



PET ALLERGIES

Did you know?

- Allergens from pets can remain in rugs and furniture for four to six weeks after contact, and proteins in those allergens can stay floating around in the air.
- Animal allergies are usually caused, not by fur, but by the sebaceous gland found in animal skin, which produces a sebum that lubricates the animal's skin and hair. This allergen is so widespread that it can be found in homes of non-pet owners and on clothes of pet owner's co-workers. Cat allergens have even been detected in Antarctica, even though cats have never been there!
- 50 per cent of people who are allergic to animals do not display symptoms immediately after exposure.
- Reactions to animals can take up to two years to develop, so even if you've been around a pet for a long time, you can start to show symptoms out of the blue.
- Animal fur acts as a great dust, dust mite and pollen catcher. So people with sensitivities to these things may be more susceptible to developing a pet allergy.
- Some studies have shown that being exposed to pets at a young age can reduce the chances of developing pet allergies later in life.

What causes pet allergies?

Though animal allergies are often sparked by the lubricating oil (sebum) produced by the sebaceous gland, those with pet allergies can react to several other components, including:

- dander (shed skin)
- faeces
- hair
- saliva (either direct or from fur licking)
- urine
- dust, dust mites and pollens (airborne substances commonly picked up by fur).

Do you have a pet allergy?

While some people experience reactions upon exposure to an animal, some reactions can happen without direct contact – so it's important to spot the signs. Common symptoms of pet allergies include:

- itchy, watery or swollen eyes
- itchy, runny nose
- sneezing
- nasal congestion
- rash on face, neck and chest
- wheezing/shortness of breath.

Natural pet allergy treatment

At Health & Wellness Australia (HWA) we use a technique called muscle testing (or kinesiology) to help identify your allergies or sensitivities. Following testing, you can work with your practitioner to address your sensitivities using a natural allergy treatment called Positive Association Technique (PAT).

PAT is a non-invasive holistic therapy, which:

- draws on acupressure and kinesiology techniques
- aims to re-train your body
- can reduce your reactions to environmental allergens that may be causing or exacerbating your symptoms, including dander, faeces, hair, saliva, urine and dust/dust mites.

All these components are included in a single PAT treatment, but each animal does need to be addressed separately.

This fact sheet is intended as general information only. PAT cannot cure allergies – it is intended to decrease reactions and help manage allergy-related symptoms. It is not intended to raise unrealistic expectations. If symptoms persist, consult your GP.

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