

Liver Cleansing Diet

This diet was formulated by W. Jean Dodds, DVM for dogs with off the charts liver enzyme numbers (a frequent occurrence for Scotties). The recommended diet includes a stew made of a formula of 2 cups Pollack, cod or any other low fat whitefish to 6 cups of vegetables and potatoes (or 25% fish to 75% vegetables), plus supplements (listed below).

1 ½ cups new white potatoes

1 ½ cups sweet potatoes or yams

1 ½ cups zucchini

1 ½ cups string beans, or summer squash or celery

1 ½ cups broccoli

2 cups Pollack, cod or other low fat white fish (**no bones**). You may use fresh or frozen fish.

Steam everything in one pot, starting with the sweet potatoes and white potatoes for 20 minutes. Add the vegetables and steam for 15 minutes. Add cut up fish bits and steam for another 7-10 minutes. Drain, mash the ingredients together and store in plastic containers and freeze. You can save 3 days out, freezing the rest.

Feed 1/3 cup twice a day, along with a premium kibble in the evenings.

Supplements are given as follows:

SAM-E 200 mg once a day in the a.m. at least ½ hour before breakfast (it must be given on an empty stomach). You can purchase this at Costco for better savings.

Milk Thistle 100mg once a day

For a complete description of this diet, please reference [The Bagpiper](#), 2006, Number 1, for Ruth Wynne's article "My Experience with "Liver Cleansing" Diet.