

# Allergy Test My Pet

Prepared For: John Smith  
Owner of: Ernie

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## Allergy Test My Pet

This report is based on an analysis of 114 common allergens. Each is ranked in one of three ways:

1.



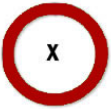
Ernie has tested positive for this allergen (there was a reaction).

2.



Ernie may be reacting to the allergen but levels are not high enough for a positive reading.

3.



Ernie has a negative reaction to this allergen (did not respond to these items).



## Detailed Analysis

### There are 3 Positive Results

#### 1. Chicken

One of the most common food allergies among in dogs is a chicken allergy. A chicken allergy is categorized as an over-reaction to this particular protein in their immune system. When the immune system comes in contact with chicken, it considers it intrusive and responds defensively, leading to an allergic reaction. Chicken is also found in many dog treats so if a dog reacts to chicken it is important to watch out for it as an ingredient in treats.

An allergy to chicken can be due to a food allergy or food intolerance. A food allergy is the immune system's way of defending itself against what it believes to be threatening. A food intolerance, on the other hand, is not caused by a histamine and has no direct immune involvement.

A chicken allergy can cause symptoms like bald patches, chronic gas, chronic ear infections, coughing diarrhea, hives, and obsessive licking. It can also cause painful skin disorders such as infections or rashes. Food intolerance symptoms include changes in the consistency and color of their stool, abdominal pain, and gurgling sounds from their digestive system.

If your dog tests positive for a chicken allergy, several treatment options are available. Some veterinarians will recommend topical treatments like corticosteroids and antihistamines to help with swelling and itching.

A chicken allergy can also be treated with an elimination diet. Through this treatment, you will change your dog's diet and eliminate any products that contain chicken. It could take up to several weeks until you see any results, though. Veterinarians may also recommend probiotics or Omega-3 oils to help with their immune system and protect their skin.

Furthermore, antibiotics may be prescribed to help with any secondary skin infections sometimes found with food allergies.

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## 2. Kelp

Although kelp is sometimes used to help dogs with allergies thanks to its ability to help inflamed skin and repel insects, some dogs can be sensitive to it.

Symptoms of a kelp intolerance include bumps, asthma symptoms, coughing, chewing on affected areas, ear infections, hair loss, itching, obsessive licking, redness, scratching, shortness of breath, sneezing, and nasal congestion.

Kelp allergies can be treated with corticosteroids to help reduce swelling and antihistamines to help with itching. Elimination diets are also recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (kelp) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

Secondary skin infections can be a side effect of a kelp intolerance and some veterinarians may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils - may also be recommended to help support their immune system and protect their skin.



## 3. Turkey

Although turkey is less allergenic than chicken, it is sometimes used as an inexpensive alternative to chicken. If a dog is allergic to turkey, it means there is an over-reaction to this protein in their immune system. When their immune system comes into contact with turkey, the body considers it intrusive and has a high defensive response, causing an allergic reaction.

A turkey allergy is categorized as either a food allergy or a food intolerance. If it is a food allergy, the body will defend itself against what it perceives to be a threat. If it is a food intolerance, the reaction is not caused by a histamine and has no direct immune involvement like with a food allergy.

An allergy to chicken causes symptoms like obsessive licking, hives, diarrhea, coughing, chronic gas, chronic ear infections, vomiting and bald patches. It can also result in painful skin conditions like rashes and infections. A food intolerance to turkey will result in a disruption to the digestive system like a change in consistency or color of their stool, gurgling sounds from their digestive system, and abdominal pain.

Treatment is available for a dog that tests positive for a turkey allergy. Veterinarians may recommend a topical treatment such as corticosteroids or antihistamines to help with the itching and swelling.

Turkey allergies can also be treated by an elimination diet. In an elimination diet, you change the dog's diet completely by removing any product that contains turkey. This treatment could take up to several weeks to show results, though. Veterinarians may also prescribe Omega-3's or probiotics to help protect the dog's immune system and skin.

Antibiotics may also be prescribed to help any secondary skin infections often associated with food allergies.

## There are 9 Neutral Results

### 1. Cockroach

Dogs may be reactive to cockroaches. The shedding, feces and body parts of the cockroach can trigger asthma and allergies in dogs. Additionally, dogs may be reactive to the various insecticides commonly used to control cockroaches. It is important to distinguish what they are reacting to. The cockroaches tested for here are the German and American Cockroach, two of the most popular species your dog may have contacted. This contact is not necessarily from direct contact but may be from parts included in food during processing.

The main symptoms of a cockroach allergy include severe skin irritation and itchiness. Other symptoms include sneezing, bumps, lethargy, red, weeping eyes, and rashes and redness - typically under the neck and chin as well as between the toes and the front legs. Dogs will show signs of frequent and obsessive scratching, licking or chewing the area, and rolling on the floor or ground. Ear irritations and gastrointestinal irritation are also common symptoms of a cockroach allergy.

Antihistamines are a topical treatment option for dogs suffering from itching or swelling due to a cockroach allergy. However, some dogs begin to develop a tolerance to antihistamines. Hydrocortisone shampoos and balms can help relieve skin discomfort - just make sure they do not ingest the medications.

If symptoms aren't alleviated, corticosteroid injections or oral pills can be recommended. Corticosteroids are a short term treatment options and can cause side effects, ranging from mild to more serious.

Immunotherapy is another treatment option. Once a test confirms the allergen is an allergy to cockroaches, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time consuming and expensive, but it has a very high success rate, especially in younger dogs

### 2. Gelatin

Thanks to the main amino acid in gelatin, glycine, this supplement can help protect against seizures and brain damage, support their digestive system, help prevent arthritis and other joint disorders, strengthens muscles and bone, and supports a good coat and skin. It can be found in dog foods, as a capsule for supplements, and in various other forms. Gelatin is commonly made from animal body parts so an intolerance of certain animal proteins can lead to an intolerance of gelatin.

Some dogs are not able to tolerate gelatin. With a gelatin intolerance, the dog's immune system perceives it as a threat and responds by creating antibodies to fight the 'enemy.' The immune system attempts to fight the attacker and tries to defend itself by releasing a histamine, resulting in an allergic reaction.

Symptoms of a gelatin intolerance include diarrhea, chronic gas, paw biting, chronic ear infections, head shaking, hives bald patches, coughing, vomiting, obsessive licking, and wheezing. Some dogs can also suffer from skin infections or skin rashes due to a gelatin intolerance.

Elimination diets are recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (gelatin) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered

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infrequently or in small doses.

Other treatment options include corticosteroids to help reduce swelling and antihistamines to help with itching.

Dogs can develop secondary skin infections due to a gelatin intolerance, so some veterinarians may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils can also be prescribed to help with immune support and skin protection.

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### 3. Ginger

Ginger is a natural anti-inflammatory and is used to help dogs suffering from inflamed joints. If over-consumed it can cause digestive problems like bloating and gas. However, some dogs can be intolerant of ginger.

Symptoms of a ginger intolerance include bald patches, coughing, vomiting, diarrhea, chronic gas, chronic ear infections, head shaking, hives, paw biting, obsessive licking, and wheezing. Some dogs can also suffer from skin infections or skin rashes due to a ginger intolerance.

Elimination diets are recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (ginger) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

Other treatment options include corticosteroids to help reduce swelling and antihistamines to help with itching.

Dogs can develop secondary skin infections due to a ginger intolerance, so some veterinarians may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils can also be prescribed to help with immune support and skin protection.



### 4. Glucosamine

Glucosamine is given to dogs that have joint soreness from dysplasia, arthritis, or other common joint conditions. Dogs are often given glucosamine in pill form and many glucosamine supplements have a shell made of shellfish. If a dog is intolerant to glucosamine, it may typically mean they are intolerant to the shellfish portion of the supplement. It can be due to a hypersensitive immune system, their immune system being over-sensitive to shellfish, or their immune system responding to the shellfish as a threat.

Certain dog breeds are more prone to joint problems and more likely to need glucosamine supplements. These breeds include Golden Retrievers, German Shepherds, Dachshunds, Labrador Retrievers, Mastiffs, Great Danes, and Rottweilers.

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Symptoms of an intolerance to glucosamine include itchy skin, licking, bald patches, chronic gas, increased pigmentation, diarrhea, vomiting, digestive issues, constipation, and stomach cramping. Some dogs can also suffer from skin infections or skin rashes.

Elimination diets are also recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (glucosamine) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

Dogs can sometimes develop secondary skin infections due to a glucosamine intolerance, so some veterinarians may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils - are also recommended to help support the immune system and protect their skin.



### 5. Lamb

A fairly common food allergy among dogs is lamb. When a dog is allergic lamb, they have an over-reaction in their immune system so when they come in contact with lamb, their immune system perceives it as a threat and responds defensively, causing an allergic reaction.

A lamb allergy can be either from a food allergy or a food intolerance. A food allergy is due to the body attempting to defend itself against the perceived threat. A food intolerance, on the other hand, has no direct involvement with the immune system and is not caused by a histamine.

An allergy to lamb causes symptoms like coughing, chronic gas, diarrhea, obsessive licking, and hives. Skin infections or skin rashes are also common symptoms. Food intolerance comes with symptoms like stomach pain, changes in stool, and gurgling in the stomach.

Veterinarians will recommend antihistamines and corticosteroids as topical treatments to help with itching and swelling. Elimination diets are also recommended. For an elimination diet, the allergy is removed from the dog's diet completely. It may take several weeks to notices a change, though. Probiotics and omega-3's are also recommended to help support their immune system and protect their skin.

If the dog is suffering from secondary skin infections, antibiotics may also be recommended.



### 6. Mushrooms

There are different types of mushrooms so it is important to know which ones your dog is reacting to. There are also some mushroom based supplements for dogs. Some dogs do not tolerate mushrooms.

If your dog is suffering from a mushroom intolerance, symptoms include paw biting, bald patches, chronic gas, diarrhea, head shaking, hives, chronic ear infections, coughing, obsessive licking, vomiting and wheezing. Some dogs can also suffer from skin infections or skin rashes from a mushroom intolerance.

For treatment, corticosteroids are recommended to help reduce swelling and antihistamines to help with itching. If your dog does not tolerate mushrooms they should be removed from the diet.

Secondary skin infections can be a side effect of a mushroom intolerance so some veterinarians

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may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils - may also be recommended to help support their immune system and protect their skin.



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### 7. Olive Oil

Though uncommon, dogs can become intolerant of olive oil. Olive oil can be beneficial to dogs for some health issues as well as skin and coat health.

If a dog is suffering from a sensitivity to olive oil, symptoms include itchy skin, dry and flaky skin, hair loss, diarrhea, loose stools, hot spots, and gastrointestinal problems.

If your dog is suffering from swelling and itching, veterinarians may prescribe ointments or medications like antihistamines and corticosteroids. Elimination diets are also recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (olive oil) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

If the dog is suffering from a secondary skin infection, antibiotics may be prescribed. Probiotics and Omega-3's are often prescribed to help support the immune system and protect the skin.



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### 8. Pork

Pork is a common allergen among dogs. Dogs suffering from pork allergies will have an aversion to the protein and their immune system perceives it as a threat. So, their body will respond defensively and cause an allergic reaction.

Pork allergies can be due a food allergy or a food intolerance. A food allergy is caused by the body attempting to defend itself against the perceived threat. Food intolerances have no direct involvement with the immune system and are not caused by histamines.

A pork allergy can result in symptoms like chronic gas, hives, loud coughing, shaking, and vomiting. Food intolerance symptoms will cause symptoms like abdominal pains, gurgling in the stomach, and changes in the stool.

Treatment for a pork allergy is begins with antihistamines and corticosteroids that help with swelling and itching. An elimination is another treatment option. An elimination diet is the removal of the protein from the dog's diet entirely. This kind of treatment takes several weeks for symptoms to subside.

Probiotics and omega-3's are also recommended to help with skin protection and immune support.

If the dog is suffering from secondary skin infections, antibiotics may be prescribed.



## 9. Vegetable Oil

Many people feed their dog vegetable oil due to the health benefits it may provide. It can easily irritate dogs and has many nutritional benefits including omega-6 fatty acids. While a dog may be tolerant of vegetable oil, too much can give a dog an upset stomach. It is also common in some commercial dog food. Since the ingredients in vegetable oil vary it may be difficult to isolate the specific ingredient your dog may be reacting to. These could include corn and soy.

Symptoms of dogs who react to vegetable oil are upset stomach, vomiting and diarrhea. Symptoms of vegetable oil reactions may also include itchy and sensitive skin, gas and upset stomach.

If your dog is suffering from a reaction to vegetable oil it is recommended to discontinue feeding it. Temporary treatment methods include topical creams like antihistamines or corticosteroids.



## There are 102 Negative Results

Almond Oil  
Banana  
Beef  
Blackberry  
Brewer's Rice  
Brussels Sprout  
Cabbage  
Cauliflower  
Chick Pea  
Cod  
Corn  
Cranberry  
Duck  
Feathers  
Flaxseed Oil  
Grass  
Green Peas  
Kale  
Lemon  
Mackerel  
Mosquito  
Oat  
Peach  
Pineapple  
Potato  
Rabbit

Ants  
Barley  
Beet  
Blueberry  
Broccoli  
Buckwheat  
Canola Oil  
Celery  
Chicken Egg  
Cod Liver Oil  
Corn Syrup  
Cucumber  
Duck Egg  
Fish Meal  
Fleas  
Green Beans  
Halibut  
Kidney Beans  
Lima Beans  
Mango  
Moths  
Oatmeal  
Peanut  
Pinto Beans  
Propylene Glycol n-Butyl Ether  
Raspberry

Apple  
Bean Curd  
Beetroot  
Bok Choy  
Brown Rice  
Buffalo/Bison  
Carrot  
Cheese  
Coconut  
Collard Greens  
Cottonseed Oil  
Dairy  
Dust Mites or House Dust  
Fish Stock  
Grains (Bread)  
Green Lipped Mussel  
House Fly  
Lecithin  
Limonene  
Molasses  
Navy Beans  
Orange  
Pear  
Pollen  
Pumpkin  
Rice Bran



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Salmon  
Sorghum  
Squash  
Sweet Potato  
Tobacco  
Turnip  
Whey  
Yogurt

Sardines  
Soy  
Strawberry  
Tapioca  
Tomato  
Watermelon  
White Rice  
Yucca

Shellfish  
Spinach  
Sunflower Oil  
Tempeh  
Tuna  
Wheat  
Yam  
Zucchini

*Allergy Test My Pet is designed to test for sensitivities in your pet, not true allergies which are immediate and can have severe consequences. Sensitivity testing indicates a delayed response by your pet's antibodies to the allergen being tested.*

*This test is designed to help you learn the sensitivities your pet may be experiencing so you can have a better understanding of what your pet may not be able to tolerate. There are a number of options available to deal with these sensitivities. We recommend discussing them with your veterinarian to find the solution that is best for you. This can include introducing a new diet to your pet, eliminating certain foods and medications.*

*This test is not intended to offer medical advice, it is not diagnostic and is for informational purposes only. If your pet is experiencing symptoms we recommend seeking the advice of a professional. We hope this test will put your pet on the right path to wellness.*