

# PREVENT AND HEAL CANINE EAR INFECTIONS

by Carrie Donahue, DVM

Do you know the signs of a dog experiencing an ear infection? There are multiple indications to alert you to your best friend's ear discomfort and pain.

Is your dog excessively shaking its head? Or is there redness on the ear flap? Do you notice your pup scratching and digging at its ear? Take a closer look—



do you see a black, waxy discharge or pus coming from the ear? Do you smell a foul odor near the ear? Even that adorable head tilt with the ear down may not be a sign that your dog's listening to you—it could be a possible ear infection. If you see one or more of these signs, it's time to act!

## CURCUMIN TO FIGHT INFLAMMATION

An ear infection signals unchecked destructive inflammation in your dog. The unwanted side effects of inflammation can mean pain, fever, and a greater chance of developing an ear infection.

Enter curcumin, the active compound in turmeric. A curcumin supplement with superior absorption can help halt inflammation. The result is decreased swelling and redness, as well as blood vessel dilation. With antiviral, antibacterial, antioxidant, and anti-inflammatory properties, curcumin gets to work relieving pain and irritation. This powerhouse can also help to fight off infection by boosting the immune system. But don't settle for plain turmeric or even ordinary curcumin supplements. Instead, seek out a highly absorbable and bioavailable form of pet-specific curcumin blended with turmeric essential oil for the best results.

## GUT HEALTH AND THE EAR

Does it seem odd that good gut health can lead to good ear health? Healthy bacterial

flora in the intestinal tract provides a proper immune response throughout the body. Since dogs, like people, don't always eat well and can be exposed to a wide array of environmental influences, supplementing with a canine probiotic is an excellent way to maintain or restore a healthy microbiome. It's one more step to good overall health, which will help prevent recurring ear infections. Two powerful probiotics geared to canine health are *Bifidobacterium animalis* and *Bifidobacterium bifidum*. Taken together in a probiotic supplement, they help support gut health, which is essential for a robust immune response whenever an ear infection is lurking.

## COMMON CAUSES OF EAR INFECTIONS

Allergies

Ear mites

Foreign bodies in ear

Skin problems

Thyroid disease

Tumors

Water in ear

## AN ADDED BONUS

Does your dog deal with skin allergies? Scratching because of skin irritation can lead to outer and inner ear infections. Omegas 3,6, and 9 have been shown in studies to support healthy skin in canines.

Choose blended, organic omega-rich oils that are ready to mix with pet food. For the best results, look for a mix of flax, pumpkin, sunflower, and sesame oils, plus added cod liver oil for even more support. These critical fatty acids are another tool in your arsenal to fight ear infections in your pet.

If your dog is suffering from an ear infection, don't hesitate to see your vet for advice. In the meantime, these supplement recommendations can help to prevent ear infections in your precious pet. ■



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holistic approach to health and well-being.