

USEFUL HERBS

Artichoke
Basil
Chervil
Chamomile
DIMs broccoli sprouts
Marjoram
Milk thistle silymarin
Nettle extract
Oregano
Parsley
Saffron
Sage
Tarragon
Thyme
Turmeric
Veronica

USEFUL NUTS SEEDS GRAINS

Almonds
Black rice
Brown rice
Buckwheat
Chia
Corn
Hempseed
Kamut
Millet
Oats
Pasta whole grain spelt
Quinoa, soaked sprouted
Red rice
Rye
Soba noodles
Spelt
Walnuts

EXPERIMENTAL TRIAL MEDICATIONS

Alkalinity for chronic kidney disease
Angiotensin converting enzyme Inhibitor ACEi
Angiotensin receptor blocker ARB
Calcium Citrate
Colchicine
Octreotide - Somatostatin
Potassium Citrate
Pix5568 - Plexikkon
Ploglitazone
Reversin
Roscovitine
Sodium Citrate
Stem cells
Triptolide
Tolvaptan
Water

NEUTRAL PROTEIN 0.6 GRAMS/KG

PLANT BASED ALKALINE DIET

LOW SALT 1200 MG SODIUM

WATER

POLYCYSTIC KIDNEY DIET ©