



HOW TO MANAGE YEAST INFECTIONS IN DOGS

Because good health begins with a healthy gut



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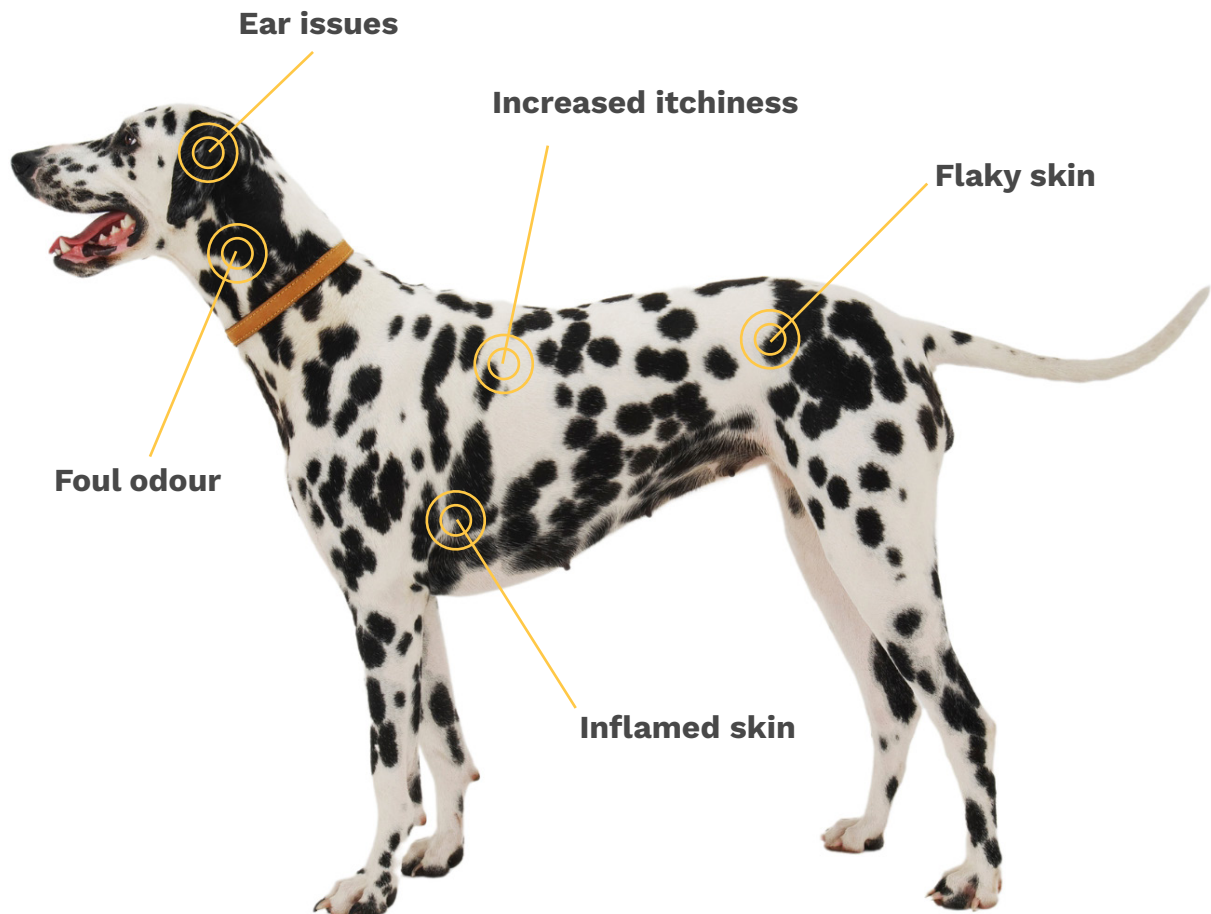
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Yeast infections are caused by an overgrowth of naturally occurring yeast (*Malassezia*) on your dog's skin. Under normal circumstances, this yeast coexists peacefully with the body's healthy flora and is controlled by the immune system. However, when the balance is disrupted, yeast can proliferate, leading to infection.



Signs and Symptoms of Yeast Infections in Dogs:

- **Increased itchiness:** Dogs will often lick, bite, or chew at affected areas, leading to further irritation.
- **Inflamed skin:** Particularly common in the ears, paws, and skin folds. The skin may become greasy, thickened, or develop a leathery texture.
- **Ear issues:** Dogs may shake their heads excessively or tilt their heads due to ear discomfort. A brown or black discharge from the ears is also common.
- **Foul odour:** Yeast infections often produce a musty, cheesy smell that's distinctive.
- **Flaky skin:** In some cases, yeast infections can cause dry, flaky patches of skin that resemble dandruff.

Common Causes of Yeast Infections:

- **Compromised Gut Health:** An imbalance of healthy gut bacteria, known as dysbiosis, is a key factor behind yeast infections. Dysbiosis can weaken the immune system, allowing yeast to thrive.
- **Food Allergies or Intolerances:** Undiagnosed food allergies or intolerances can cause chronic inflammation, disturbing the gut and immune system, which increases susceptibility to yeast overgrowth.
- **Diet:** Diets high in processed carbohydrates provide a food source for yeast, encouraging its overgrowth, particularly when combined with other factors like compromised gut health.
- **Antibiotics and Steroid Medications:** While antibiotics are essential for treating bacterial infections, they can disrupt the balance of bacteria in the gut and on the skin, allowing yeast to flourish. Steroid medications can further weaken a dog's immune defenses, making them more vulnerable to yeast infections.
- **Environmental Factors:** Hot and humid environments provide ideal conditions for yeast growth, especially in moisture-prone areas like the ears, paws, and skin folds.

The Role of Gut Health and Immune Function

The gut and immune system are closely linked, with gut health being one of the most important factors in maintaining a dog's overall well-being. A dog's gut microbiome, made up of trillions of microorganisms, plays a significant role in immune regulation. When this balance is disturbed, such as through antibiotic use, poor diet, or environmental stressors, it can lead to dysbiosis — a condition where harmful microorganisms thrive, increasing the risk of infections like yeast overgrowth.

Leaky Gut Syndrome, a condition where the gut lining becomes more permeable, can also contribute to this issue. Harmful substances that normally wouldn't pass into the bloodstream, such as toxins and undigested food particles, can trigger an immune response, leading to chronic inflammation and susceptibility to infections.

What can you do?



Eliminate the problem

Saccharomyces boulardii

While it sounds counterintuitive, one of the most effective treatments for yeast infections is *Saccharomyces boulardii* (SB), a beneficial yeast that helps rebalance the gut flora.

The research shows that SB can support dogs prone to yeast infections via various mechanisms. For example, SB:

- Competes against harmful microorganisms, effectively inhibiting the growth of pathogenic strains, such as Candida.
- Enhances immune function by promoting the production of secretory IgA (sIgA), a crucial immune molecule in the mucous membranes that protects against pathogens entering the body.
- Alleviates gut inflammation, allowing the immune system to strengthen and more effectively combat infections.
- Generates antifungal compounds like caprylic acid, which specifically target and help to eliminate yeast.

Pure SB works internally to address the root cause of yeast infections by restoring the balance of healthy bacteria, reducing inflammation and supporting the immune system, making it a cornerstone of any yeast infection treatment plan.



Strengthen the immune system

Bovine Colostrum

Bovine colostrum is widely recognised for its immunomodulating properties, making it a powerful ally for dogs with chronic yeast infections. It contains a high concentration of immunoglobulins, particularly immunoglobulin G (IgG), which plays a crucial role in supporting the immune system and neutralising harmful pathogens.

Colostrum is also rich in proline-rich polypeptides (PRPs), which help regulate the immune system's response. PRPs act by either stimulating or suppressing immune activity as needed, helping to reduce chronic inflammation that can weaken the immune system and increase the risk of conditions like yeast overgrowth.

For dogs dealing with recurring or chronic yeast infections, bovine colostrum provides the following benefits:

- Enhances immune defence, strengthening the body's ability to fight off infections by increasing immunoglobulin levels, which target pathogens such as yeast.
- Modulates inflammation, reducing the overactive immune responses that can aggravate yeast infections and cause further skin irritation.
- Reduces allergic reactions, which can often exacerbate yeast infections by triggering excessive itching and skin damage, creating a more favourable environment for yeast to thrive.

Incorporating **Pure Colostrum** into a treatment protocol for yeast infections, not only addresses the symptoms but also helps to support the body's natural defences, improving long-term resilience to infections.



Medicinal mushrooms

Medicinal mushrooms have long been valued for their potent health benefits, particularly for their ability to modulate the immune system and provide robust support against infections. These fungi contain bioactive compounds that not only enhance immune responses, helping the body better defend itself against invaders like yeast, but also offer anti-inflammatory properties. This combination makes medicinal mushrooms particularly effective in managing chronic inflammation and irritation, which are often seen with yeast infections.

- **Reishi:** has been used for centuries for its adaptogenic and immune-regulating properties. It supports the body's natural immune defences and reduces inflammation, making it beneficial for dogs with chronic conditions and immune-related imbalances.
- **Shiitake:** is highly regarded for its ability to enhance the body's immune response due to the presence of beta-glucans like lentinan. It is commonly used to promote overall health and is especially supportive in managing chronic illness and maintaining long-term wellness in dogs.
- **Maitake:** is known for its ability to enhance immune function and vitality. It helps fortify the body's natural defences and supports long-term health. Maitake is traditionally used to improve energy levels and resilience, especially in cases of chronic illness or immune system challenges.
- **Turkey Tail:** is valued for its ability to support liver and spleen health, as well as its immune-supportive properties. It has a long history of use in traditional medicine for improving energy, enhancing detoxification, and supporting immune function, particularly in chronic or immune-deficient conditions.
- **Cordyceps:** is a potent adaptogen that supports immune regulation and reduces inflammation. It is particularly beneficial for dogs recovering from illness, as it promotes energy and endurance.

By reducing the inflammatory response, **Mushroom Elixir** can help soothe affected areas, support healing, and prevent the recurrence of infections.



Support gut health

Supporting the gut's natural defences can be a game changer for dogs prone to yeast infections. A balanced and well-functioning gut supports immune health, promotes nutrient absorption, and helps prevent the overgrowth of harmful microorganisms like yeast.

- **Prebiotics:** Ingredients like inulin and larch arabinogalactan nourish beneficial bacteria, such as *Bifidobacteria* and *Lactobacilli*, which help produce anti-inflammatory short-chain fatty acids (SCFAs). This creates a gut environment that supports immune function and limits harmful microorganisms like yeast.
- **Probiotics:** Strains like *Bacillus coagulans* thrive in the intestines, even after surviving the acidic conditions of the stomach. Probiotics play a key role in maintaining a balanced gut flora, which is crucial for supporting immune health and preventing yeast from taking over.
- **Digestive Enzymes:** These enzymes ensure proper breakdown and absorption of nutrients, reducing the chance of undigested food particles causing gut inflammation or irritation, which can weaken the immune system.
- **L-Glutamine:** This amino acid is vital for maintaining the integrity of the gut lining, particularly in dogs with leaky gut syndrome.
- **Mucilaginous Herbs:** Soothing herbs such as slippery elm and marshmallow root form a protective barrier over the gut lining, reducing inflammation and promoting healing. This makes the gut more resilient to irritants and pathogens.
- **Anti-inflammatory Compounds:** Quercetin and turmeric help stabilise mast cells and reduce histamine release, which can aggravate gut issues. By minimising inflammation, these compounds help maintain a stable gut environment that supports healthy immune responses, reducing the risk of yeast overgrowth.

Gut Protect provides a combination of ingredients that work synergistically to support the microbiome, protect the gut lining, and enhance immune function.



Environmental and Dietary Considerations

Environment and diet are crucial in both managing and preventing yeast infections in dogs. Yeast thrives in warm, moist environments and feeds on sugars, so addressing these factors is key to reducing the risk of yeast overgrowth.

Dietary Adjustments

A dog's diet plays a significant role in the development and management of yeast infections. Carbohydrate-rich diets, especially those high in processed foods, provide the sugars that yeast needs to grow and multiply. Commercial dog foods often contain fillers such as wheat, corn, rice, and potatoes, which can exacerbate yeast problems by fuelling its growth.

Switching to a species-appropriate, raw food diet that is low in carbohydrates can be an effective strategy for managing yeast infections. A raw diet focuses on high-quality proteins and fats, which help to keep yeast in check by depriving it of its preferred food source — sugar. For dogs with persistent yeast issues, it's important to eliminate not just processed foods but also starchy vegetables and fruits that may contribute to the problem. A properly balanced raw diet will support overall health, improve gut function, and strengthen the immune system, making your dog less susceptible to infections.

Environmental Management

The environment in which your dog lives is another critical factor in managing yeast infections. Yeast thrives in moist, warm conditions, which is why certain areas — such as the ears, paws, and skin folds — are more prone to infections. Keeping your dog's living environment clean and dry is essential. Here are some practical steps you can take:

- **Keep your dog's bedding clean and dry:** Regularly wash and thoroughly dry bedding to prevent the accumulation of moisture, which can encourage yeast growth.
- **Regular grooming:** For dogs prone to yeast infections, regular grooming is important, especially around areas like the paws, ears, and skin folds. After baths or swimming, make sure to dry these areas thoroughly, as yeast can thrive in even small amounts of trapped moisture.
- **Use natural cleaning solutions:** Regular cleaning with diluted apple cider vinegar or an herbal ear cleaner can help maintain a balanced pH in your dog's skin and ears, making it harder for yeast to take hold. Apple cider vinegar has natural antifungal properties, and when diluted with water, it can be an effective solution for wiping down areas prone to yeast growth.

Reduce Exposure to Allergens and Irritants

Environmental allergens like pollen, mould, and dust mites can also contribute to yeast infections by causing inflammation and weakening your dog's immune system. If possible, reduce your dog's exposure to these allergens by:

- **Keeping your home clean:** Regular vacuuming and dusting can help limit the presence of dust mites and mould spores.
- **Using air purifiers:** This can help reduce airborne allergens in your home, especially during peak allergy seasons.
- **Minimising use of chemical cleaners:** Harsh cleaning products or pesticides can irritate your dog's skin and compromise their immune defences, making them more susceptible to yeast infections. Opt for natural, non-toxic cleaners in areas where your dog spends time.

Paw and Skin Care

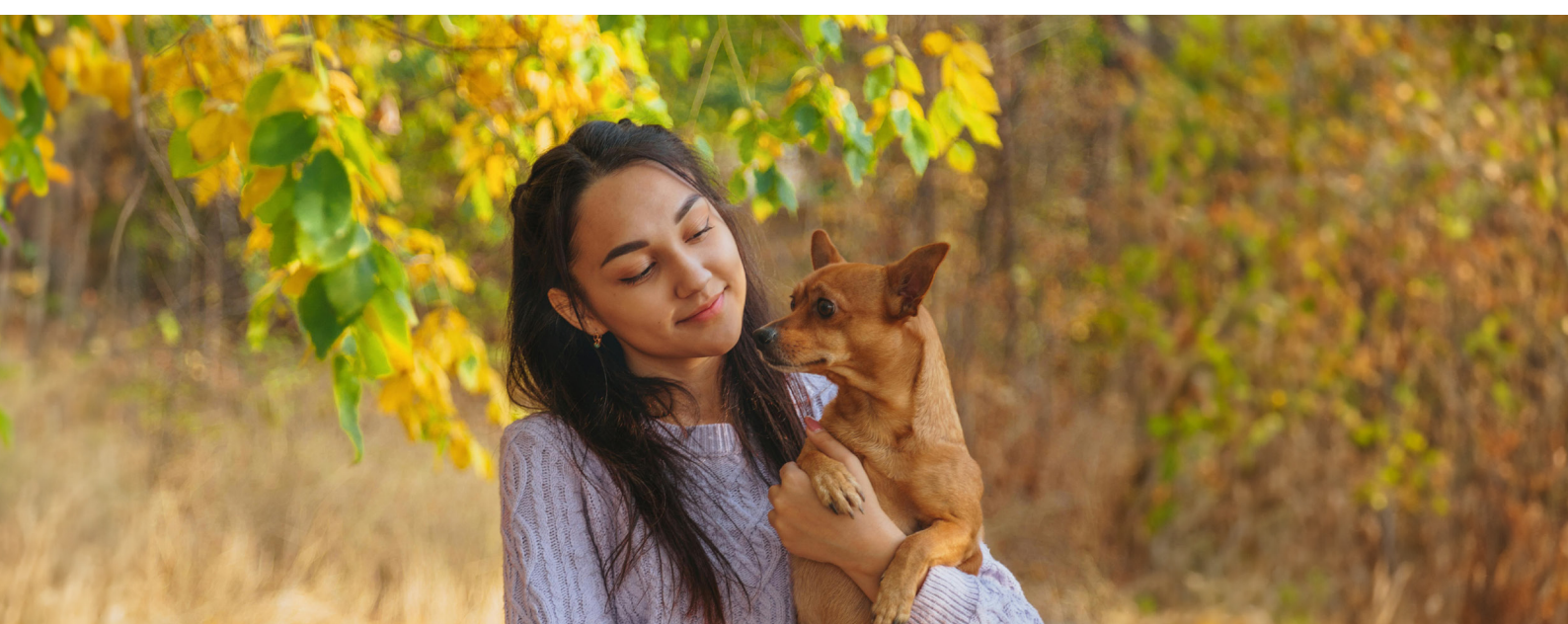
Dogs that lick their paws excessively may be dealing with yeast infections in these areas. This can also be a sign of food allergies or sensitivities, which are linked to yeast overgrowth. To prevent this:

- Rinse your dog's paws after walks, especially during wet or muddy conditions, and dry them thoroughly.
- Regularly check for signs of infection, such as redness, swelling, or discharge, and clean the affected areas with natural, antifungal solutions if necessary.
- Use protective booties in particularly wet or humid environments to keep paws dry and reduce the risk of yeast overgrowth.

Stress Reduction

Chronic stress can suppress a dog's immune system, making them more vulnerable to infections. Stress management techniques, such as ensuring adequate exercise, mental stimulation, and a calm environment, can help strengthen your dog's immune function and reduce the likelihood of recurrent infections.

By addressing both dietary and environmental factors, you can significantly reduce the risk of yeast infections in your dog. A balanced, species-appropriate diet combined with a clean and dry living environment will help support your dog's immune health, reduce yeast overgrowth, and contribute to their overall well-being.



CanineCeuticals Range of Solutions



Gut Protect

Prebiotics, probiotics, herbs and enzymes to maintain optimum immune and digestive function.



Gut Restore

Designed to restore the health of the gastrointestinal tract.



Pure SB

For healthy gut flora balance during antibiotic use.



Beef Bone Broth+

Naturally nourishing for joints, skin, gut and immune health.



Organic Super Greens

Phytonutrients and antioxidants for optimal cellular health.



Replace-A-Bone

A complete calcium source for homemade diets to ensure optimum growth and bone health.



P.E.A Plus

A natural compound that may assist in the relief of inflammation, pain and itch.



Collagen Forte

Hydrolysed collagen peptides to maintain healthy connective tissues and mobility.



Pure Colostrum

A natural source of immune compounds to support whole-body wellness.





Organic Beef Kidney

Packed with essential vitamins and minerals for overall health and wellness.



Organic Beef Liver

A rich source of vitamin A to support healthy skin, coat and connective tissues.



Organic Organ Blend

A natural source of essential nutrients to support whole-body health and wellbeing



Organic Beef Pancreas

A natural source of enzymes to support healthy digestion and improve nutrient absorption.



Organic Beef Spleen

Rich in iron and immune-enhancing compounds unique to spleen tissue.



Mushroom Elixir

A mushroom blend traditionally used to support optimum immune function.



Pure Lion's Mane

To support the health and activity of the nervous system.



Pure Turkey Tail

For healthy immune function and whole-body resilience.



Pure Milk Thistle

Traditionally used to maintain healthy liver and digestive functions.



Stress-Ease

To aid in the maintenance of emotional wellbeing.



Relax

A blend of natural plant-based terpenes to support an overactive nervous system.



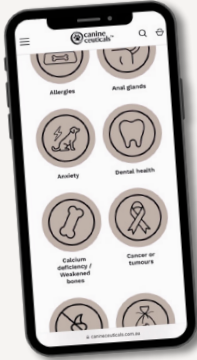
Cognition Care

For cognitive health, neurological support & healthy ageing

Resources

Our website provides a variety of resources, including comprehensive guides, blogs, podcasts and recipes all for free:

Health Quiz



Tell us about your canine companion's current health challenges and we'll guide you to which CanineCeuticals® products we believe can best support your dog's needs.

Natural Health for People and Pets Podcast

Learn about evidence-based health and nutrition from Narelle Cooke and Glenn Cooke, hosts of Natural Health for People and Pets.

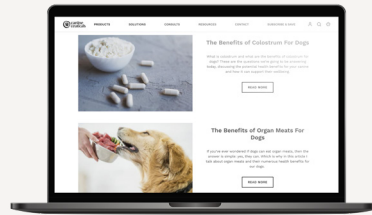


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Natural Health for People and Pets



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CanineCeuticals® provides a premium, human-grade supplement range for dogs.

We fuse ancient traditional medicine with the latest scientific evidence to create the most effective health solutions for your pet.

Created by an accredited Clinical Naturopath, Nutritionist and Herbalist, **CanineCeuticals®** offers a more holistic approach to supporting the core health of your dog to ensure they receive the best health outcome possible.

CanineCeuticals® uses human-grade ingredients (locally sourced in Australia wherever possible) to create pet-friendly oral powders, oral liquids and soft gel capsules.

We believe that good health starts from the inside out, which is why we provide full support for your dog's foundational health across all life stages.

Our range of products targets everything from allergy support to digestive health, joint health, emotional wellbeing, immune support, general health and wellness, nutritional support, and even liquid herbal solutions. With our full ingredient transparency, you can rest assured that your pet is getting the best possible care.



References available upon request



Narelle Cooke, accredited Clinical Naturopath, Nutritionist and Herbalist - Founder of CanineCeuticals®

I created **CanineCeuticals®** because I'm passionate about the wellbeing of our pets.

With three French Bulldogs, one German Shepherd, one Rottweiler and one Burmese cat myself, I wanted to see my own pets live their best and longest life.

But like many pet parents out there, I became increasingly disappointed and frustrated with the quality of the products available on the market, finding that, more often than not, they contained inferior ingredients along with artificial colours, flavours and preservatives, which are simply not in the best interest of our pets overall health and longevity - and so **CanineCeuticals®** was born!



“Healthcare that
you would expect
for yourself.”

