

# Understanding Your Dogs GUT health

It's Link to “Allergies” & The Microbiome



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#RealRawReasonable PetFood

Excerpts from Dogs Naturally , Dana Scott

Does your dog suffer from allergies, itchy skin, chewed up feet or gooey ears?

Then he's in good company! Allergies are one of the most commonly diagnosed health issues in dogs. And they're one of the hardest issues to treat.

That's because conventional medicine only looks at the dog's skin and not the root cause. And as researchers are starting to spend more time looking at something called the microbiome, they're finding out why most conventional allergy treatments are doomed for failure.

So ... let's take a closer look at the strong link between dog gut health and allergies.

## **Good Health Starts In The Gut**

Inside your dog's digestive tract (and yours), is something called a microbiome. The microbiome is a colony of bacteria that live throughout your dog's body. But the largest – and most important – colony lives in your dog's intestines and gut.

The microbiome might not seem like a big deal, but it's a vital part of your dog's body. In fact, those bacteria outnumber your dog's own cells by 10 to 1. And there are 100 trillion of these organisms in the gut alone.

You might have heard that 90% of the immune system resides in the gut. That's because the microbiome in the gut plays a key role in your dog's immune system function. It's like a virtual organ that plays a massive role in your dog's health and immunity.

But if your dog's microbiome isn't healthy, your dog can't be healthy. This is why most allergy drugs, diets and treatments won't work in the long run. They all harm the delicate balance in his microbiome, which makes him *more* likely to suffer from allergies and other autoimmune diseases.

## **The bacteria in your dog's microbiome have a few key functions in your dog's body ...**

### **1. They help manufacture important nutrients.**

For example, the bacteria in your dog's gut are responsible for producing much of your dog's vitamin K as well as some of the B vitamins.

### **2. They help with the absorption of nutrients.**

The gut bacteria help absorb vitamins and other micronutrients that are critical to your dog's health.

### 3. **They regulate the immune system.**

T cells are an important part of the immune system and they can either increase or decrease inflammation in the body. When your dog is a puppy, the bacteria in his microbiome will help train the T cells to differentiate between friendly and harmful bacteria. This primes his immune system for the future.

### 4. **They strengthen the gut lining.**

Gut bacteria produce fatty acids to keep the intestinal lining strong.

If all is going well with the microbiome, all will be well with your dog. But if the colony of bacteria gets out of control, then they'll start attacking your dog's body for their own survival.

And that's when your dog's health will suffer.

There are two kinds of bacteria in your dog's microbiome: friendly and harmful. And the balance between these bacteria is critical – and easy to disrupt.

# Here are 6 big things that cause microbiome damage in dogs ...

## 1. **Antibiotics**

The problem with antibiotics is that they indiscriminately kill both harmful and friendly bacteria. This not only disrupts their balance, but can wipe out the entire colony, leaving only the resistant germs, which can grow and multiply. Even if your dog hasn't taken antibiotics before, if he's eating food from conventionally raised animals, he'll be consuming the antibiotics the cows or chickens he eats were given.

## 2. **NSAIDs, Drugs and Chemicals**

These all inhibit the growth of friendly bacteria. **Like Apoquel and CytoPoint**

## 3. **Steroids**

Steroids inhibit many important gut functions, suppress the immune system and can lead to a proliferation of harmful bacteria.

## 4. **Vaccines**

Disrupt the immune system and inhibit the growth of friendly bacteria.

## 5. **Stress**

If your dog spends long hours alone or suffers from other chronic stressors, this will make him more susceptible to an imbalanced microbiome.

## 6. **Diet**

Dogs eating processed diets or diets high in carbohydrates (and any kibble on the market will be high in carbohydrates) will <sup>40-50% Carbs !</sup> have unbalanced gut flora. Carbohydrates, especially those with a higher glycemic load, are the preferred food for many harmful bacteria. Grains and carbohydrates will also cause an overgrowth of fungus and yeast. Dairy products, genetically modified (GMO) foods, preservatives, coloring and chlorinated water can also harm the microbiome.

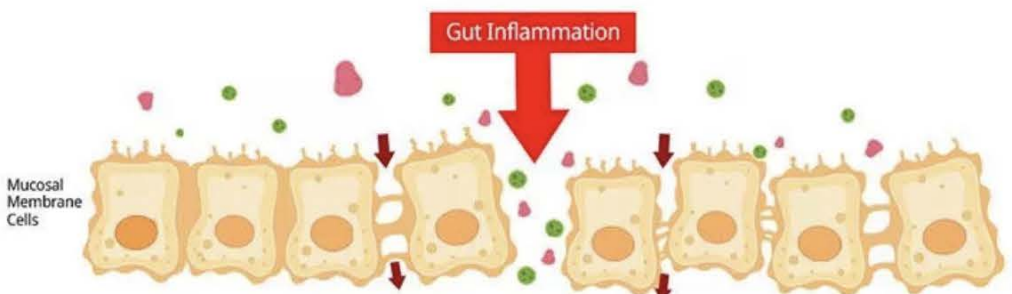
When the bacteria in the microbiome become unbalanced, the result is called dysbiosis. And dysbiosis can create or worsen allergies through something called leaky gut.

## Leaky Gut Is A New Epidemic

When harmful bacteria are allowed to proliferate, they can cause leaky gut. Leaky gut is just what it sounds like ... gaps develop in your dog's gut lining, allowing the intestinal contents to "leak" into the bloodstream.

The lining of the gut, called the mucosal lining, becomes irritated and inflamed when dysbiosis occurs. This inflammation causes the cells lining the intestines, called enterocytes, to separate. When this happens, bacteria, fungus and undigested food start to leak into the bloodstream.

Undigested proteins are not supposed to be in the bloodstream. When they do enter it, the immune system ramps up and attacks and neutralizes them. Sometimes, the antigen from the foreign protein can look like the structure of one of the body's own tissue proteins. This is called molecular mimicry and can cause the body to create antibodies against itself, which is the cause of autoimmunity and allergies.



Leaky gut can also result in bacteria passing through the gut lining, as well as bacterial neurotoxins called lipopolysaccharides. These definitely don't belong in your dog's bloodstream and they circulate to the liver, kidneys, heart and other organs where they cause chronic inflammation and disease.

## **Signs Of Bad Gut Health In Dogs**

Leaky gut doesn't just cause allergies and the hypersensitivity disorders ... it creates autoimmunity, which is the root cause of a myriad of common health issues including:

- Joint pain
- Thyroid disease
- Heart disease
- Nervous system and eye disorders
- Inflammatory bowel disease
- Collapsing trachea and laryngeal paralysis
- Liver, gallbladder and pancreatic disorders
- Behavioral issues (your dogs gut and brain actually communicate via the endocrine system)
- Cancer

As researchers are learning more about the microbiome and its delicate balance, it's becoming clear that leaky gut is one of the most significant and preventable diseases in dogs (and humans). If your dog has some of the above problems, it's a sign of bad gut health in dogs.

## Getting To The Root Cause

If your dog's allergies are caused by leaky gut, it's short sighted – and ultimately dangerous – to treat his skin conditions with antibiotic creams and steroids. It's also a terrible idea to feed your dog prescription allergy diets because they're loaded with carbohydrates and preservatives, which will only harm the microbiome and worsen the leaky gut. **“Carbs - turn to sugar, which feeds bad Bacteria & creates more inflammation “**

If you really want to know how to get rid of dog allergies forever, stop treating his skin and immune system – and start treating his gut!

# 10 Steps: How To Get Rid Of Allergies Forever

1. **Stop the drugs and medications:** Find a good holistic or homeopathic vet who can get your dog off the toxic flea meds and drugs. They all damage your dog's gut. [Find](#)

2. **Never give an unnecessary vaccine:** Once an adult dog has responded to a vaccine, research shows he doesn't need any more. Instead of revaccinating, ask your vet to run a titer test first to see if he needs that vaccine (chances are, he's already protected and doesn't). [Click here for more information on titer testing.](#)
3. **Reduce your dog's stress:** If he's home alone, get him a companion or take him to daycare.
4. **Stop feeding kibble:** Kibbles require at least 30% carbohydrate to hold them together. Carbohydrates fuel harmful bacteria, so a fresh, raw diet is a better option. Grains also contain lectins, which irritate the gut. If you must feed grains, make sure they're sprouted grains (but only once your dog's gut is healed and his allergy symptoms are gone).
5. **Stop feeding processed foods:** Processed foods contain preservatives, genetically modified ingredients (such as alfalfa, soy, corn and canola oil) and colors that harm the microbiome.


6. **Feed your dog organic foods:** Organic vegetables will be free of harmful pesticides and organic meats will be free of antibiotics.

"The Quality and Real Sources of food today are extremely important! So many of our foods now are grown in GMO toxic soil which KILLS all the microbes of the the soil which In turn strips the very important minerals and nutrients to be given to plants that will in turn support immune function to all mammals by way of supporting immense biodiversity of microorganisms with out this all mammals will have limited good bacteria 🦠 which is what is essential for strong Gut health and of course a strong immune system, when this is lost the body can not repair it self very well , which in turn leads to disease "

"Dogs and Cats are carnivores they thrive on MEAT and Bone , this is what they are meant to eat to support them properly , when they have inflamed GUTS they need the Right healing foods to restore the microbiome."

"Written by Andrea Brigola, Creator of Real Raw Reasonable " #6-10

7. **Avoid anti-nutrients:** Many kibbles contain mycotoxins, which are molds that can cause severe gut and autoimmune reactions. Peanut butter also contains mycotoxins.
8. **Give your dogs probiotics:** Probiotics for dog skin allergies help your dog recolonize the friendly bacteria in his gut. These can

Be found in food like Fermented Raw Dairy Raw Goat  Kefir is noted to be the TOP Natural food to help restore the Microbiome when made correct from 100% LIVE Cultures they can contain over 30+ different strains of beneficial micro flora cultures, which is essential to restoring the microbiome as diversity of strains plus the quality of alive raw goat milk from Grass Fed goats helps to make this product a supersonic source of over 150 billion Probiotic count per 1 tsp .

Remember NOT all probiotics are equal, many sit on a store shelf without any type of refrigeration, which means this is a dead culture which essentially offers very little benefit .

Also, it is important to note many store type Kefirs are made from pasteurized milk, which again is heated to kill off any type of beneficial culture so it will be extremely limited as well. Most commercial kefir that you will see on the shelves will be adding some sort of powdered culture to the milk, which offers limited benefits. Kefir will work when made correctly.



**WHOLE RAW GOAT MILK KEFIR**  
**100% ALIVE - KEFIR - CULTURES**  
**#RealRawReasonable**

**THIS IS WHAT MAKES OUR KEFIR**

**POWERFUL**

\* Over 30 different strains of Microflora Cultures  
which bring's more diversity in helping to restore  
the microbiome

9- BONE BROTH is just one of the most top restoring foods to help take down inflammation in the GUT. Bone broth is associated with collagen, a structural protein found in skin, cartilage and bone. When boiled, the collagen in connective tissue is broken down into gelatine and various other health-promoting amino acids, such as glycine and glutamine. The Gelatine is the most abundant protein in bone broth. Once in the digestive tract, gelatine binds with water to support the healthy movement of food through the intestines. Not only is the small intestine the primary site for nutrient absorption, it is also the first line of defence in our immune system. If the gut barrier becomes damaged or leaky, this can disrupt immune function. The amino acids found in bone broth are also protective. Studies suggest that collagen derived from chicken cartilage is effective at improving pain, stiffness and joint function in patients with osteoarthritis. Gelatine may also be beneficial for injury prevention and tissue repair.

This is why it is also very important to use healthy strong bones in a bone broth from high quality human sourced meats, many Raw Dog food manufacturers are using old laying hens in their chicken recipes, this is NOT recommended. As these type of birds have been raised in a stressful environment, which mean their bones have already been stripped of important nutrients needed for your Bone Broth

# THE GUT PROTOCOL



Real Raw Reasonable

Bone Broth Stew  
Made Primarily  
With Our # 1 Mix  
or other Mixes




Raw  
Goat  
Milk /  
Kefir

# # 10 - The Gut Protocol

Over the last 30 years of Successful Raw feeding my Great Danes who are a Giant breed that can have a very short life span average of 5-6 years especially when you run into nutritional deficiencies, which they are extremely prone to, due to their massive quick amount of growth from 1lb at birth to say 80lb at 6 months. You can very easily find yourself in the middle of a major upheaval of a unbalanced inflamed Gut/ Microbiome, which is one of the Biggest reasons Danes are extremely prone to "Bloat" or Gastric dilatation-volvulus (GDV) which can take the life of over 30% of Danes plus many other breeds which I will list later. Needless to say, this is a major concern for a breeder and lover of these doggies , so over many years I developed a successful way to help mange my Dogs Gut Heath.

## # 1 Real Meat Feeding ! NO dry kibble

Sometimes even with Raw feeding they could have upsets in the microbiome so I found Raw Goats milk and it's products helped immensely with rebooting the gut. I also found they sometimes needed a break from Raw meat so I would cook a stew with just water and make a Bone Broth Stew , at the time I didn't always understand the complete connections to why this was working ,as science had not quite yet made the connection of how important the balance of having more good bacteria over bad bacteria was key to a healthy microbiome . I found that adding any type of Rice or Potatoes definitely did not work, at the time Green TRIPE was something very much suggested and praised to feed your dogs on a raw diet because of the digestive enzymes and beneficial bacteria loaded in it , the problem we found out with much trial and error of testing is , "if" your puppy or Doggies Gut was already inflamed, then you could risk pushing too much bad bacteria  to multiply massively due to the already high level of BAD bacteria in Green Tripe which sometimes makes the Gut septic which now puts your animals life at risk .. which unfortunately I have seen too many times now over the years. So you absolutely CAN NOT feed this to any dogs or puppies with an inflamed Gut/ Microbiome and if your doggie is itchy or Yeasty they are definitely inflamed.

# Summary -

I can happily report over the last 30 years of Breeding 150+ Great Danes over 98% of them have lived past double their average life span some as high as 14 years old

Exciting news also is that over the last 12 years of working with many clients of these giant breeds (not mine) They have also followed my protocols and their dogs are now in their senior years, even though they may have not had the very best start, we have managed to bring these dogs back to a healthy way of living with 100% real meat and foods .

Our Unique Gut Protocol is currently being used by many of our Real Raw Clients with over 90% Success, in getting these dogs off

Pharmaceuticals like Apoquel and CytoPoint.. which have horrible side effects. It takes time to replenish the microbiome, in some dogs it may have taken years to create these type of health issues others seem to have this right from the start. We know that feeding a heavy % of carbohydrates definitely can NOT help the situation as it acts like fuel for bad bacteria and inflammation . Not all pups and dogs can start a Raw diet right away. In fact, I have found it is best to start any type of canine that has itchy or Yeasty skin with our gut protocol ..

plus unfortunately Not all Raw foods are suited to supporting these type of dogs as they are more sensitive to bad bacteria . So if companies are using a lot of rendered raw meats it will usually carry a larger load of bad bacteria as well which means the dogs never completely thrive on a raw diet. I have seen a lot of this, specifically if the meats contain Green Tripe and or excess fruit and vegetables not processed correctly. Plus commercial pork can also be very inflammatory as well , so please keep this in mind if you are NOT having great success in feeding RAW, Real meat absolutely is the # 1 answer to successful over all wellness we understand it's a-lot to absorb specially not knowing how to start , that's why we are here to offer support in this .. which helps you to make better decisions for your fur babies 🙌

Thank You for Reviewing

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# Breeds Anatomically Predisposed to GDV include:

Akita  
Bernese Mountain Dog  
Bloodhound  
Borzo  
Boxer  
Bullmastiff  
Chow Chow  
Collie  
Curly Coated Retriever  
Doberman Pinscher  
German Longhaired Pointer  
German Shepherd Dog  
Gordon Setter  
Great Dane  
Great Pyrenees  
Greater Swiss Mountain Dog  
Greyhound  
Irish Setter  
Irish Wolfhound  
Labrador Retriever  
Leonberger  
Mastiff  
Neapolitan Mastiff  
Newfoundland  
Old English Sheepdog  
Rhodesian Ridgeback  
Saint Bernard  
Scottish Deerhound  
Standard Poodle  
Weimaraner

*Among small and medium sized dogs, the Chinese Shar-Pei, Basset Hound, and Dachshunds have the highest risk for GDV.*



Real Raw Reasonable



## REAL RAW STORY .. UPDATE

Maezie was rescued at 4 months old in October 2020.

She had a severe case of mange and parvo.

Maezie human parents put a her on the gut protocol.

They skipped medication and healed from inside out.

Maezie has been on a raw diet and is living her best life!

Isn't she beautiful?