

PKD DIET



KIDNEY

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PKD Diet Kidney

A guide to polycystic kidney health through diet



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PKD Diet Kidney

Within the confines of your own personal health, what follows are guidelines to try to incorporate into your care. Check with a physician.

- Plant based alkaline diet
- Neutral Protein 0.6 grams/kilogram
- 1200 mg sodium
- 3 liters of water or twice urinary output

Cooking all foods yourself, without using canned, bottled or prepared substances, is greatly influential in eating healthier; couple this with seeking out carefully chosen locally grown produce, in season at peak ripeness will help to positively influence polycystic kidney health. If you have the ability or the inclination to grow your own fruits and vegetables, this has added benefits. Some mass produced foods (i.e., vegetables, chicken, etc.) are dipped in a bleach bath before coming to market. Other animal proteins have questionable processes performed. An informative and interesting documentary is ***Food, Inc.***

With certain dietary and lifestyle changes many have successfully diminished countless symptoms, including painful events and bloating episodes; some have experienced an increase in energy, a lowering of blood pressure without the need for medication and a lucky few have noticed an improvement in their kidney functioning as they age.

Polycystic Kidney Disease is an inherited disease that causes smooth kidney tissue to grow and fill with numerous liquid filled balloon like cysts. PKD cysts multiply and replace normal functioning kidney cells. With this change in the kidney structure one result can be high blood pressure, spilling protein in the urine and diminished kidney functioning. Oftentimes dialysis and kidney transplant are sought out in the later years. Traditionally, symptoms increase with age; whereas those on this diet have discovered an overall bettering of their sense of well-being and a diminishing of symptoms.

We are *not* seeking a cure for Polycystic Kidney Disease. We are collectively asking,

“How can one maintain the health of polycystic organs and transplanted organs?”

PKD diet is a possibility for others to try to see if it might work as well as it has for some of us. Individual health issues are known by you. These pages are meant as guides, as suggestions to try.

Alkaline foods generally are fruits and vegetables; enjoy these freely. Acidic foods are animal proteins, these are limited. There are some exceptions. Generally the sweeter the taste of a raw fruit or vegetable, the more alkaline producing it is.

Besides animal proteins causing acidity, other acid producing culprits are concentrated sugars and alcohols. So far, through self-testing, a usable alkaline sweetener seems to be tupelo honey, with added dried fruits or bananas or cinnamon. Foods prepared with other sugars have been known to cause urinary pH to register acidic

(pH 5); raise serum cholesterol, increase cystic organ symptoms; and oftentimes trigger the onset of a painful migraine.

If one can eliminate animal proteins, and obtain a daily intake of essential amino acids and essential fatty acids, this is better for polycystic organ health. Vegetables that contain sulfurins, typically contain some essential amino acids: i.e., broccoli, brussels sprouts, cabbage, turnips, or rutabagas. Juicing of these vegetables helps increase the amount of essential amino acids absorbed. Young cereal grasses also make an amino acid rich juice. Other sources are grains, nuts, seeds, legumes, beans; soaked overnight to diminish their phytic acid content. Spelt has the highest protein source of all the grains. Some useful vegetarian sources of essential fatty acids are hempseed and chia.

Another possibility is to limit the daily intake of animal proteins to three ounces or less; no more often than two or three times a week. The size of a deck of cards corresponds to about three ounces of fish.

A few things best avoided with Polycystic Kidney Disease:

- Aspirin, tylenol, NSAIDs, Advil, Ibuprofen
- Animal products limit to no more than 3 ounces/day: 2-3 times/week
- Bleach: clorox, bleached cleansers, chicken dipped in bleach, carrots dipped in bleach
- Caffeine: chocolate, coffee, tea, cola, soda, pop
- Chlorine, chloride, [carbon tetrachloride](#), plastic [BPA](#)
- Lithium
- Nightshade plants
- Phenacetin
- Starfruit
- Sodium bicarbonate, baking soda
- Sugar
- Tea: black, green, white, de-caffeinated, and certain herb teas
- Tylenol, paracetamol, acetaminophen



Useful Foods to Enjoy

✦ especially useful

Enjoy
Açai
Acorn squash
Adzuki beans
All fruit spread
Almond butter
Almond milk
Almonds
Amaranth
Apple juice fresh
Apple, sweet
Apricot
Arrowroot, poisoned arrow treatment
Artichoke
Artichokes globe
Artichokes Jerusalem, sunchokes girasola ✦
Arugula
Asparagus
Avocado
Baby spring greens
Bamboo shoots
Banana
Barley grass juice
Barley soaked
Basil
Bean sprouts
Beans soak all
Beans, string beans

Enjoy

Beef tea distilled

Beet roots

Beet tops

Bilberry

Bitter melon

Black raspberry

Black rice

Blackberry

Bok choy

Boysenberry

Brassica

Broccoli 🌱

Broccoli DIMs

Broccoli rabe

Broccoli sprouts

Brown rice

Brussels sprouts

Buckwheat

Buckwheat noodles

Burdock root

Cabbage and juice

Cabbage savoy

Cantaloupe (transported develops fungus)

Cardoon

Carrots

Cashews

Cassava, manioc, yuca root

Cauliflower

Celeriac

Cereal grass juice

Enjoy

Chamomile ☘

Chard

Chayote

Cherimoya

Cherries

Chervil

Chestnut

Chia

Chia oil

Chia seeds

Chicory

Chinese cabbage

Chinese peas

Chives

Cilantro

Citrus fruits

Clementine

Coconut, especially young coconut spoon meat

Coconut milk

Coconut water

Collard greens

Corn, local

Corn meal organic

Corn salad mache

Cranberry juice, avoid fruit ☘

Crooked neck squash

Cruciform vegetables

Cucumber

Currants

Daikon radish

Enjoy

Dates

Delicata squash

Dill

DIMs (broccoli) ⚠

Drumstick plant ⚠

Dry land cress

Durian

Edible flowers

Elderberries

Endive, chicory

Escarole

Fennel

Fenugreek

Figs ⚠

Gabi, taro

Galangal

Garbanzo beans, chick peas

Garlic

Grain beverage bambu

Grain beverage barley brew

Grain beverage barley cup

Grain beverage caffix

Grain beverage caro

Grain beverage carob powder

Grain beverage inka

Grain beverage java herb uncoffee

Grain beverage kara kara

Grain beverage organic instant grain

Grain beverage prewetts chicory

Grain beverage roma

Enjoy

Grain beverage spelt kaffee

Grain beverage teeccino

Grain beverage yannah

Grain beverage yorzoh

Grapeseed oil

Globe artichoke

Gobi

Golden delicious apple

Grape

Grapefruit

Gravenstein apple

Greens collard

Greens leafy

Greens mustard

Grits

Guava

Hempseed

Hempseed butter

Hempseed oil

Himalayan pink salt

Honeydew melon

Herb teas-following are useful:

Herb tea African nectar

Herb tea chamomile

Herb tea chamomile citrus

Herb tea chocolate mint truffle

Herb tea hibiscus

Herb tea honey bush

Herb tea lemon grass

Herb tea lemon thyme

Enjoy

Herb tea lemon verbena

Herb tea lemon water ☼

Herb tea linden flower

Herb tea milk thistle

Herb tea red bush

Herb tea red tea

Herb tea roasted grain beverage

Herb tea rooibos

Herb tea rose hips

Herb tea saffron ☼

Herb tea silymarin

Herb tea speedwell

Herb tea sugar cookie sleigh ride

Herb tea thyme

Herb tea tilleul

Herb tea veronica

Jerusalem artichoke

Jicama

Kabocha pumpkin squash

Kale

Kamut

Kiwi

Kohlrabi

Kumquat

Lamb's lettuce, mache lettuce

Land cress

Leafy greens

Leeks

Lemon

Lemon egg

Enjoy

Lemon grass

Lemon juice freshly squeezed 🌱

Lemon meyer

Lemon thyme

Lemon verbena

Lentils, soaked

Lettuce butter

Lettuce curly leaf

Lettuce (exclude iceberg)

Lettuce mache, lamb's lettuce

Lettuce oak leaf

Lettuce romaine

Lima beans, butter beans

Lime juice

Limes

Linden flower tea

Loquat

Mache lettuce, lamb's lettuce

Mandarins

Mango

Mangostein

Marjoram

Melon juice

Melon smooth skinned

Milk thistle silymarin

Millet soaked sprouted

Mixed wild greens

Mother's milk

Mulungai leaves 🌱

Mushrooms, edible

Enjoy

Meyer lemon

Nasturtiums

Nectarines

Nettle extract 🌿

Nettle leaf

Neusli, mache, lamb's lettuce

Oats

Okinawan sweet potato

Okra

Olive oil limit 1 ounce/day 🌿

Onions

Orange

Orange juice, freshly squeezed 🌿

Oregano

Oyster plant

Papaya

Papaya juice fresh pressed

Parsley

Parsnip

Passion fruit

Pasta whole grain: spelt, kamut, brown rice, rye

Paw paw

Peach

Pear

Peas

Persimmons

Pineapple

Polenta

Pomegranate

Pomelo

Enjoy

Popcorn no salt

Potatoes sweet

Potatoes, sweet jewel

Potatoes, sweet Okinawan

Pomegranate juice 🌱

Pumpkin

Quince

Quinoa soaked

Radish 🌱

Radish sprouts

Raisin, organic

Ramps, wild onions

Raspberry

Raw local produce

Red rice

Rice milk

Romaine lettuce

Rose hips

Rutabagas

Rye

Saffron

Saffron tea

Sage

Sago root, sago tapioca pearls

Salsify, oyster plant, goatsbeard

Sapote

Scallions

Shallots

Snow peas

Soba noodles without wheat

Enjoy

Sorrel dip in boiling water ↓ oxalates

Spelt ✪

Spelt grass juice

Spelt non-yeasted bread

Spelt pasta

Spinach dip in boiling water ↓ oxalates

Squash

Stuffing no wheat

Succotash

Sunchokes Jerusalem artichokes girasola ✪

Swedes

Sweet potato

Swiss chard

Tangerine

Tapioca sago or cassava

Taro root, gabi

Tarragon

Thyme

Tupelo honey

Turmeric

Turnip greens

Turnips

Ube

Veronica tea ✪

Walnuts

Water

Water chestnuts

Watercress

Watermelon seed tea ✪

Enjoy

Watermelon, local 🌱

Whole grains, organic

Wild rice

Winter squash

Yams

Yellow squash

Yuca

Zucchini

🌱 especially useful



Useful Herbs

Enjoy These Herbs

Açai

Artichoke

Broccoli sprouts

Basil

Bilberry

Chamomile

Chervil

Cilantro

Cinnamon

Chives

Cranberry

Dill

DIMs broccoli sprouts

Elderberry

Fenugreek

Galangal

Garlic

Lei gong teng

Lemon grass

Lemon verbena

Marjoram

Milk thistle silymarin

Mint can ↑ GERD

Mulungai ↑ iron stores

Mustard seed

Enjoy These Herbs

Nettle ↓ uric acid

Oregano

Parsley ↓BP

Saffron ↓BP

Saw palmetto

Sage

Tarragon

Thyme

Triptolide (wait for clinical trials to finish)

Turmeric

Veronica



Useful Nuts & Seeds

Enjoy These Nuts and Seeds
Almonds
Amaranth
Black rice
Brown rice
Buckwheat
Chestnut
Chia
Coconut
Corn
Hempseed
Kamut
Millet
Oats
Pasta whole grain: spelt, kamut, brown rice, rye
Quinoa
Red rice
Rye
Spelt
Walnuts



Useful Medications

Possibly Useful, Still-in-Clinical-Trials-Medications
Alkalinity for Chronic Kidney Disease
Angiotensin converting enzyme inhibitor ACEi
Calcium citrate
Colchicine
Octreotide - somatostatin
Potassium citrate
Ploglltazone
Reversin
Roscovitine
Sodium Citrate
Stem cells
Triptolide
Tolvaptan
Water



Useful Other

Other Useful Things
CLAY: Bentonite, pascalite, white, rhassoul, clay baths, soap, hair masques.
SAUNAS: Dry saunas, steam saunas, useful for sweating body toxins.
MASSAGE: Gentle, relaxing massage.
REST: Restore yourself through rest: restorative yoga, gentle stretches, sleep.



Better Animal Protein Choices

It is better to avoid animal proteins altogether. If you are unable to do this, then limit animal proteins to 3 ounces/day, 2-3 times a week. Below are some better animal protein replacement suggestions.

Better Choice	To Replace
Blue cheese	Asiago cheese
Blue veined cheeses	Dry cheeses
Cottage cheese	Cheddar cheese
Dairy, cultured	Dairy, better to avoid
Ementhaler	Orange yellow cheese
Feta salt free	Mimolette cheese
Goat cheese	Mizithra cheese
Goat milk	Cow milk
Almond, rice, coconut milk	Cow or goat milk
Paneer	Orange cheese
Quark cheese	Kefalotyn
Roquefort cheese	Parmesan
Swiss cheese	Romano cheese
Sheep cheese	Reggiani
Soft white cheese	Dry hard cheese
Buttermilk cultured	Whole milk
Plugra butter cultured	Butter
Yogurt plain cultured	Sour cream
Yogurt + acidophilus	Yogurt with sugar
Lamb	Beef
Veggie burger Ø soy, wheat	Hamburger
Halibut, Pacific	Salmon
Dover sole	Tuna
Perch	Sardines

Better Choice	To Replace
Egg yolk: poached, boiled	Egg: fried, scrambled, white
Wild game	Commercial poultry
Wild turkey	Commercial turkey
Wild pheasant	Commercial pheasant



Avoid Foods

⚠ especially harmful

Avoid
Ahi tuna
Alaskan king crab
Albacore tuna
Alcoholic beverages
Ale
Alfalfa sprouts
Aloe vera (do not eat)
Anchovies
Andouille sausage
Angelica
Animal proteins ⚠
Apple strudel
Artificial sweetener
Aubergine
Bacon
Baguette wheat
Baked potato
BBQ meats

Avoid

Beef 🚫

Beef pork pies

Beer

Bell peppers

Black tea

Blood dishes

Bluefish

Bologna

Bovine growth hormone

Bratwurst

Brinjais (eggplant)

Bundt cake

Cacao

Caffeine 🚫

Cake

Canadian bacon

Candy

Cane sugar

Canned soups

Cantaloupe transported develops fungus

Carrot cake

Carrots baby (chlorine bath)

Catfish

Celery

Chaparral tea 🚫

Charred meats

Cheddar cheese

Cheerios

Avoid

Cheese

Cheese orange color

Cheese parmesan

Cheese puffs

Cheeseburger

Cheesecake

Cheesesteaks

Chicken (chlorine bath)

Chilies

Chips

Chocolate ☼

Chocolate éclairs

Chowder

Clotted cream

Clover ☼

Clover honey

Cod liver & oil

Coffee ☼

Cola ☼

Cookies

Corn beef

Corn syrup

Cream

Cream puffs

Crisco

Croissant

Chrysanthemum tea

Crustaceans

Avoid

Cupcakes

Custard

Dairy 🚫

Dandelion greens

Danish

Dark chocolate

De-caf coffee

De-caf cola

De-caf tea

Dill pickles

Donuts

Duck

Earl gray tea

Éclair

Edamame

Eel

Eggnog

Eggplant

Enchiladas

Ensure

Escargot

Fermented fish paste

Filet mignon

Fish cod liver oil

Fish oil

Fish oily mackerel

Fish oily salmon

Fish oily sardines

Avoid

Fish oily trout

Fish oily tuna

Flaxseed

French fries 🍟

Fried egg

Fried egg white

Fried foods

Fructose

Ginger ↑BP

Gingko biloba

Ginseng

Grain beverage: postum (contains wheat)

Grain beverage: soy kaffee (contains soy)

Green tea

Ground meats: fish, poultry

Ham hocks

Hamburger, turkey burger, fish burger

Hard cheese

Hawthorne ↑BP

Hash browns

Herring

Hershey bars

Herb tea caffeine free by celestial seasonings

Herb tea chaparral

Herb tea honey vanilla chamomile

Herb tea lemon zinger

Herb tea licorice root

Herb tea red zinger

Avoid

Herb tea sassafras

Herb tea tangerine orange zinger

High fructose corn syrup

Hoagies

Hot chocolate

Hot dogs

Hot tamales with lard

Horse chestnut

Iceberg lettuce

Jalapeño pepper

Juice bottled or canned (BPA)

Lady fingers

Lavender

Lard

Licorice ↑BP

Liver

Liverwurst

Lobster

Lollipop

Maca

Macaroni and cheese

Mackerel

Malasadas

Malt liquor

Margarine

Meat balls

Meat loaf

Melon transported develop fungus

Avoid

Microwaved food

Milk shakes

Milk, animal milks avoided

Miso

Miso soup

Mochi

MSG

Nato

Nightshade plants 🌱

Noni juice

Oil, canola

Oil, cottonseed

Oil, lavender

Oil, safflower

Oil, sunflower

Oil, sesame

Oil, tea tree

Onion dip

Organ meats

Packaged vegetables (chlorine bath)

Parmesan cheese

Pastrami

Paté foie gras

Patis

Peanut butter

Peanut butter cookies

Peanut butter cups

Peanut butter pretzels

Avoid

Peanuts 🚫

Pemican

Pepperoni

Peppers

Pheasant, commercial

Pickled egg

Pickles

Pie: made with lard, sugar, wheat

Piña colada

Pink meats: bacon, hot dog

Pita chips

Pizza

Plums

Poke

Popsicles with sugar

Pork

Pork pie

Potato

Potato chips 🚫

Poultry (chlorine bath)

Pretzels salted

Prime rib

Produce (chlorine bath)

Prunes

Pudding

Pumpkin pie whipped cream

Quail eggs

Quail, commercial

Avoid

Quarter pounder

Queen Anne's lace ,wild carrot

Raclette

Ragu sauce

Ramen noodles

Raw egg whites

Raw eggs

Ready eat vegetables (chlorine bath)

Red Velvet Cake

Rhubarb

Rice wine

Rice, white

Rindswurst

Rosemary

Saki

Salami

Salmon

Salt pork

Sardines

Sashimi

Sausage

Scallops

Scrambled egg white

Scrambled eggs

Sesame seeds

Shell fish

Shrimp

Sloppy Joe's

Avoid

Soy

Soy milk

Soy sauce

Spare ribs

Squab commercial

Squid

Starfruit 🌟

Steak

Stevia

Stout malt liquor

Strawberry

Stroganoff

Sucrose

Sugar 🌟

Sugar cane juice

Sugar cookies

Sunflower seeds

Sushi

Swedish meat balls

Taco

Tahini

Tamari

Tea, caffeine 🌟

Tempé

Teriyaki sauce

Tiramasu

Tofu

Tomato

Avoid

Trout

Tuna

Turkey commercial

Vegemite

Velveeta cheese

Vichyssoise

Vienna sausage

Water crackers

Wheat

Wheat germ

Whey

White flour

White rice

White sugar

White tea

Wine

Worcestershire sauce

Yeast

Yeasted baked goods

Yellow cheese

Yucca

✦ especially harmful



Avoid Herbs

Avoid Herbs		
Acrylamide	Alfalfa	Angelica
Arstolochia	Black cohosh	Cacao
Chaparral	Chrysanthemum	Chillies
Chocolate	Clover	Coffee
Comfrey	Dandelion	Dong Quai
Ephedra †BP	Forskolin	Ginger †BP
Ginseng †BP	Gingko biloba	Hawthorne †BP
Horse chestnut	Kava-kava	Kola nut
Lavender	Licorice †BP	Lobelia
Maca	Magnolia	Noni
Rosemary †BP	Siberian ginseng	Snakeroot
Soy	Star fruit	St. John's wort
Stevia	Uva ursi	Valerian
Wild yam	Willow bark	



Avoid Chemicals

Avoid Chemicals	
Ammonia	Alcohol, aerosol
Amalgam, silver	Bathroom sprays
Bleach	Bleach cleanser
BPA plastic	BGH Bovine hormone
Chlorine, clorox	Chemicals, strong
Dry cleaning	Dryer sheets
Fabric softener	Fluoride
Herbicides	Laundry powder
Mercury	Methylparabens
Oven cleaners	Parabens
Perfumes	Phthalates
Phytates	Plastic
Soap powders	Solvents
Spray cleaners	Windex



Other Things to Avoid

✦ especially harmful

Avoid Also	
Advil	Aleve
Aspirin	Anabolic steroids
Chaparral ✦	Creatine supplements
Ephedra	Estrogen disruptors

Avoid Also

Fluoride ☼	Forskolin
Gentamicin	Glucosamine
Hormones, estrogen	Imitrex
Lithium	Motrin
Multiple vitamins	Naproxen
NSAIDs	Paracetamol
Phenacetin	Resveratrol
Sodium Bicarbonate	Starfruit ☼
Tylenol	Testosterone

☼ especially harmful



Everyone to Avoid

Everyone to Avoid

Aluminum	Artificial sweetener
Candy	Crisco
French fries	Lard
Margarine	Nondairy creamer
Peanuts	Potato chips
Processed foods	White flour
White sugar	



Menus

Recipe inspirations:

<http://www.PKDrecipes.com>

Upon Arising

One teaspoon of solé in a glass of water.

After eating raw fruit or drinking citrus, allow 20 minutes before eating something else.

Freshly squeezed lemon juice; add enough water to make ¼ cup.

Freshly squeezed orange juice(allow 20 minutes before eating something else.

Grapefruit juice freshly squeezed (interferes with many medications).

Throughout the day, if permitted, drink water equal to twice your output turning off vasopressin, a hormone that stimulates cyst growth.

Breakfast Menu

After eating raw fruit or drinking citrus, allow 20 minutes before eating something else.

Fruit: Raw fresh in season fruit locally grown: figs, kiwi, kumquats, pear, grapefruit, apple, clementine or if in the tropics: rambutan, mango, papaya, lanzones, jack fruit (the biggest and one of the sweetest fruits in the world and it hangs ripening from a majestic tree), lychee, pomelo, cherimoya. During berry season a bowl filled with ripe red raspberries, black raspberries and blackberries from the wild might be a start for the day. Strawberries are a bit too acid forming and joins fruits to be avoided: starfruit, rhubarb, strawberry, plum, prunes.

Fruit: Freshly sliced grapefruit (caution interferes with certain medications).

Fruit: Bananas and apples or stewed fruit.

Cereal: Spelt, rye, kamut, brown rice, grits, corn meal, steel cut oats, oatmeal cereals.

Cereal: Corn meal with chopped dates. Soak grains overnight.

Cereal: Cold cereal with almond, coconut, or rice milk.

Cereal: Prepare ½ cup of spelt kernels that have been soaked overnight to diminish phytic acid. Whole spelt kernels have a taste similar to a bowl of ground nuts. The following morning heat and top with banana or cinnamon apples.

Toasted non-yeasted English muffin with all fruit cherry jam. Bread made with spelt, rye, kamut, brown rice, corn.

Toasted non-yeasted bread with all fruit jam. Bread made with spelt, rye, kamut, brown rice, corn.

Breakfast Menu

Toasted non-yeasted bagel with a poached egg yolk. Bagel made with spelt, rye, kamut, brown rice, corn.

Toasted non-yeasted pita stuffed with chopped parsley, garlic, and avocado. Pita made with spelt, rye, kamut, brown rice.

Toasted non-yeasted pita stuffed with steamed vegetables.

Toasted non-yeasted toast with sautéed mushrooms, almond butter, cashew butter, bean spread, or avocado are a few alternative spreads. Pita made without yeast spelt, rye, kamut, brown rice or corn.

Essene bread spread with almond butter.

Warmed corn tortillas; homemade spelt chapattis or other non-yeasted flat breads such as parathas, crackers, and spelt dosas taste so much better when freshly prepared by you.

Waffle, crêpes, pancakes made from spelt, rye, kamut, brown rice, corn and without the addition of yeast.

Non-yeasted breads made with spelt, rye, kamut, brown rice, corn: the dough (flour and water mixture) for baking non-yeasted breads is allowed to rise for about 7 hours before it is baked. Unlike yeasted breads which rise quickly; non-yeasted breads release their digestive enzymes in the lactic acid ferment that takes place. Lactic acid can be blown off by several deep breathes throughout the day. Other acids produced by the body increase the workload upon the kidneys. After eating non-yeasted spelt bread many have noticed that they never come away with a bloated feeling. It is the same with nuts, beans, legumes and seeds that have been presoaked to lessen their phytic acid content. With large ever expanding cystic organs, it is useful to minimize bloating.

Liquids: enjoy following food. Eat a raw slice of alkaline fruit 20 minutes before a meal. After eating raw fruit or drinking citrus, allow 20 minutes before eating something else.

Herb tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted grain beverage: bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teccino, yannah, yorzoh.

Water: Lemon water, mineral water, water that has been standing for 24 hours to dissipate any residual chlorine.

Morning Snack Menu

Fruit: 20 minutes before lunch have an alkaline fruit: apple, pear, kiwi, mango, pineapple, cherries, grapes, banana or papaya.

Morning Snack Menu

Fruit: Dried apricot, raisins, mango without sugar, cherries, dates, apples.

Fruit: After eating raw fruit or citrus allow 20 minutes before eating something else.

Juice: cabbage-almond, apple, beet-apple, spinach-apple, kale-grape.

Juice: ¼ wedge of cabbage with 5-7 almonds enough to produce 2 ounces of juice.

Juice: 2 apples, half a lemon peeled, small slice of galangal (Thai ginger) ¼ beet.

Grains: Unsalted organic corn chips, brown rice cakes, spelt pretzels without salt, (7) almonds, or unsalted spelt crackers.

Nuts: Young coconut water and enjoy the gelatin like spoon meat.

Nuts: Roasted chestnuts.

Nuts: (7) roasted almonds.

Smoothie: mixture of pineapple, banana, apple and orange. Include the apple skin.

Vegetables: raw carrots, jicama, (5) radish, turnip.

Liquids: enjoy drinking liquids following eating food.

Herb tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted grain beverage: bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teccino, yannah, yorzoh.

Water: Lemon water, mineral water, water that has been left out for 24 hours to dissipate any residual chlorine.

Lunch Menu

Soup: turnip, watercress, vegetable, squash, corn, broccoli, black bean, lentil, mung bean, white bean flageolet, pre-soak beans 2-3 days.

Soup: Lentil soup with brown rice.

Soup: Coconut milk and vegetables with brown rice.

Soup sides: spelt bread, spelt crackers, corn tortillas, brown rice crackers.

Salad: romaine lettuce, sliced radish, diced carrot, purple onion, mushrooms, jicama, turnip, spinach (quick steam with lemon to diminish oxalates).

Sandwich: Almond vegetable paté on non-yeasted spelt, kamut, brown rice or corn bread or served as hor d'oeuvres this spread can be placed on a sliced cucumber or zucchini.

Lunch Menu

Sandwich: Vegetable burger made without soy or wheat on non-yeasted spelt, kamut, brown rice or corn bread bun.

Sandwich: Almond butter and fruit spread.

Sandwich: Avocado and radish sprout sandwich or corn tortillas with avocado, onion, garlic, radish sprouts.

Sandwich: Pita with hummus and vegetables (spelt, kamut, brown rice or corn pita).

Sandwich: Pita with diced steamed vegetables.

Sandwich: Walnut vegetable paté lettuce, thinly sliced purple onion, cucumber.

Vegetables: Moroccan vegetable food brown rice and beans.

Vegetables: Vegetables wrapped in a romaine lettuce leaf.

Vegetables: Buddha's delight with brown rice.

Liquids: enjoy following food.

Herb tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted grain beverage: bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teecino, yannah, yorzoh.

Water: Lemon water, mineral water, water that has been standing for 24 hours to dissipate any residual chlorine.

Dinner Menu

Vegetables: Roasted root vegetables: rutabagas, carrots, sweet potatoes, turnips, beets.

Vegetables: Steamed array of vegetables: corn, squash, onion, garlic, celeriac.

Vegetables: Brown rice risotto.

Vegetables: Vegetable mixed with spelt pasta.
To diminish symptoms avoid tomatoes, bell peppers, eggplant, potatoes.

Vegetables: All vegetable terrines.

Vegetables: All vegetable tangine.

Vegetables: All vegetable paté.

Vegetables: Curries cauliflower and spinach with brown rice.

Dinner Menu

Vegetables: Moroccan vegetable food.

Vegetables: Brown rice and beans.

Vegetables: Vegetable spelt crêpe filled with sautéed mushrooms, onions, and herbs.

Liquids: enjoy following food.

Herb tea: African nectar, chamomile, chamomile citrus, chocolate mint truffle, hibiscus, honey bush, lemon grass, lemon thyme, lemon verbena, lemon water, lemon zinger, linden flower, milk thistle, red bush, rooibos, rose hips, saffron tea, silymarin, speedwell, sugar cookie sleigh ride, thyme, tilleul, veronica tea.

Roasted grain beverage: bambu, barley brew, barley cup, caffix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teccino, yannah, yorzoh.

Water: Lemon water, mineral water, water that has been standing for 24 hours to dissipate any residual chlorine.

Late Night Snack

Water by the bed with a lemon slice if desired.

Juice: Grape juice (all juice) with 2 ounces of mineral water.

Juice: Cranberry (all juice) with 2 ounces of mineral water. If urine is too alkaline in the evening, cranberry juice will make it slightly more acidic.

Herb tea: Chamomile tea with tupelo honey if desired.

Herb tea: Saffron tea made without any honey.



Helpful Web Sites

Helpful Web Sites
KIDNEY http://www.Polycystic-KidneyDisease.com
LIVER http://www.PolycysticLiverDisease.com
RECIPES http://www.PKDrecipes.com
DETAILS http://www.PKDiet.com http://www.PKDDiet.com

Dermatological Symptoms

Sometimes we get itchy skin, thinning hair, whitened nails, cramping legs. Many personal care products aggravate polycystic liver symptoms or increase cyst growth.

Avoid soap and use bentonite clay paste to help improve PKD itching symptoms. Try this in the shower first. Use olive oil as a wash; be careful as olive oil can make surfaces very slippery. Apply bentonite clay paste. Wrap a sliced lemon in cheese cloth; gently rub the wrapped lemon over the skin surface. Apply more olive oil; rinse with water. Sprinkle baking soda on the wet skin to diminish any residual oil; then a final rinse with copious amounts of water and gently pat dry.

Bentonite clay paste

- 1 cup of clay
- 1 cup of olive oil, add sufficient to make a paste
- 1 teaspoon of tupelo honey

Rhassoul (Ghassoul) Moroccan clay hair masque

- Black rubber bowl used to mix plaster (3 cup size)
- 2 Tablespoons of red Moroccan clay
- 1-2 drops of burdock oil (Klettenwurzel Haar-Oil)
- Wire whisk
- Warm water

Mix together forming a paste. Apply on the hair. Leave for about an hour. Then rinse..

More suggestions:

http://www.polycystic-kidneydisease.com/html/pkd_dermatology.html

Some things a few PKD'rs have found helpful: clay baths, saunas, radish, DIMs (broccoli sprouts), sunchokes, cabbage. If the day ever arrives when kidney functioning becomes diminished, taking clay baths is one possibility to take advantage of the entire skin as an organ to help diminish body toxins. Saunas allow the body's sweat to lower kidney toxins. Cabbage juice, turmeric, and DIMs (broccoli sprouts) encourage the metabolism of any endocrine disruptors throughout the body by increasing estrogen metabolism through the liver. Radishes help raise the ecoplast of the red blood cells and help with anemia.

Alkaline Clinical Trial

The time may be ideal for an Alkaline PKD Clinical Trial. 1998 PKD research by the Tanners showed Citrate Therapy Improved PKD Renal Function. In 2000 research showed that Citrate Therapy or alkalinity improved PKD.

2010 Alkaline Clinical Trials with positive outcomes:

<http://www.polycysticliverdisease.com/pdf/AlkalineTrial.pdf>

- [2010 Clinical Trial sodium citrate-alkalinity improves GFR](#)
- [2010 Clinical Trial completed using potassium citrate in renal transplant patients](#)
- [2010 Basic approach to chronic kidney disease](#)
- [2010 Alkaline Diet reduces urinary oxalate excretion, prominent in PKD](#)
- [2010 Urinary alkalization for the treatment of uric acid](#)
- [2010 Clinical Trial potassium citrate boosts bone density in the elderly](#)
- [2010 Veggie diet best for kidney patients](#)
- [2010 Clinical Trial: acid retention leads to progressive GFR decline, remedied by alkaline diet](#)

We are hopeful and optimistic that in the foreseeable future a PKD Diet will become commonplace as an adjunctive medical therapy for PKD; its utilization will become as clear-cut as incorporating a diabetic diet in the treatment of diabetes.

Clinging to the prospect that conceivably what may lie ahead for us is a home testing electrolyte-alkalinity machine similar to existing home blood sugar kits, we perceive that the existence of such a machine could be coupled with a PKD Diet, bringing about true alkalinity and health for many with cystic organ disease.

No one is sure why alkalinity works for PKD; our personal experience is that it is helpful. A determination can be made through a clinical trial. Together, let us begin PKD alkaline trials.

