offer water regularly.
- If you walk your dog regularly on pavements, check for sore pads in hot weather.
- Above all, don’t ever leave your dog in a car on a warm day, even if not in direct sunshine.

As the weather gets warmer there are several **Diet' DoG supplements** that become particularly useful and relevant for your pet. Vets always find increasing

numbers of pets with itchy skins during Spring and Summer months, some cases are caused by allergies, some by fleas and other parasites, some just because the air is dustier and often drier than usual.

One or more of the following supplements will therefore be an ideal choice to add to your pet’s food:

Flea & tick defence (drops and spray)

This is a natural spot on treatment to repel fleas and ticks based on natural essential oils such as Eucalyptus, Pine and Lavender. Applied weekly, it will help keep your pet free of external parasites without having to apply the usual chemical spot on products which contain ingredients that are potentially harmful, and I personally hate to see used on my patients.

Itchy skin & allergy relief

For all pets with itchy, dry skins, especially if known or suspected to be triggered by allergies, a regular daily supplement of Itchy Skin & Allergy Relief is a must. Itchy Skin & Allergy Relief contains herbs such as Wild Pansy and Horsetail, vitamins like Biotin, and essential minerals including Manganese and Zinc: all of which help improve skin and coat condition, but more importantly relieve symptoms of itching and scratching, and allergic reactions in general.

Many of my patients take this throughout the Spring and Summer months to help counteract the ‘summer allergies’ they are prone to.

Skin Relief Spray

I find this an invaluable product for my patients – it’s a spray containing 14 herbs and oils that act as an ideal soothing, cooling and antiseptic combination. It’s ideal for all skin rashes, patches of eczema and for minor cuts and grazes. It helps clean the area, keep infection out and soothe irritated skin. It also assists the body’s natural healing mechanisms, so that damaged skin heals quicker.

Paw Balm

I see so many poets with dry, sore pads in the Summer months, simply from walking on dry, ridged fields, or hot hard pavements. Paw Balm is a skin balm to rub into your pet's dry, tender pads. It contains herbs and oils that soothe and strengthen the skin that covers and protects the pads of the feet. Used regularly it will keep your pet's pads in best possible condition and less susceptible to damage from hard and hot surfaces.

D-dog superfoods and D-dog superfoods beta

This is a general supplement for health and vitality, but is a particularly effective product to improve skin condition. It comprises a wide range of essential vitamins and minerals, and herbs such as Nettles and Alfalfa, which help your pet glow with health – especially the skin! For a richer, darker skin tone and colour, I find D-dog superfoods beta even more effective.”

What Richard thinks about Diet'DoG supplements

We and our pets are under constant attack from pollutants in the water we drink, the air we breathe and the soil our food is grown in. In our homes we are susceptible to electromagnetic stress from our electrical appliances, especially from computers and mobile phones. Our pets may not suffer the emotional stresses and strains of daily life that we do, but they are sensitive creatures who are affected by our feelings and emotions. As pets get older, body tissues deteriorate and need replacing, and there are special nutrient needs for young and growing animals, those with immune system weaknesses, during pregnancy and lactation, and in many other areas. Most pets are fed on dried or tinned, highly processed food, and have little in the way of fresh, natural nutrients. For all these reasons, supplements of herbs, minerals and vitamins are often not just advisable, but

essential, to achieve and maintain optimum health for your pet.

In the **Diet'DoG range of herbal supplements** you will find high quality herbs and nutritive supplements that can make a real difference to the health and well being of your pet – for the young and the old, for extra energy or for stiff joints, and from itchy skin on the outside to upset tummies on the inside.

I have no hesitation in recommending the Diet' DoG range – these products have been carefully formulated to give best results, haven't been adulterated by the addition of artificial colourings and other chemicals, are manufactured to a high standard with best quality ingredients, and are presented as palatable granules which can be mixed with food.

About Richard Allport

Richard Allport, BVetMed, VetMFHom, MRCVS has been a vet for forty years, and has had **a special interest in herbal and other natural medicines for pets for thirty years**. Since 1996 he has treated pets with acupuncture, herbs and homoeopathy at his referral centre at Potters Bar in Hertfordshire and at Bayswater in London. Richard also writes and broadcasts about natural therapies for pets; his latest book is 'Heal Your Dog the Natural Way'. Richard has two Bedlington Terriers called Jamjar and Frankie.



