

# HEDGEROW YOUR BIETS

Let woodland creatures into your home



HARE CUSHION, £19, M&CO Fine art makes a fine cushion.



BIRD DRAWER HANDLES, £3 FOR FIVE, SAINSBURY'S 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, £11, DUNELM A whole tower of cuties.

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

# Allergic reactions



VIVIAN SILVERSTEIN

**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 explain 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 selection 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](http://easyDNA.co.uk)



Tell us about your pets. Email [pets@sundaymail.co.uk](mailto:pets@sundaymail.co.uk) or contact Vivian at [livewithyourdog.co.uk](http://livewithyourdog.co.uk) or if you need help with a behaviour or training problem give us a call at The Pet Behaviour Centre 0141 646 5858



## Pet of the Week TEDDY

**Teddy the Cockapoo lives with his owner Helen Slater**

**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 Apso's.

**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 Super 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 serves two.

## Sweet idea for mums

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 from Co-op stores.



**Meat-Free Meals, from £1.09, Co-op**  
Six freezer options for vegetarians or flexitarians based on regulars like chilli, tikka masala and burgers. The Beetroot & Goats Cheese Melts are great.

**Quick To Cook Meals, £4.50-£8, M&S**  
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).



## Get write into girl power

Get into the spirit of International Women's Day on March 8 with Paperchase's amazing range. With slogans like thefutureisfemale, fierce and girlsupportgirls, they really get the message across. Notebook, left, £8; ceramic mug, below, £10; pen, right, £2.

