

5 Ways to Support Your Pet's Liver

A take-home guide from Dr. Tiffany Diab

Your pet's body already knows how to heal. Give it the right conditions and watch it go.

1

Ditch the kibble, even partially.

Replacing just 20 to 30% of your pet's kibble with fresh, whole protein reduces the liver's processing burden significantly. Raw or lightly cooked meat is a great place to start. Even small changes made consistently add up to real results over time.

2

Filter their water.

Municipal tap water contains chlorine, fluoride, and trace pharmaceuticals that accumulate in the body over time. A simple carbon filter on your tap makes a real and meaningful difference for your pet's daily toxic load.

3

Reconsider automatic flea and tick schedules.

Many topical and oral parasite preventatives are processed directly by the liver. Rather than applying them on a calendar schedule, work with Dr. Tiffany to evaluate your pet's actual risk level and choose accordingly.

4

Swap chemical cleaners for pet-safe alternatives.

What your pet walks through and then licks off their paws is a direct route into their bloodstream and liver. Vinegar, baking soda, and castile soap clean effectively without the toxic burden. Your floors and your pet's liver will both thank you.

5

Watch for the subtle signs.

Dull coat, intermittent loose stools, increased thirst, or unexplained weight shifts are the liver's early whispers. These are not things to wait on. The sooner we catch and address them, the more we can do. Don't wait until it's shouting.
