

ENVIRONMENTAL FACTORS

Environmental chemicals, allergens and toxins can all play a part in ours and our pet's health so it's worth considering all exposures including medications and interventions.



HOW DO ENVIRONMENTAL FACTORS AFFECT PETS?

Absorption may occur through the skin, airways or gut and can put a large load on the liver and other organs. Whilst some factors cannot be eliminated, they may be minimised where possible.

- Use stainless steel or ceramic **BOWLS**. Avoid plastic
- Use **WATER FILTERS** to minimise chemicals
- Choose **DETERGENTS & CLEANING AGENTS** that are natural, biodegradable and perfume-free for bedding, floors and dishes
- Avoid or minimise **HERBICIDES & PESTICIDES** and avoid contact for 24+ hours
- Use **NATURAL FIBRES** for bedding and avoid fabrics with flame retardant.
- Consider the nature of **SURFACES** that pets spend a lot of time lying on
- Minimise **PLASTIC FURNITURE** - polyvinyl chloride
- Minimise exposure to **FLAME RETARDANTS** - a group of chemicals that are added to manufactured materials including those for furniture, electronics and building insulation
- Keep pets away from **NEW FURNITURE & FLOORINGS** including carpets for 48+ hours, due to the release of Volatile Organic Compounds (VOC's)
- Use **NATURAL SHAMPOOS, SOAPS & FLEA REPELLENTS** - such as neem soap bars
- Caution when **RE-DECORATING** - choose eco-paints and plan for dust control etc. Be aware of old lead paint and asbestos



- Avoid the use of **INCENSE** and some **ESSENTIAL OILS** around pets
- Consider contact with **INDOOR AND OUTDOOR PLANTS** which may be toxic or irritant. Many dogs are sensitive to contact with Tradescantia (Wandering Jew).
- Avoid exposure to **FRAGRANCE or INSECT SPRAYS**
- Minimise **AUTOMATIC FLY SPRAY** dispensers - they are toxic and can cause harm if used incorrectly
- Use an **AIR PURIFIER** if the house is mouldy or near busy roads and keep the house well **VENTILATED**
- Avoid **MOISTURE** when heating homes and **DUST** with a damp cloth
- Monitor regularly for fleas to **FLEA TREAT** as needed. Consider topical Advantage or plain Revolution. Take some caution with Isoxazoline flea treatments.
- Consider a **FAECAL EGG COUNT** with your primary vet, to check for an indication of worms
- Consider **TITRE TESTING** with your primary vet, to check whether a dog already has sufficient antibodies to parvovirus and distemper



FURTHER READING

**The Forever Dog
Dogs Naturally**

Rodney Habib and Dr. Karen Becker
Natural dog health and nutrition - <https://www.dogsnaturallymagazine.com>