



W. Jean Dodds, DVM

Cleansing Diets

These homemade diets are intended to help ‘cleanse and heal’ the body during ongoing illnesses of the liver, kidney or bowel. Please note that Dr. Dodds still recommends testing your dog’s food sensitivities and intolerances with NutriScan, as this will direct you in selecting the future food needs of your pet, once short-term healing has taken place.

*Liver and GI Tract Cleansing Diet**

Dr. 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. Chicken, turkey 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.

Liver Cleansing Diet Phase 1

1 and 1/2 cups moist white cooking potatoes
1 and 1/2 cups sweet potatoes
2 cups pollack, cod or any other low fat white fish fillet

Liver Cleansing Diet 2 – Add vegetables based on toleration

1 and 1/2 cups moist white cooking potatoes
1 and 1/2 cups sweet potatoes
1 and 1/2 cups of zucchini
1 and 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

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. Simmer for 45 minutes to 1 hour. When cooled, remove the skins.

Wash the vegetables steam or cook until very tender.

2 cups pollack, cod or any other low fat white fish fillet poached in a frying pan with water until fish is white and flaky.

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.

Liquid multivitamin or supplement such as the Missing Link. Feed three to four meals per day. Add the herbs, milk thistle (silymarin) and S-adenosylmethionine (SAME) to cleanse the liver.

Milk Thistle Dosage

Dog's size

Dose as % of adult human dose

5 lbs.	10%
6-10 lbs.	15%
11-20 lbs.	20%
21-40 lbs.	30%
41-70 lbs.	50%
71-100 lbs.	75%
>100 lbs.	100%

**G. A. R. D. [Glutamate-Aspartate-Restricted-Diet]. Avoid wheat, corn, dairy and soy.*

Kidney Diet

White and/or brown rice or white potato + white fish or sardines or pork or duck -- 2/3 rice or potato mix and 1/3 fish or meat. Add veggies: kidney or pinto beans, chopped carrots, zucchini, yellow squash, spinach, kale, green beans, peas, and scrambled eggs, if these are tolerated. Season with garlic, mixed Italian herbs or parsley, salt and pepper. Liquid multivitamin or supplement such as the Missing Link. Feed three to four meals per day.