

restorative diet guide

**LIVER &  
ENDOCRINE**

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# LIVER & ENDOCRINE

## diet overview

### Whole Foods Required

- Pork Recipe OR Beef Recipe
- Fish Jiggles OR Pork Jiggles
- TEXsauce OR Better Butter Tea



### Functional Nutrition

- High moisture, low toxin foods allow the liver to work on detoxifying due to natural bodily function rather than due to excess toxin intake. The liver itself is very high percentage moisture and functions optimally as this is renewed by cellular moisture from raw food diets, raw milk, and gelatin.
- Solutions Gelatin Jiggles are one of the most bioavailable sources of amino acids. These have been shown to speed up the cellular regeneration cycle, healing many organs, particularly the liver.
- Better Butter Tea contains many mineral rich ingredients that have been shown to bind to heavy metals, assisting with detoxification. It also contains many nutrients and co factors that help direct nutrients in the body, meaning less waste and more use.
- Fish Gelatin Jiggles are rich in vitamins and healthy fats, which have been shown to be hepatoprotective and anti-oxidative.

The liver is one of the most important organs in the body and is responsible for a truly incredible amount of physiological processes, including detoxification, hormone regulation, immune function, and blood protein synthesis. Maintenance and healing of the liver is vital for long term health and wellness.

The liver utilizes a series of enzymatic reactions to neutralize and eliminate toxins, making them less harmful and easier for the body to excrete. This happens in two phases:

**Phase I Detoxification:** In this initial phase, the liver uses a group of enzymes to break down toxins into smaller, more manageable molecules. This process involves oxidation, reduction, and hydrolysis reactions, which modify the chemical structure of the toxins, making them more water-soluble and ready for further processing.

**Phase II Detoxification:** Once the toxins are modified in phase I, they enter phase II, where they are conjugated with specific molecules, such as glutathione, sulfate, or glycine. This conjugation process further increases the water-solubility of the toxins, making them easier to excrete through bile or urine.



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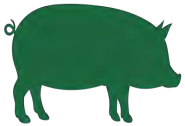
## diet overview

Many common diseases of the liver and endocrine system are related to improper metabolization of fats. Not only is this diet useful for the support of regular liver function, but it is also useful to support the body's assimilation of energy. As a low-ratio ketogenic diet with amino acid support, this protocol sets the body up for optimal metabolic functionality, decreased overall inflammation, strengthening of the gut, and cellular repair and regeneration.



100% grass fed and finished. Raised on diverse organic pastures. No hormones or antibiotics. Sigourney, IA

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GAP 1-3 and Animal Welfare certified. No chemicals, no hormones, no antibiotics. Organic Certified. Warsaw, NC

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MSC Certified and wild caught in clean Atlantic waters. New Bedford, MA

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Grass fed, no antibiotics or hormones. Raised on organic pastures in thriving polyculture environments. Lykens, PA.



# LIVER & ENDOCRINE

## high quality fat

KetoPet Sanctuary research determined that fresh, raw fats do not contribute to pancreatitis. Heat processing, UV light, exposure to oxygen, very high or very low humidity, exposure to heavy metals or ionizing radiation, and time (passing expiration dates) contribute to fat oxidation and rancidity. Oxidation and rancidity can damage cellular DNA and proteins, potentially leading to pancreatitis and disease. Pancreatitis can also be caused by necrotic Peyer's Patches in the pancreas (often attributed to carbohydrate consumption), certain medications/vaccinations, or certain toxic environmental exposures. Solutions Pet Products suggests rotating between butter, virgin coconut oil/MCT oil, pork lard or beef tallow. These products should be sourced exclusively from pastured, grass-fed, clean animals.



Kerrygold Grass Fed Butter is widely available at most supermarkets. While this is a pasteurized butter, it is very easily accessible and has shown quality results when used as part of a ketogenic diet.



Cocotherapy Organic Virgin Coconut Oil and MCT Oil are available online or through independent pet food retailers. It is a raw, vet recommended, therapeutic grade coconut oil and is very high in lauric acid and other fats.



Fatworks or Epic Beef Tallow is pure fat from 100% grass fed cows. While this is a heat treated product (tallow is rendered beef fat), it is non-oxidized and stable. It is available at speciality grocery stores and online.



Fatworks or Epic Pork Lard is pure fat from pastured pigs. While this is a heat treated product (lard is rendered pork fat), it is non-oxidized and stable. It is available at speciality grocery stores and online.



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### Dogs <50lbs

BEEF RECIPE or PORK RECIPE	20g (0.7oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	3.7g (0.13oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	28.3g (1oz) per 10lbs of bodyweight per day
TEXSAUCE or BETTER BUTTER TEA	64.3g (2.25oz) per 10lbs of bodyweight per day

### Dogs 51-74 lbs

BEEF RECIPE or PORK RECIPE	17g (0.6oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	3.2g (0.11oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	28.3g (1oz) per 10lbs of bodyweight per day
TEXSAUCE or BETTER BUTTER TEA	55.7g (1.8oz) per 10lbs of bodyweight per day

### Dogs 75-110 lbs

BEEF RECIPE or PORK RECIPE	14.6g (0.51oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	2.7g (0.10oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	28.3 (1oz) per 10lbs of bodyweight per day
TEXSAUCE or BETTER BUTTER TEA	48.6g (1.7oz) per 10lbs of bodyweight per day

### Dogs >111lbs

BEEF RECIPE or PORK RECIPE	12.3g (0.43oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	2.3g (0.08oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	28.3g (1oz) per 10lbs of bodyweight per day
TEXSAUCE or BETTER BUTTER TEA	40g (1.4oz) per 10lbs of bodyweight per day



# LIVER & ENDOCRINE

## optional supplements



Yucca is a rich source of steroidal saponins and polyphenols, both of which work to reduce inflammation in different ways. Saponins have been shown to be anti-protozoal as well as antibacterial, reducing inflammation of the digestive tract. Polyphenols are anti-oxidative, inhibiting iNOS (nitric oxide synthesis).

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There are two main phases of liver function. In phase 1, toxins that are fat-soluble are made to become more water soluble. In phases 2, these toxins are moved to the kidneys and gallbladder and then exit the body. Restore assists with the phase 2 functions of the liver.

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Elemental Solutions Immune is designed to assist with improving immune markers and decreasing systemic inflammation.

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This blend has been shown to support liver health, increase fat metabolism, decrease inflammation, thin blood, and potentially moderate insulin and glucose levels.