

# THE INS AND OUTS OF ALLERGIES AND SENSITIVITIES: THOSE PESKY PHENOLICS

THERE'S A RATIONAL EXPLANATION FOR WHY YOUR DOG STILL HAS FOOD SENSITIVITIES WHEN YOU'VE TRIED EVERYTHING.





*Since beginning her holistically oriented veterinary practice over 30 years ago, Deva Khalsa VMD has been incorporating homeopathy, acupuncture, Chinese herbs, nutritional advice, and allergy elimination techniques such as Allergy Elimination and JMT into her approach. Today her work is a blend of sophisticated holistic techniques and traditional veterinary medicine designed to best enhance the natural strengths and attributes of her patient. She is available for worldwide consults by contacting her online at [doctordeva.com](http://doctordeva.com)*

**T**he talk of the town is always allergies. Yet, food sensitivities (also called food intolerances) are much more common in dogs than food allergies. All of us, including veterinarians, tend to bunch any symptoms into one category of allergies. But that's not what's actually happening. Because it's not well understood, dog owners run from food to food wondering why radical diet changes aren't working.

We've also got to differentiate between *environmental* allergies, sensitivities and intolerances. Understanding the difference will help you figure out and handle what's really going on in a dog with itching or a gastrointestinal (GI) problem because sensitivities and intolerances are ten times more common than allergies.

There's something called a *bona fide allergy*.

With an allergy, your pet's body produces antibodies (called immunoglobulins IgE and IgG). They can cause itching, hives, rashes, a sudden onset of diarrhea or a combination of any of the above. Environmental allergens, when inhaled, may also prompt your pet's immune system to produce these specific antibodies. In all cases, mast cells get activated and begin to produce histamine, causing a rapid inflammatory response. A *bona fide* food allergy or environmental allergy produces an immediate response. Consider the kid with peanut allergies or an asthma attack.

## ALLERGIES VERSUS INTOLERANCES

Food intolerances and food sensitivities don't always show up immediately. Different antibodies called immunoglobulin A (IgA) and immunoglobulin M (IgM) live in

the walls of the intestine. It's important to know that food intolerances or sensitivities cause a delayed response in the intestine. In other words, your dog can eat the offending food on Monday and the reaction can occur much later in the week or even later in the month. That makes pinning down the culprit a difficult task. Food intolerances will also build up over time as our dogs eat the same thing over and over again.

Most dogs are fed just about the same thing day after day and this repetition helps to create food intolerances and sensitivities. It's pretty typical for a dog owner to sigh in relief, if not jump for joy, when a food that agrees with a dog with IBD (Inflammatory Bowel Disease) is finally found. Unfortunately, they then keep feeding that food day after day, greatly increasing the chance of the dog later developing a reaction to that same food. Food intolerances actually change over time as the diet changes.

The reaction in the gut becomes a battle that can easily escalate to wild bouts of itching, diarrhea, gas and irritable bowel syndrome.

## THOSE FRUSTRATING PHENOLICS

Over the last several decades, important breakthroughs have been made in the treatment of sensitivities. Robert Gardner PhD discovered that there are agents called *phenolics* that cause immune reactions. *Phenolics* are regularly found throughout our environment and they're naturally present in foods. In fact, they're responsible for a food's taste and smell. Phenolic compounds color, flavor and pre-

serve foods. They protect plants against pathogens, help in the dispersal and germination of seeds and attract flower pollinators. A flower might have bee-attracting phenolics while a carrot may have insect-repelling phenolics to protect itself from being eaten.

While phenolic compounds naturally occur in all foods, they may also be found in pollens, chemicals and other non-food substances. They're tiny molecules that have the ability to stimulate the immune system. They tend to cause delayed reactions, which can affect any tissue in the body.

"MOST DOGS ARE FED JUST ABOUT THE SAME THING DAY AFTER DAY AND THIS REPETITION HELPS TO CREATE FOOD INTOLERANCES AND SENSITIVITIES."

Phenolics aren't easy to avoid. In fact, I can say with confidence that they're impossible to avoid. One food alone can contain several phenolics while one single phenolic can be in hundreds of different foods.

When you switch from diet to diet you often go to a completely different protein and food and the situation doesn't resolve. The problem lies in the fact that phenolic compounds are everywhere and in just about everything.

## BEWARE GALLIC ACID

One particular phenolic, gallic acid, is the culprit in many cases of food sensitivity. It's present in 70 percent of foods, including almonds, avocados, bananas, beets, wheat bran, beef, blueberries, cabbage, corn, soy, chicken, turkey, duck, lamb, cow's milk, eggs, honey, peas, pumpkin, raspberries, squash, yeast, barley, oats, millet, rice, yams and sweet potatoes (and that's just a list of some of the common foods that contain it). So if your dog were sensitive to gallic acid he would likely react poorly to all of the foods named above that contain gallic acid.

While one single phenolic like gallic acid can be present in hundreds of different foods, most foods actually contain several phenolics. As just one example, wheat contains gallic acid, coumarin, quercetin and rutin. These particular phenolics all commonly cause food intolerances or sensitivities.

On the other hand, when you're looking for a new protein to try, rabbit works well for both dogs and cats with chronic GI problems because it contains one rather innocent phenolic called piperine.

So you start to see why identifying food sensitivities can get so frustrating. You do an allergy test and find out that your dog is reacting to beef, chicken, sweet potato, corn and soy. You're off to the market

carrying a magnifying glass so you can identify all the ingredients in the available foods. Proudly, you choose duck or lamb for your protein and it's made with peas. Sound perfect? But if you look at the list above, everything you chose also contains gallic acid. If your dog is sensitive to this phenolic you will have little success with this diet change.

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It often takes time and repeated exposure for food intolerances and sensitivities to manifest. That's why I firmly believe that it's important to feed a rotating diet.

If you've been running from food to food, changing brands and protein sources and ingredients, you can now see why it can be so difficult to find a food that works for your dog.

## HOPE WITH HOMEOPATHY?

Doctors have been using homeopathic phenolic neutralization and desensitization techniques to help people overcome their sensitivities. The same can be done for dogs. The use of a simple oral method to treat allergies is very effective method in reducing food and environmental intolerances and sensitivities. It's equivalent to a homeopathic remedy.

Desert Biologicals makes a gallic acid desensitizing phenolic. Remember, gallic acid's a real culprit. They also carry other individual phenolics. In my consulting practice, I often use a phenolic desensitizing combination that includes multiple phenolic compounds in homeopathic form so I can eliminate the reaction to a number of those pesky phenolics during one course of treatment.

Perhaps now it's easier to understand why changing your dog's food or protein source didn't work as well as you anticipated. Without the phenolic protocol designed many years ago by Dr Gardner we'd be without any cure for this all too common problem in our pets. 🌿

# JAX FOR PETS

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