



# Natural Help for...



## Pet Acne

### What is Acne?

When most people think of [acne](#), they think of the awkward skin condition that many people experience during puberty. However, **[acne](#) is also something that can affect pets.**

Both cats and dogs can get [acne](#) which can be recognized by the red bumps (papules) and blackheads (comedones) that develop on the chin and lip areas.

While these [acne spots](#) generally don't bother your pet, they can become **infected after which they become itchy and painful**. In some cases, hair loss in the affected area and loss of pigmentation occurs.

[Canine Acne](#) is not very common, although certain short-haired breeds such as boxers, bulldogs, and Rottweiler's tend to be more at risk than other types of dogs. Most cases of [canine acne](#) start during puberty (5-8 months) and the condition typically resolves itself when your puppy reaches 1 year old.

[Feline Acne](#) is far more common and the condition tends to be a life-long one that is not limited to puberty. In cats, [acne](#) tends to begin at around 1 year old and can come and go in cycles. While the exact cause of the [acne](#) is unknown, it is assumed that it is a disease where the oil glands produce excessive amounts of oil.

### What causes Acne?

It is unclear what the exact causes of [pet acne](#) are; however, there seem to be a number of factors that are associated with it. In puppies, [acne](#) may be due to the hormonal changes associated with puberty. Other factors that could cause [acne in pets](#) include:

- stress or trauma
- a weakened immune system
- the presence of another disease or illness
- poor grooming habits
- allergies
- blocked oil glands
- disease of the oil glands resulting in excessive oil production
- other skin conditions such as dermatitis

### Diagnosing Acne

It is important to take your pet to the veterinarian for a proper diagnosis if you

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

suspect your pet has [acne](#), as there are a **few other conditions that may look similar**. Your pet's veterinarian may take skin scrapings and fungal cultures in order to rule out other conditions. Conditions that may need to be ruled out include:

- Demodicosis (a type of non-contagious mange)
- Ringworm
- Parasites
- Puppy strangles (An illness affecting young puppies)
- Fungal Infections

## Help for Acne

There are a number of conventional treatments that your veterinarian may recommend. These include topical retinoids, benzoyl peroxide ointments or washes, topical antibiotics and steroids. Oral retinoids are sometimes given to cats with [acne](#); however these **can cause liver damage** and require close veterinary monitoring.

## Natural remedies

Many pet owners are turning to herbal and homeopathic remedies as a safer alternative to some of the conventional medications out there. There are a number of natural ingredients that can be used to **promote over all skin health** and assist with the treatment of many skin conditions including [acne](#).

Fucus vesiculosus is often used in the treatment of skin conditions and to promote healthy skin and coat. Other commonly used ingredients include Spirulina which is well known for its nutritive properties and its ability to **encourage all round systemic health**, and Dandelion which serves as a rich source of vitamins and minerals.

The tissue salt Kali. Sulph. is also recommended for treating skin conditions as helps to regulate and **normalize the skin on a cellular level**, and is often used in the treatment of eczema and fungal infections.

## Tips for the home treatment of Acne

- Try washing your pet's chin daily with warm water and a mild antibacterial soap. Make sure the soap is not fragranced as this may simply cause more irritation. Epsom salts can also be used to clean the area followed by a gentle and natural antibacterial cleanser.
- A warm compress applied to the affected area can help to unblock plugged up pores. Simply use a warm washcloth and hold it to your pet's chin for a couple of minutes until the cloth is cool.
- Plastic bowls should be avoided as they are porous and tend to harbor bacteria and other germs that could trigger an acne outbreak. Some pets may also be allergic to the chemicals in the plastic so opt for glass, ceramic or stainless steel bowls instead.
- Acne can be a reaction to other environmental toxins such as a flea collar, pesticides, or house-hold cleaning agents. Try removing these from your pet's environment so they can be ruled out as possible triggers.
- Some pets have poor grooming habits and so cleaning your pet's chin after



## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- meal times sometimes helps.
- Boost your pet's immune system with Echinacea. This will help protect your pet against acne from the inside out.
  - Avoid squeezing! While it may seem tempting to squeeze your pet's acne to help relieve some of their discomfort, it is never a good idea. Squeezing blackheads and pustules increase the chances of infection and could make the break-out worse.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians.

While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans.

In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today.

Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic use will contribute to a decrease in disease, the opposite has in fact proved true.

Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild.

"This ability is shared by other animals, including cats. We are coming to realize

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## Great Health Sites

[Natural Pet Health Blog](#)

[Natural Holistic Health Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4...Free Natural Health Ebooks](#)

that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you.

"While there is always a place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals.

"As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets. " Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is asked why he does so, he may give one of several answers. The simple answer would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Dr. Glenn Ferguson  
M-Tech Homeopathy, Doctor of Chinese Medicine

## Related Natural Remedies:

**[Skin and Coat Tonic](#)**: Support healthy skin and shiny coats

**Skin & Coat Tonic** contains a combination of specially selected herbs, nutrients and biochemic tissue salts known for their tonic and supportive function on the skin and coat. Regular use of Skin & Coat Tonic will quickly help to **support shine and systemic health in the skin and coat**, leaving your pet looking and feeling in peak condition.

Skin & Coat Tonic is also a benefit for 'show pets' who need a 'beauty boost' before competitive events.

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**Six Good Reasons to choose PetAlive as your trusted suppliers of herbal & homeopathic remedies:**

1) All PetAlive products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) PetAlive and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a PetAlive product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your pet's health.

6) We offer an unconditional [One Year Money Back Guarantee](#).





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