

How to Help Your Dog with Liver Disease When the Vet Says There is No Hope:

A Checklist for the First Few Weeks

- Stop commercial dry food.** Feed a fresh home-cooked liver-friendly diet. Start with Dr. Dodd's Liver Cleansing Diet. Feed 3-4 small meals per day.
- Give double dose of Milk Thistle and regular dose of Vitamin E with food.** Break Milk Thistle into 3 doses. Give last dose before bed. Give with food and Vitamin E. Use human brand of Milk Thistle extract standardized to 80% silymarin.
- Hold off SAM-e or Denamarin if dog is not eating.** Resume when dog is eating.
- Avoid flea, tick, heartworm treatments. Avoid vaccinations. Avoid chemical cleaners and lawn care products.**
- Be careful with medications and supplements.** Ask vet about any drug or supplement. Check label and insert for liver warnings. Some drugs that can harm liver are steroids, antibiotics, anti-seizure drugs, cholesterol-lowering drugs, anti-inflammatory drugs, and cancer drugs.
- Provide distilled water for 1 month.** Give fresh bowl every day. Make sure dog drinks enough water. Take dog outside to urinate frequently.
- Get a notebook or journal.** Track everything. Write down food, supplements, symptoms, changes, test results.
- Be patient and supportive.** If dog is not eating, don't panic. Let them rest. Keep offering water and simple meal. If not eating for over 24 hours, go to vet. If you are upset, keep your distance. Stay calm and positive. Be gentle and praise them. Give them love and attention. Spoil them rotten! (but no junk food)
- Go back to the Vet to check liver enzymes in a month and shock your veterinarian.**

DR. DODD'S LIVER CLEANSING DIET

W. Jean Dodds recommends a formula of 2 cups of pollack, cod or any other low fat white fish fillet to 6 cups of veggies and potatoes, or 25% pollack, cod or any other low fat white fish fillet to 75% veggies and potatoes. Turkey, duck or pork can be substituted or added, if the dog will not eat fish or has an intolerance to fish. This recipe is for a 15-18 pound dog and to be fed over approximately one week; please adjust according to the weight of your pet.

Ingredients:

- 1 1/2 cups moist white cooking potatoes
- 1 1/2 cups sweet potatoes
- 1 1/2 cups of zucchini
- 1 1/2 cup green beans (kale, celery, summer squash, chopped carrots, spinach, green beans or yellow squash and scrambled eggs, if these are tolerated)
- 2 cups pollack (cod or any other low fat white fish fillet)



Instructions:

1. Scrub the potatoes well and cut them up crosswise into 2" pieces so the skin circles the potatoes. OR, you can peel the potatoes before you cook them and cook until they are soft. When cooled, remove the skins.
2. Wash the vegetables steam or cook until very tender.
3. Put 2 cups pollack, cod or any other low fat white fish fillet, baked or poached in a frying pan with water until fish is white and flaky.
4. Mix all ingredients together until it is well blended. For flavor you can add a pinch of garlic powder and a little Italian Seasoning to each meal.

Notes:

Add a multivitamin or supplement. Feed three to four meals per day. Add the herbs, milk thistle (silymarin) and S-adenosylmethionine (SAME) to help cleanse the liver.

RECOMMENDED FEEDING CHART

BODY WEIGHT	2% of BODY WEIGHT		3% of BODY WEIGHT			
	<5 lb	<2.3 kg	1.6 ounces	45.4 grams	2.4 ounces	68.0 grams
	5 lb	2.3 kg	1.6 ounces	45.4 grams	2.4 ounces	68.0 grams
	10 lb	4.5 kg	3.2 ounces	90.7 grams	4.8 ounces	136.1 grams
	15 lb	6.8 kg	4.8 ounces	136.1 grams	7.2 ounces	204.1 grams
	20 lb	9.0 kg	6.4 ounces	181.4 grams	9.6 ounces	272.2 grams
	25 lb	11.3 kg	8.0 ounces	226.8 grams	12.0 ounces	340.2 grams
	30 lb	13.6 kg	9.6 ounces	272.2 grams	14.4 ounces	408.2 grams
	35 lb	15.9 kg	11.2 ounces	317.5 grams	16.8 ounces	476.3 grams
	40 lb	18.1 kg	12.8 ounces	362.9 grams	19.2 ounces	544.3 grams
	45 lb	20.4 kg	14.4 ounces	408.2 grams	21.6 ounces	612.3 grams
	50 lb	22.7 kg	16.0 ounces	453.6 grams	24.0 ounces	680.4 grams
	55 lb	24.9 kg	17.6 ounces	499.0 grams	26.4 ounces	748.4 grams
	60 lb	27.2 kg	19.2 ounces	544.3 grams	28.8 ounces	816.5 grams
	65 lb	29.4 kg	20.8 ounces	589.7 grams	31.2 ounces	884.5 grams
	70 lb	31.8 kg	22.4 ounces	635.0 grams	33.6 ounces	952.5 grams
	75 lb	34.0 kg	24.0 ounces	680.4 grams	36.0 ounces	1020.6 grams
	80 lb	36.3 kg	25.6 ounces	725.7 grams	38.4 ounces	1088.6 grams
	85 lb	38.6 kg	27.2 ounces	771.1 grams	40.8 ounces	1156.7 grams
	90 lb	40.8 kg	28.8 ounces	816.5 grams	43.2 ounces	1224.7 grams
	95 lb	43.1 kg	30.4 ounces	861.8 grams	45.6 ounces	1292.7 grams
	100 lb	45.3 kg	32.0 ounces	907.2 grams	48.0 ounces	1360.8 grams

This is the amount to feed your dog **per day** based on their percentage of body weight. Break this amount up into 3-4 small meals.