Let woodland creatures into your home



BIRD DRAWER HANDLES, £3 FOR FIVE, SAINSBURY' Perfect for twitchers



FOX SALT & PEPPER SHAKERS, £16, CATH KIDSTON Annoying in the garden but sweet on the table.



PERSONALISED WOODLAND PICNIC DECORATIVE PLATE, **£35**, ETHEL AND CO@JOHN LEWIS Perfect baby gift, personalised with the birth details.



STACKING MUGS, DUNELM A whole tower of cuties

OUR EXPERT VIVIAN SILVERSTEIN OF THE PET BEHAVIOUR CENTRE ADVISES ON YOUR ANIMAL ISSUES

## Allergic reactions



VIVIAN SILVERSTEIN

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Tell us about

Email pets@

sundaymail. co.uk or contact

you need help

with a behaviou or training problem give

us a call at The

Pet Behaviour

0141 646 5858

Centre

your pets.

Vivian at livewithyour dog co uk or If



After last week's breed testing, this week we are looking at another very useful form of dog DNA testing – looking for your pet's allergies.

This is of course an important piece of medical knowledge which can help exaplain all sorts of issues and symptoms.

We tested a Podenco Ibicenco named Sabueso - Spanish for hound - using an incredibly simple test kit from EasyDNA.co.uk which costs just £89, a bargain when you think of the vet bills and discomfort for your pet you can avoid.

Allergies, just like in humans, can cause serious and regular problems from skin rashes and issues to digestive problems or diarrhoea.

Common environmental allergens are found everywhere and food allergens will be often found across many dog food brands – for the canine sufferer, their life can be rendered miserable, resulting in very poor health, a lack

of energy, mood changes etc. Common environmental triggers include fleas and dust mites as well as moulds and pollens from trees, grasses, weeds and flowers.

Allergies are caused by an overactive immune system that perceives harmless substances as threats. This triggers a reaction which can include any of the common symptoms we associate with allergies such as itching and sneezing.

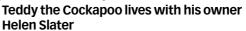
More than 100 allergens were tested and our results were surprising.

It turns out that Sabueso is allergic to Brussels sprouts, duck, lamb, orange, sardines,

wheat and yams – a bizarre section indeed. We have already changed dog food on the evidence of the test to cut out wheat and he has stopped licking his skin constantly, reducing irritated patches which clearly annoyed him. So already the test has been worth every penny.

See easyDNA.co.uk

### Pet of the Week TEDDY



Where is his name from? We chose the name because he looks like a teddy bear.

What does he eat?

Everything – including all the newspapers
and his food mats.

What does he like to do? He loves playing with his

best friends Lottie and Holly the Lhasa Apsos

**Any funny habits?**He really lives up to a cockapoos' reputation of being clown dogs, he's so clumsy, forever rolling off the couch.

#### **MRS MOP**

Three easy dinners if you fancy something tasty but just don't have time to cook



**The Supper Club** Meals, £6.50, Sainsbury's

Super-posh dinners for nights when you want to pretend you made it yourself. Hearty classics like lasagne, fish pie, or beef stew and dumplings. Each servės two.

Want to treat your mum on Mother's Day but not sure you have the skill for a homebake? Don't worry, this Bouquet Cake is lush, moist sponge with decadent buttercream icing on top – it's almost as good as homemade. Plus, it doubles as a bunch

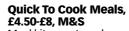
of flowers in on-trend muted mauve.£6 stores.

\*\*aat-Free Mea

# into girl power

#PRIMINIST

Get into the spirit of
International Women's Day International Women's Day
on March 8 with Paperchase's
amazing range. With slogans like
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thefuture is female, fierce and
girls support girls, they really get the
girls support girls, they really get the
girls support girls, they really get the
fight, f



Meal kits meet ready-meals: so you feel like you're cooking, but nothing can go wrong. From traditional (Chicken & Bacon Melts) to adventurous (Vietnamese Sticky Caramel Pork).



