

Published based on [Some Solutions for Dogs with Allergy Troubles](#)

Some Solutions for Dogs with Allergy Troubles

If your dog is like many others and suffers from allergies, it may seem like treating the symptoms is an ongoing and often expensive process. There is no cure for allergies in dogs, but there are several treatment options that can help to improve your dog's overall comfort.

A properly balanced and healthy diet is one of the easiest ways to help solve your dog's allergy problems. Switching your dog from a commercial dog food brand to a premium holistic brand can greatly improve skin and fur condition. Since they help with your dog's overall health and well-being, premium dog foods can really help your dog's allergy problems.

Omega-3 fatty acids are an especially important part of your dog's diet. These specific fatty acids have a part in stimulating growth and development of brain function, as well as natural anti-inflammatory effects. This means that they can prevent or reduce allergic reactions. To ensure that your dog is getting plenty of Omega-3 fatty acids, many veterinarians recommend giving your dog a fish oil capsule regularly. A fish oil capsule that also includes vitamin E is even more beneficial.

Regular bathing is also important, especially for dogs that suffer from allergies. Always use a specially formulated dog shampoo to ensure that it does not further irritate skin. The best shampoos are those that are designed to be hypoallergenic or anti-itch shampoos. Dog shampoo containing oatmeal can greatly reduce itching. In addition to the soothing effects of specially formulated shampoos, regular bathing also removes irritating allergens from your dog's coat. Make sure that you get all of the soap off of your dog, since otherwise it might cause irritation and worsen itching that the dog already has.

If you can't solve the problem yourself, consider taking a dog in to see the vet to help with their allergy problems. Allergy shots and medications can often clear up problems that even the best diet and bathing can't always help.

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