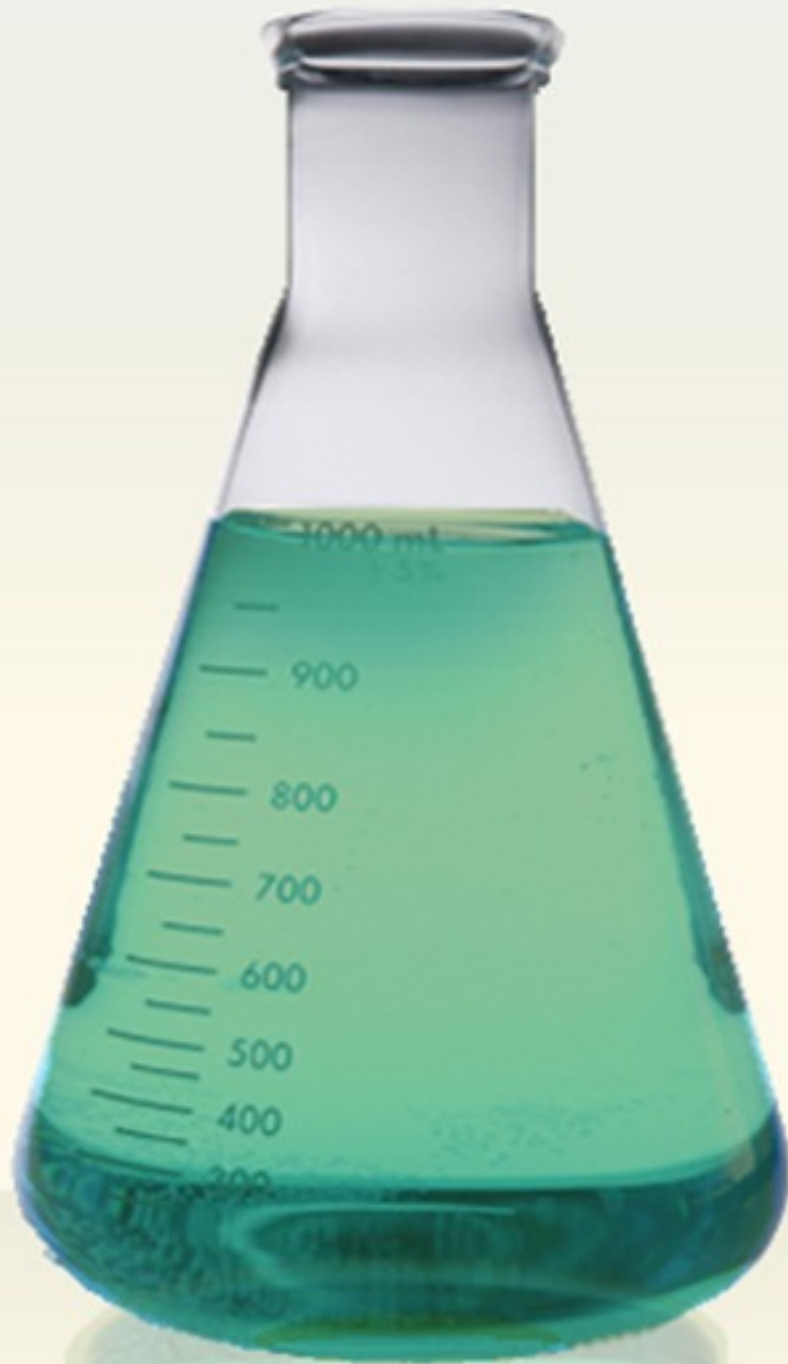


# PLD DIET



# LIVER

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# PLD Diet Liver

*A guide to polycystic liver health through diet*



by Danevas

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*Second Edition*

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# About PLD Diet Liver

*Within the confines of your own personal health, what follows are guidelines to try to incorporate into your care, checking first 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, can be greatly influential in eating healthier; couple this with carefully choosing locally grown produce, that is in season, at

peak ripeness, all helps to positively influence polycystic liver 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. Some interesting food documentaries:

[Food, Inc.](#)  
[Super Size Me](#)  
[Food Revolution LA](#)  
[The China Study](#)

With dietary and lifestyle changes many have successfully diminished countless symptoms, including those of painful events and bloating episodes; some have experienced an increase in energy and a lucky few have noticed an improvement in liver functioning though with polycystic liver disease, functioning rarely declines.

Polycystic Liver Disease is an inherited disease that causes smooth liver tissue to grow, enlarge, and fill with numerous liquid filled balloon like cysts. These multiply. In severe cases, liver cysts causes massive liver enlargement. The sheer size of a PLD liver compresses many of the internal organs, resulting in afflicted people seeking out a liver resection or an organ transplant.

It is *not* a cure for Polycystic Liver Disease that we are seeking; we are collectively asking the answer to the following question,

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

PLD 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. Thus far, through self-testing, a usable alkaline sweetener seems to be tupelo honey, with the additional use of 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 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 health. Vegetables that contain sulfurins, typically contain some essential amino acids: i.e. broccoli, brussels sprouts, cabbage, turnips, rutabagas. Juicing of these vegetables helps increase the amount of essential amino acids absorbed. 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. Sprouts, especially sprouted grains are especially high in amino acids. If one is gluten intolerant, some useful grains are arrowroot, tapioca, brown rice and sunchoke flour. Some useful vegetarian sources of essential fatty acids are hempseed, purslane, and chia seed. Avoid flaxseed and fish oil.

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. Ingesting animal proteins changes the pH of stomach acids. This change stimulates secretin release, a known liver cyst growth trigger. Hormones directly increase liver cyst size. With severe polycystic liver disease, alternatives to pregnancy are oftentimes discussed.

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

# Testing Alkalinity

- Plant based alkaline diet

Using nitrazine paper, a dipstix, or pH paper on a roll (Vivid with a range of 5.5 - 8.0) makes self-testing of urinary pH possible. To test urine: Try this at night as the last thing before going to sleep: tear a piece of pH paper and pass the paper through your running urine stream. Read and compare against the color chart provided or urinate into a disposable cup and dip a dipstix into the urine. If using pH paper on a roll is to your liking, then [Micro essential](#) labs stocks the most commonly requested #067 with a range of 5.5 to 8.0 - 3 roll refills. Testing pH sticks are available from [pHion](#) and [Micro essential](#). Dipstix testing is thought to be easier to read.

# Neutral Protein

- Neutral Protein 0.6 grams/kilogram

[Calculate Neutral Protein](#) Neutral protein is achieved when the amount of protein eaten is equal to the amount that comes out. Any extra protein puts an unnecessary increased burden on the workload of the kidneys. Neutral protein is 0.6 grams of protein per kilogram of body weight. Eating a neutral amount of protein helps cystic kidneys remain healthier by diminishing protein spillage in the urine and allowing cystic kidneys to more readily eliminate any toxins and acids from the body. This in turn keeps a cystic liver. Eating proteins changes the stomach pH toward acidic. When it reaches a certain acidity, this will release secretin. Secretin triggers liver cysts to fill with fluid and expand.

To calculate your own neutral protein value:

Convert your body weight from pounds to kilograms.

If one weighs 110 pounds, divide 110 by 2.2 = 50 kilograms.  
If one weighs 176 pounds, divide 176 by 2.2 = 80 kilograms.

Multiply your kilograms of body weight by 0.6 grams of protein.

110 pound person: multiply 50 kilograms by 0.6 =  
30 grams of protein per day.

176 pound person: multiply 80 kilograms by 0.6 =  
48 grams of protein per day.

Limit animal protein to three ounces or less per day and no more often than two or three times a week. The size of a deck of cards corresponds to about three ounces of fish. One dice is the equivalent of one ounce of cheese. A [chart](#) prepared by a fellow PKD'r contains some protein values for certain foods.

# Salt

- 1200 mg sodium

One-eighth teaspoon of salt is equivalent to 1200 mg of sodium. Due to the hidden salt in many prepared foods cooking your own food without salt, goes a long way to staying on a 1200 mg sodium diet. Table salt contains aluminum. Higher amounts of aluminum have been found in the brains of individuals with dementia and Alzheimer's. Try [Himalayan](#) pink crystal salt, limiting it to one-eighth teaspoon per day. If permitted, one drop of [solé](#) taken daily in a full glass of water seems to help some; here are a few thoughts on [solé](#).

# Water

- 3 liters of water or twice urinary output

If permitted, drink enough water to suppress vasopressin release. Vasopressin triggers cyst growth. Decreased cyst growth slows down PKD development and symptoms. Some are trying to drink twice their urinary output or approximately 3 liters of [water](#) per day. Others with liver cysts alone are using increased water intake to help flush the liver and keep it optimally functional.

A few things best avoided with Polycystic Liver Disease:

- Ammonia
- Alcohol: perfumes, windex, wine, beer, spirits
- Arginine
- 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
- Chemicals: DDT, pesticides, herbicides, soap powder
- Caffeine: chocolate, coffee, tea, cola, soda, pop
- Chlorine, chloride, carbon tetrachloride, plastic BPA
- Dairy
- Flaxseed
- Fish oil, cod liver oil

- Hormones: birth control pills, HRT, testosterone, estrogen, progesterone
- Nightshade plants
- Soy
- Sugar
- Tea: black, green, white, de-caffeinated, certain herb teas
- Tylenol, paracetamol, acetaminophen
- Xenoestrogens




# Useful Foods



especially useful

Enjoy These Foods

Açai
Acorn squash
Adzuki beans
All fruit spread
Almond butter
Almond milk
Almonds
Amaranth
Apple juice fresh
Apple, sweet
Apricot
Arrowroot treatment for poisoned arrow wound
Artichoke 
Artichokes globe
Artichokes Jerusalem, sunchoke, girasole
Arugula
Asparagus (makes urine acidic)
Avocado
Baby spring greens
Bamboo shoots
Banana
Barley grass juice
Barley soaked
Basil
Beans soak all
Bean sprouts

Beans, string beans

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 develop fungus)

Cardoon

Carrots

Cashews

Cassava, manioc, yuca root

Cauliflower

Celeriac

Cepes mushrooms

Cereal grass juice

Chamomile

Chanterelle mushrooms

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

Dates

Delicata squash

Dill

DIMs (broccoli) 

Drumstick plant

Dry land cress

Durian

Edible flowers

Elderberries

Endive, chicory

Escarole

Fennel

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

Grain beverage spelt kaffee

Grain beverage teeccino

Grain beverage yannoh

Grain beverage yorzoh

Globe artichoke

Gobi

Golden delicious apple

Grape

Grapeseed oil

Grapefruit

Gravenstein apple

Greens collard

Greens leafy

Greens mustard

Grits, organic

Guava

Hempseed

Hempseed butter

Hempseed oil

Herb: açai

Herb: artichoke

Herb: basil

Herb: bay

Herb: bilberry

Herb: broccoli sprouts DIMs

Herb: caraway

Herb: chamomile

Herb: chervil

Herb: chia

Herb: chillies

Herb: chives

Herb: cilantro

Herb: cinnamon

Herb: cranberry

Herb: cumin

Herb: curry leaf

Herb: dill

Herb: DIMs

Herb: drumstick

Herb: echinacea

Herb: elderberry

Herb: fennel

Herb: galangal

Herb: garlic

Herb: hemp

Herb: himalayan pink salt

Herb: lei gong teng (wait)

Herb: lemon grass

Herb: lemon thyme

Herb: lemon verbena

Herb: lime leaf

Herb: linden flower

Herb: marjoram

Herb: milk thistle

Herb: mint

Herb: mulungai

Herb: nettle

Herb: oregano

Herb: parsley

Herb: peppermint

Herb: raspberry leaf

Herb: rooibos

Herb: rose hips

Herb: saffron

Herb: saw palmetto

Herb: speedwell

Herb: summer savory

Herb: tarragon

Herb: Thai ginger

Herb: thyme

Herb: triptolide (wait)

Herb: turmeric

Herb: veronica

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

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 

Himalayan pink salt

Honeydew melon

Jerusalem artichoke

Jicama

Kabocha pumpkin squash

Kale

Kamut

Kiwi

Kohlrabi

Kumquat

Lamb's lettuce, mache lettuce

Land cress

Leafy greens

Leeks

Lemon

Lemon egg

Lemon grass

Lemon juice freshly squeezed 

Lemon meyer

Lemon thyme

Lemon verbena

Lentils, soaked

Lettuce curly leaf

Lettuce (excluding iceberg)

Lettuce mache, lamb's lettuce

Lettuce oak leaf

Lettuce butter

Lettuce romaine

Lima beans, butter beans

Lime juice

Limes

Linden flower tea

Loquat

Mache lettuce

Mandarins


Mango

Mangostein

Marjoram

Melon juice

Melon smooth skinned


Milk thistle silymarin 

Millet soaked sprouted

Mint can ↑ GERD

Mixed wild greens

Mother's milk


Mulungai leaves 

Mushrooms, edible

Meyer lemon

Nasturtiums

Nectarines

Nettle extract non alcoholic 

Nettle leaf

Neusli (mache)

Oats

Okinawan sweet potato

Okra

Olive oil limit 1 ounce/day

Onions

Orange

Orange juice freshly squeezed

Oregano ↓ candidiasis

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 organic

Plantains

Pomelo

Popcorn organic, no salt

Potatoes sweet

Potatoes sweet jewel

Porcini mushrooms

Potatoes Okinawan

Pumpkin

Quince

Quinoa soaked

Radish 

Radish sprouts

Raisin, organic

Ramps, wild onions

Raspberry

Raw local produce

Red rice

Rhizomes

Rice milk

Romaine lettuce

Rose hips

Rutabagas

Rye

Saffron 

Saffron tea 

Sago root, sago tapioca pearls

Salsify, oyster plant, goatsbeard

Sapote

Scallions

Shallots

Snow peas

Soba noodles without wheat

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

Watermelon, local

Enjoy These Foods

Whole grains, organic

Wild rice


Winter squash

Yams

Yellow squash

Yuca

Zucchini

 especially useful



# Useful Herbs



## Enjoy These Herbs

Açaí

Artichoke

Basil

Bay leaf

Bilberry

Broccoli sprouts

Caraway

Chamomile

Chervil

Chia

Chili

Chives

Cilantro

Cinnamon can ↑ GERD, regulate blood sugar

Cranberry

Cumin

Curry leaf

Dill

DIMs broccoli sprouts

Drumstick

Echinacea

Elderberry

Fennel

Galangal

Garlic

Hempseed

Himalayan pink salt

Lei gong teng (wait)

## Enjoy These Herbs

Lemon grass

Lemon thyme

Lemon verbena

Lime leaf

Linden flower

Marjoram

Milk thistle silymarin

Mint can ↑ GERD

Mulungai ↑ iron stores

Mustard seed

Nettle ↓ uric acid

Oregano ↓ candidiasis

Parsley ↓BP

Peppermint can ↑ GERD

Raspberry leaf

Rooibos

Rose hips

Saffron ↓BP

Saw palmetto

Speedwell

Summer savory

Tarragon

Thai ginger

Thyme

Triptolide (wait for trials to complete)

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

Afinitor® (everolimus)

Proton pump inhibitors

Octreotide - somatostatin

Potassium/sodium citrate

Rapamycin/sirolimus

Water



# Useful Other



## Other Useful Things

CLAY: Bentonite, pascalite, white, rhassoul, clay baths, soap, hair masques.

SAUNAS: Dry saunas, steam saunas, useful for sweating out body toxins.

MASSAGE: Gentle, relaxing massage.

REST: Restore yourself through rest:  
restorative yoga, gentle stretches, sleep.



# Better Animal Protein Choices





It is preferable to avoid animal proteins altogether. If you are unable, limit animal proteins to 3 ounces/day, 2-3 times a week. Three ounces of fish is about the size of a deck of cards. Cheese is limited to one ounce. One ounce of cheese is about the size of a dice. 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, best avoided
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, Ø 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 These Foods
Ahi tuna
Alaskan king crab
Albacore tuna
Alcohol 
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 These Foods

Beef 

Beef pork pies

Beer 

Bell peppers

Black tea

Bleach Ø

Blood dishes

Bluefish

Bologna

Bovine growth hormone

Bratwurst

Brinjais (eggplant)

Bundt cake

Butter 

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 These Foods

Cheese 

Cheese orange color

Cheese parmesan

Cheese puffs

Cheeseburger

Cheesecake

Cheesesteaks

Chicken (chlorine bath) 

Chicken nuggets

Chilies

Chips, salted

Chocolate 


Chocolate éclairs

Chorizo

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 These Foods

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

Eggs scrambled

Enchiladas

Ensure

Escargot

Fenugreek

Fermented fish paste

Filet mignon

Fish cod liver oil

Fish oil

Fish oily mackerel

Fish oily salmon


Fish oily sardines

## Avoid These Foods

Fish oily trout

Fish oily tuna

Flaxseed 

French fries 

Fried egg

Fried egg white

Fried foods

Fructose

Ginger  $\uparrow$ 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  $\uparrow$ 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

Herb tea sassafras

Herb tea tangerine orange zinger

## Avoid These Foods

High fructose corn syrup

Hoagies

Hot chocolate

Hot dogs

Hot tamales with lard

Iceberg lettuce

Jalapeño pepper

Juice bottled or canned (BPA)

Lady fingers

Lavender

Lard

Licorice ↑BP

Liver

Liverwurst

Lobster

Loco moco

Lollipop

Maca

Macaroni and cheese

Mackerel

Malasadas

Malt liquor

Margarine

Meat balls

Meat loaf

Melaleuca

Melon transported develop fungus

Microwaved food

Milk shakes

Milk, animal milks avoided

## Avoid These Foods


Miso

Miso soup

Mochi

MSG

Natto

Nightshade plants 

Non-dairy creamer

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)

Pappadam

Parmesan cheese

Pastrami

Paté foie gras

Patis

Peanut butter

Peanut butter cookies

Peanut butter cups

Peanut butter pretzels

Peanuts 

Pemican

Pepperoni

Avoid These Foods

Peppers


Pheasant, commercial


Pickled egg

Pickles

Pie: made with lard, sugar, wheat

Piña colada

Pink meats: bacon, hot dog 

Pink slime 

Pita chips

Pizza

Plums

Poke

Pomegranate


Popsicles with sugar

Pork

Pork pie

Portuguese sausage

Potato

Potato chips 

Poultry (chlorine bath)

Pretzels salted, wheat

Prime rib

Produce (chlorine bath)

Prunes

Pudding

Pumpkin pie whipped cream

Quail eggs

Quail, commercial

Quarter pounder

Queen Anne's lace (wild carrot)

Avoid These Foods

Raclette

Ragu sauce

Ramen noodles

Raw egg whites

Raw eggs

Ready eat vegetables (chlorine bath)

Red Velvet Cake

Rhubarb

Rice wine

Rice, white

Rindswurst

Rolls, yeasted


Rosemary

Rum, scotch, gin 

Sake 

Sage

Salami

Salmon 

Salt pork

Sardines

Sashimi

Sausage

Scallops

Scrambled egg white

Scrambled eggs

Sesame seeds

Shell fish

Shrimp

Sloppy Joe's

Soy 

## Avoid These Foods

Soy milk

Soy sauce

Spaghetti meat balls

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 

Tea, de-caffeinated

Tempé

Teriyaki sauce

Tiramasu

Tofu

Tomato

Trout

## Avoid These Foods

Tuna

Turkey commercial

Vegemite

Velveeta cheese

Vichyssoise

Vienna sausage

Vinegar

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

Aloe do not eat

Angelica

Arstolochia

Bearberry

Black cohosh

Cacao

Chaparral

Chrysanthemum

Chillies

Chocolate

Clover

Coffee

Cola Nut

Comfrey

Dandelion

Dong Quai

Kava-kava

Ephedra sinica ↑BP

Flax

Forskolin

Ginger ↑BP

Gingko biloba

Ginseng ↑BP

Hawthorne ↑BP

Horse chestnut

Horseradish

Kava-kava

## Avoid Herbs

Keishi-bukuryo

Kola nut

Lavender

Licorice ↑BP

Lobelia

Maca

Magnolia officinalis

Melaleuca

Noni

Potato

Queen Anne's lace

Rosemary ↑BP

Sage

Siberian ginseng

Snakeroot

Soy lecithin

Star anise

Star fruit

Stephania Tetrandra

St. John's wort

Stevia

Tomato

Tribulus Terrestris

Uva ursi

Valerian

Wild yam

Willow bark

Wild carrot (Queen Anne's lace)

# Avoid Chemicals

## Avoid Chemicals

Alcohol, + aerosol

Ammonia, windex

Amalgam, silver

Bathroom sprays

Bisphenol A

Bleach

Bleach cleanser

BGH Bovine growth hormone

BPA plastic

Chlorine, clorox

Chemicals, strong

Cimetidine

Dry clean chemical/clothing

Dryer sheets

Fabric softener

Fragrance:

Fragrance: Diethyl phthalate mimics hormones

Fragrance: BHT endocrine disruptor

Fragrance: Oxybenzone endocrine disruptor

Fragrance: Octinoxate endocrine disruptor

Fragrance: Limonene can create formaldehyde

Fluoride

Genistein (soy)

Herbicides

Lavendar

Laundry powder

Mercury

Methylparabens

Oven cleaners

## Avoid Chemicals

Parabens

Perfumes

Phenols

Phthalates

Phytates

Phytoestrogens such as in soy

Polycyclic aromatic hydrocarbons (PAHs)

Plastic

Shea butter endocrine disruptor

Soap powders

Solvents

Spray cleaners

Sunflower oil

Tagamet

Wheat

Windex

[Xenoestrogens](#)

## Other Things to Avoid

### Avoid Also

Advil

Aleve

Anabolic steroids

Aspirin

Chaparral 

Creatine supplements

Ephedra sinica

Estrogen disruptors

Fluoride 

## Avoid Also

Forskolin

Gentamicin

Glucosamine

Hormones, estrogen

Imitrex

Lithium

Motrin

Multiple vitamins

Naproxen

NSAIDs

Paracetamol

Phenacetin

Resveratrol

Sodium Bicarbonate

Starfruit 

Tylenol

Testosterone

 especially harmful

## Everyone Avoid

## Everyone to Avoid

Aluminum

Artificial sweetener

Candy

Crisco

French fries

Lard

Margarine

Peanuts

Potato chips

## Everyone to Avoid

Processed foods

White flour

White sugar



# Menus

Recipe inspirations:

<http://www.PKDrecipes.com>



## Upon Arising Menu

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  $\frac{1}{4}$  cup.

Orange juice freshly squeezed (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  $\frac{1}{2}$  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.

## Breakfast Menu

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

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 cystic kidneys, this in turn affects the liver. 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. Many with liver cysts take H2 blockers. In theory this slows down secretin and prevents liver cysts from expanding.

 Liquids: enjoy following food. Eat a raw slice of alkaline fruit twenty 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 left out 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.

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

## Morning Snack Menu

Fruit: After eating raw fruit or citrus please 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.

## Lunch Menu



Soup: Lentil or bean 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 as hor d'oeuvres this spread can be placed on a sliced cucumber or zucchini.

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.

## Lunch Menu

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, yannoh, yorzoh.

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



## Afternoon snack

Juice: Cucumber juice, vegetable juice freshly made, carrot juice, Perrier mineral water with 100% cranberry juice.

Vegetables: Crudités, cucumber, carrots, jicama, sunchoke.

Vegetables: Corn tortillas wrapped around steamed vegetables or avocado and radish sprouts.

Liquids: Enjoy liquids after 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, yannoh, yorzoh.

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



## Dinner Menu

Raw spring roll with cubed carrots, onions, peas, radish, Thai basil, mint served with rice noodles.

Pasta: spelt pasta fettuccine with vegetables: roasted squash, chard, kale, almonds, spring onions

Pie: Vegetable pie

Pie: Wild mushroom shepherd's pie made with root vegetables

Pizza spelt crust without yeast: made with fennel, onion, garlic, parsley, and basil.

Polenta crispy with roasted vegetables

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

## Dinner Menu

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

Vegetables: Brown rice risotto

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

Vegetables: All vegetable Terrines or Paté

Vegetables: All vegetable tagine chick peas, saffron, cilantro over quinoa

Vegetables: Corn cakes with basil and walnut sauce, braised oxblood carrots with fennel pasta.

Vegetables: Mushroom tart with leeks.

Vegetables: Curries cauliflower and spinach with brown rice

Vegetables: Moroccan vegetable curry.

Vegetables: Brown rice and beans

Vegetables: Pot-au-feu with all vegetables.

Liquids: Enjoy liquids after eating food; a cup of herb tea or grain beverage or water.

Liquids: Enjoy after a meal i.e., nettle extract in warm water; thyme tea; veronica tea.



## 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
<u><a href="#">KIDNEY</a></u> <a href="http://www.Polycystic-KidneyDisease.com">http://www.Polycystic-KidneyDisease.com</a>
<u><a href="#">LIVER</a></u> <a href="http://www.PolycysticLiverDisease.com">http://www.PolycysticLiverDisease.com</a>
<u><a href="#">RECIPES</a></u> <a href="http://www.PKDrecipes.com">http://www.PKDrecipes.com</a>
<u><a href="#">DETAILS</a></u> <a href="http://www.PKDiet.com">http://www.PKDiet.com</a> <a href="http://www.PKDDiet.com">http://www.PKDDiet.com</a>



# 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. [EWG](#) has a database listing personal products.

CAUTION olive oil can make shower surfaces very slippery.

To diminish itching try using bentonite clay paste in lieu of soap. While in the shower, apply olive oil on the skin. Then under running water, rub on bentonite clay paste (recipe follows). Wrap a sliced lemon in cheese cloth. Gently rub the cut surface of the wrapped lemon over the skin. Apply additional olive oil; rinse with water. Sprinkle baking soda on wet skin to help remove any residual oil; a final rinse with copious amounts of water; then pat dry. These methods help ease itching and dry skin.

## **Bentonite clay paste**

1 cup of clay

1 cup of olive oil, add sufficient to make a paste

1 teaspoon of tupelo honey

Some have tried eliminating shampoo and using a clay hair masque.

## **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](http://www.polycystic-kidneydisease.com/html/pkd_dermatology.html)

Some things a few PLD'rs have found helpful: clay baths, saunas, artichokes, cabbage, DIMs (broccoli sprouts), radish, milk thistle, saffron, sunchokes, veronica, and turmeric.

Clay baths allow for utilization of the entire skin to diminish body toxins. Saunas allow the body's sweat to help the liver reduce estrogen by products. Artichokes, cabbage juice, DIMs (broccoli sprouts), milk thistle, turmeric, saffron, sunchokes, and turmeric encourage the metabolism of any endocrine disruptors throughout the body by further increasing a cystic liver's metabolism. 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 PLD 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 PLD Diet will become commonplace as an adjunctive medical therapy for PLD; 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 PLD Diet, bringing about true alkalinity and health for many with cystic organ disease.

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



