

USEFUL HERBS PKD/PLD

• PLANT BASED ALKALINE DIET

• NEUTRAL PROTEIN 0.6 GRAMS/KG

• LOW SALT 1200 MG SODIUM

• WATER

Allium sativum

Aronia melanocarpa

Artichoke leaf

Asteraceae

Bay leaf

Bellis perennis

Breadnut

Cannabidiol

Caraway

Carum carvi (caraway)

CBD

Chamomile

Chives

Cilantro

Cinnamon

Cumin

Curcumin

Curry leaf

Elderberry syrup

Galangal

Garlic

Gumbo file

Hempseed

Hibiscus

Himalayan salt

Krachai

Lamium purpureum (purple dead nettle)

Lemon balm

Lemon thyme

Lemongrass

Lime leaf

Linden flower

Mallunggay leaves

Manuka

Marjoram

Marshmallow

Melissa

Milk thistle

Mint

Moringa oleifera

Mustard seeds

Myrtle

Nettle Extract non alsolic ↓ uric acid

Olive leaf

Oregano ↓ candidiasis

Peppermint ↑GERD

Purple archangel

Ramon seed

Raspberry leaf

Rose hips

Saffron ↓BP

Salt Himalayan limit

Sambucol

Shea

Silymarin

Slippery elm

Solè

Speedwell

Stinging nettle

Summer savory

Thai ginger

Thyme

Tilleul

Tupelo

Turmeric

Urtica dioica

Vanilla bean

Vanilla powder

Veronica

Watermelon seed