

PKD DIET



KIDNEY

PKD Diet The Kidney.....	4
About PKD Diet Kidney.....	5
Testing Alkalinity	7
Neutral Protein	7
Salt	8
Water.....	8
DNA.....	9
Useful Foods	11
Useful Herbs.....	33
Useful Nuts Grains Seeds.....	37
Useful Medications.....	40
Useful Other.....	43
Better Protein Choices.....	45
Avoid Foods	49
especially harmful.....	49
Avoid Herbs.....	68
Avoid Chemicals.....	73
Everyone Avoid	82
Helpful Web Sites	94
Dermatological Symptoms.....	95

Alkaline Clinical Trial96

PKD Diet The Kidney

*A guide to Polycystic Kidney health through
diet*



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About PKD Diet Kidney

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

PROTEIN 0.6 GRAMS/KG

1200 MG SODIUM

3 LITERS WATER/2X OUTPUT

Cooking all foods yourself, without using canned, bottled or prepared substances, is greatly influential in eating healthier. Couple this with carefully choosing locally grown, non-GMO (non genetically engineered) produce, that is in season; purchased at its peak ripeness also positively influences polycystic kidney health. If you have the ability or the inclination to grow your own fruits and vegetables, this too has many added benefits. Some mass produced foods (i.e., vegetables, chicken, etc.) are dipped in a bleach bath before coming to market or picked green or grown especially to be transported instead of for taste or nutritional content. Other animal proteins have questionable processes performed. Learn more about this from these interesting food documentaries and books:

[Food, Inc.](#)

[Super Size Me](#)

[Food Revolution LA](#)

[The China Study](#)

[No Happy Cows](#)

[Forks Over Knives](#)

[Best Diet](#)

With dietary and lifestyle changes many have successfully diminished countless symptoms, including painful events and bloating episodes; some have experienced an increase in energy, some have halted PKD kidney growth, some have experienced a lowering of blood pressure, eventually eliminating medication and a lucky few have noticed an improvement in their kidney functioning as they age. Many with PKD see a decline in kidney functioning around age 50.

Polycystic Kidney Disease PKD is an inherited disease that causes smooth kidney tissue to enlarge and fill with numerous fluid 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.

It is *not* a cure for Polycystic Organ 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?”

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 for you 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, coconut sugar, or Xagave 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, create mood swings, 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 many of the essential amino acids to be consumed daily: 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 can contribute an amino acid rich juice. The molecule for heme from hemoglobin, looks very similar to the spelt grass juice molecule. Drinking this may help anemia.

Other sources of proteins 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.

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. one dice is the equivalent of one ounce of cheese. Ingesting animal proteins changes the pH of stomach acids. This change stimulates the release of secretin, a known liver cyst growth and expanding trigger. Hormones directly increase liver cyst size. With severe polycystic liver disease, alternatives to pregnancy are oftentimes discussed. Consider switching from coffee to a roasted grain beverage. Caffeine increases cyst growth.

With PKD Polycystic Kidney Disease, eating animal proteins can cause many of us to spill proteins in our urine, an early sign of impending decrease in kidney functioning. Through diet many have been able to join the 40% of individuals with PKD who may never need dialysis or transplant.



- 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 urinary pH:

Do so at night, 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 this color change against the provided color chart or one can urinate into a disposable cup and dip a disposable dipstix into the urine. If using pH paper on a roll is to your liking, [Micro essential](#) labs stocks the most commonly requested **#067** with a range of 5.5 to 8.0 - 3 roll refills. Amazon also carries [this](#). 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, a neutral balance. Any extra protein puts an unnecessary increased burden on the workload of the kidneys by causing spillage of protein in the urine, an

early sign of decreased kidney functioning. 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 proteinuria and allowing cystic kidneys to more readily eliminate any toxins and acids from the body. This in turn keeps a cystic liver healthy. 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:

NEUTRAL PROTEIN

Convert your body weight from pounds to kg.

If one weighs 110 pounds, divide 110 by 2.2 = 50 kg.

If one weighs 176 pounds, divide 176 by 2.2 = 80 kg.

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

For a 110 pound person: multiply 50 kg by 0.6 =

30 grams of protein per day.

For a 176 pound person: multiply 80 kg 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. 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 to make it free flowing. Higher amounts of aluminum have been found on autopsy 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; read a few thoughts on [solé](#).

Water

- 3 liters of water or twice urinary output

If allowed, 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.

A few things best avoided with Polycystic Kidney Disease:

- Aspirin, tylenol, NSAIDs, Advil, Ibuprofen
- Animal proteins 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

DNA

Use all means possible to protect the integrity of your DNA; squelching the [second hit](#) inheritance.



Useful Foods



especially useful

Enjoy These Foods With PKD
Açai
Acorn squash
Adzuki beans
All fruit spread
Almond butter
Almond milk
Almonds
Amaranth
Apple juice fresh
Apple, sweet
Apricot
Arrowroot treatment poisoned arrow wound
Artichoke
Artichokes globe
Artichokes Jerusalem, sunchokes girasola

Enjoy These Foods With PKD

Arugula

Asparagus (urine will become acidic)

Avocado

Baby spring greens

Bamboo shoots

Banana

Barley grass juice

Barley soaked

Basil

Bean sprouts

Beans soak all

Beans, string beans

Beef tea distilled

Beet roots

Beet tops

Bilberry

Bitter melon

Black raspberry

Enjoy These Foods With PKD

Black rice

Blackberry

Black seed oil

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 local (transported develops fungus)

Enjoy These Foods With PKD

Cardoon

Carrots

Cashews

Cassaba melon


Cassava (manioc, yuca root)

Cauliflower

Celeriac

Cepes mushrooms

Cereal grass juice

Chamomile 

Channa flour

Chanterelle mushrooms

Chard

Chayote

Cherimoya

Cherries

Chervil

Chestnut

Enjoy These Foods With PKD

Chia

Chia oil

Chia seeds

Chick peas

Chicory

Chinese cabbage

Chinese peas

Chives

Chokeberry

Cilantro

Citrus fruits

Clementine

Coconut especially young coconut spoon meat

Coconut milk

Coconut sugar

Coconut water


Collard greens

Corn local organic

Enjoy These Foods With PKD

Corn meal organic

Corn salad mache

Cranberry juice avoid fruit 

Crooked neck squash

Cruciform vegetables


Cucumber peel the skin

Currants

Daikon radish

Dates

Delicata squash

DIMs (broccoli) 

Drumstick plant 

Durian

Edible flowers

Elderberries

Endive, chicory

Escarole

Figs 

Enjoy These Foods With PKD

Gabi, taro

Galangal

Garbanzo beans, chick peas

Garlic

Grain beverage bambu

Grain beverage barley brew

Grain beverage barley cup

Grain beverage cafix

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


Enjoy These Foods With PKD

Grain beverage yannoh

Grain beverage yorzoh

Globe artichoke

Gobi

Gooseberry 

Golden delicious apple

Grape

Grapefruit

Grapeseed oil

Gravenstein apple

Greens collard

Greens leafy

Greens mustard

Grits, organic

Guava

Hempseed

Hempseed butter

Hempseed oil

Enjoy These Foods With PKD

Herb: açai

Herb: artichoke

Herb: basil

Herb: bay

Herb: bilberry

Herb: broccoli sprouts DIMs

Herb: caraway

Herb: chamomile

Herb: chervil

Herb: chia

Herb: chives

Herb: cilantro

Herb: cinnamon

Herb: cranberry juice

Herb: cumin

Herb: curry leaf

Herb: DIMs

Herb: drumstick

Enjoy These Foods With PKD

Herb: echinacea

Herb: elderberry

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 ↑ GERD

Herb: malunggay

Herb: nettle

Herb: oregano ↓ candidiasis

Enjoy These Foods With PKD

Herb: parsley

Herb: peppermint

Herb: raspberry leaf caution in pregnancy

Herb: rooibos

Herb: rose hips

Herb: saffron

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

Enjoy These Foods With PKD

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


Enjoy These Foods With PKD


Herb tea thyme

Herb tea tilleul

Herb tea veronica 

Himalayan pink salt

Honeydew melon 

Jerusalem artichoke 

Jicama

Kabocha squash

Kale

Kamut

Kiwi

Kohlrabi

Kumquat

Lamb's lettuce, mache lettuce

Land cress

Lanka

Leafy greens

Leeks

Enjoy These Foods With PKD

Lemon 

Lemon egg

Lemon grass

Lemon juice freshly squeezed 

Lemon thyme

Lemons myer

Lemon verbena

Lentils, soaked

Lettuce curly leaf

Lettuce (exclude iceberg)

Lettuce oak leaf

Lettuce romaine

Lettuce, butter

Lima beans, butter beans

Lime juice

Limes

Linden flower tea

Lilikoi

Enjoy These Foods With PKD

Longan

Loquat

Lotus root

Lychee


Mache lettuce

Mandarins

Mango

Mangostein

Marjoram

Melon juice 

Melon smooth skinned 

Milk thistle silymarin

Millet soaked sprouted

Mint ↑ GERD

Mixed wild greens

Mother's milk

Malunggay leaves 


Mushrooms edible

Enjoy These Foods With PKD

Myer 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

Enjoy These Foods With PKD

Parsnip

Passion fruit

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

Pawpaw

Peach

Pear

Peas

Persimmons

Pineapple

Plantains

Polenta organic

Pomegranate

Pomelo

Popcorn organic, no salt

Porcini mushrooms

Potatoes sweet

Potatoes Okinawan

Potatoes sweet jewel

Enjoy These Foods With PKD

Pumpkin

Purslane

Quince

Quinoa soaked

Radish 

Radish sprouts

Raisin, organic

Rambutan

Ramps, wild onions

Raspberry, caution pregnancy

Raw local produce

Red rice

Rhizomes

Rice milk

Rice syrup

Romaine lettuce

Rose hips

Rutabagas

Enjoy These Foods With PKD

Rye

Saffron

Saffron tea

Sago root, sago tapioca pearls

Salsify, oyster plant, goatsbeard

Sapote

Scallions

Shallots

Snow peas

Soba noodles

Sorrel dip in boiling water ↓ oxalates

Spelt 

Spelt grass juice

Spelt non-yeasted bread

Spelt pasta


Spinach dip in boiling lemon water ↓ oxalates

Squash

Stuffing no wheat

Enjoy These Foods With PKD

Succotash

Sunchokes Jerusalem artichokes girasola 

Swedes

Sweet potato

Swiss chard

Tangerine

Tapioca sago or cassava

Taro root, gabi

Thyme

Tupelo honey

Turmeric 

Turnip greens

Turnips

Ube

Veronica tea 


Walnuts

Water

Water chestnuts

Enjoy These Foods With PKD

Watercress

Watermelon seed tea 

Watermelon, local 

Wheatgrass juice

Whole grains, organic

Wild rice

Winter squash

Yams

Yellow squash

Yuca

Zucchini



especially useful



Useful Herbs

Enjoy These Herbs
Açai
Artichoke
Basil
Bay
Bilberry
Black seed oil
Broccoli sprouts
Caraway
Chamomile
Chervil
Chia
Chives
Cilantro
Cinnamon ↑ GERD, helps regulate blood sugar
Cranberry juice <small>avoid whole fruit</small>
Cumin
Curry leaf

Enjoy These Herbs

DIMs broccoli sprouts

Drumstick

Elderberry

Galangal

Garlic

Hempseed

Himalayan pink salt

Lei gong teng (wait)

Lemon grass

Lemon thyme

Lemon verbena

Lime leaf

Linden flower

Marjoram

Milk thistle silymarin

Mint ↑ GERD

Moringa oleifera

Malunggay ↑ iron stores

Mustard seed

Enjoy These Herbs

Nettle ↓ uric acid

Oregano ↓ candidiasis

Parsley ↓BP

Peppermint ↑ GERD

Pomegranate

Raspberry leaf caution pregnancy

Rooibos

Rose hips

Saffron ↓BP

Sorrel

Speedwell

Summer savory

Thai ginger

Thyme

Triptolide (wait for clinical trials to complete)

Turmeric

Veronica



Useful Nuts Grains Seeds

Enjoy These Nuts and Seeds, Soak to Diminish Phytates

Almonds

Amaranth

Black rice

Black seed oil

Brown rice

Buckwheat

Chestnut

Chia

Coconut

Corn, organic

Hempseed

Kamut

Millet

Oats

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

Quinoa

Red rice (not yeast)

Rye

Enjoy These Nuts and Seeds, Soak to Diminish Phytates

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

Ploglitazone

Reversin

Roscovitine

Sodium Citrate

Stem cells

Triptolide

Tolvaptan

Possibly Useful Still-In-Clinical-Trials-Medications

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 Protein Choices



It is preferable to avoid animal proteins altogether. If you are unable to do this, limit animal proteins to 3 ounces/day, 2-3 times a week. If dairy or cheese is eaten, these are limited to one ounce, or approximately the size of one dice. Below are some better animal protein replacement suggestions for cystic kidneys.

Substitute These Choices → For The Following	
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

Substitute These Choices → For The Following

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

Substitute These Choices → For The Following

Lamb → Beef

Veggie burger Ø soy, Ø wheat → Hamburger

Halibut, Pacific → Salmon

Dover sole → Tuna

Perch → Sardines

Egg yolk: poached, boiled → Egg: fried, scrambled, white

Wild game → Commercial poultry

Substitute These Choices  **For The Following**

Wild turkey  Commercial turkey


Wild pheasant  Commercial pheasant

⟨⟩

Avoid Foods



especially harmful

Avoid These Foods With PKD
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 

Avoid These Foods With PKD

Baguette wheat & yeast

Baked potato

BBQ meats

Beef

Beef pork pies


Beer

Bell peppers

Black cohosh

Black tea

Bleach

Blood dishes 

Blueberry whole fruit

Bluefish

Bologna

Bovine growth hormone

Bratwurst

Brinjais (eggplant)

Bundt cake


Butter

Avoid These Foods With PKD

Cacao

Caffeine 

Cake

Canadian bacon 

Candy

Cane sugar

Canned soups


Cantaloupe transported ridged develops fungus

Carrot cake

Carrots baby dipped in chlorine bath

Catfish

Celery

Chaparral tea 

Charred meats

Cheddar cheese

Cheerios

Cheese

Cheese orange hard dry

Cheese parmesan

Avoid These Foods With PKD

Cheese puffs

Cheeseburger

Cheesecake

Cheesesteaks

Chicken dipped in chlorine bath

Chicken nuggets

Chilies

Chips salted

Chocolate 

Chocolate éclairs

Chorizo

Chowder with dairy

Chrysanthemum tea


Clotted cream

Clover

Clover honey

Cod liver & oil

Coffee 

Cola 

Avoid These Foods With PKD

Cookies

Corn beef

Corn syrup

Cottonseed oil

Cranberry whole fruit

Cream

Cream puffs

Crème fraiche

Crisco

Croissant

Crustaceans

Cupcakes

Custard

Dairy 

Danish

Dark chocolate

De-caf coffee

De-caf cola

De-caf tea

Avoid These Foods With PKD

Dill

Dill pickles

Donuts

Duck

Earl gray tea

Éclair

Edamame

Eel

Eggnog

Eggplant

Eggs scrambled

Enchiladas

Ensure

Escargot

Fennel

Fenugreek

Fermented fish paste

Filet mignon

Fish cod liver oil

Avoid These Foods With PKD

Fish oil

Fish oily mackerel

Fish oily salmon

Fish oily sardines

Fish oily trout

Fish oily tuna

Flaxseed

French fries 

Fried egg

Fried egg white

Fried foods

Fructose

Ginger \uparrow BP

Gingko biloba

Ginseng

Glucosamine

Goji nightshade


Grain beverage: postum (contains wheat)

Grain beverage soy kaffee (contains soy)

Avoid These Foods With PKD

Grapefruit

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

Herb tea sassafras

Herb tea tangerine orange zinger

High fructose corn syrup

Avoid These Foods With PKD

Hoagies

Horse chestnut

Hot chocolate

Hot dogs, rindswurst

Hot tamales with lard

Iceberg lettuce

Jalapeño pepper

Juice bottled or canned (BPA)

Kudzu

Lady fingers

Lard

Lavender

Licorice ↑BP

Linseed

Liver

Liverwurst

Lobster

Locomoco

Lollipop

Avoid These Foods With PKD

Lupin

Maca

Macaroni and cheese

Mackerel

Malasadas

Malt liquor

Margarine

Meat balls

Meat loaf

Melaleuca

Melon transported ridged develop fungus

Methionine

Microwaved food

Milk shakes

Milk animal milks avoid

Miso

Miso soup


Mistletoe

Mochi, white rice

Avoid These Foods With PKD

MSG

Nattō

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

Avoid These Foods With PKD

Patis

Peanut butter

Peanut butter cookies

Peanut butter cups

Peanut butter pretzels

Peanuts 

Pemican

Pepperoni

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

Avoid These Foods With PKD

Poke


Popsicles with sugar

Pork

Pork pie

Portuguese sausage

Potato

Potato chips 

Poultry commercial dipped in chlorine bath

Pretzels salted wheat

Prime rib

Produce dipped in chlorine bath

Prunes

Pudding

Pumpkin pie whipped cream

Quail eggs

Quail, commercial

Quarter pounder

Queen Anne's lace (wild carrot)

Raclette

Avoid These Foods With PKD

Ragu sauce

Ramen noodles

Raw egg whites

Raw eggs

Ready eat vegetables dipped in chlorine bath

Red meat

Red rice yeast

Red velvet cake

Rhubarb

Rice wine


Rice, white

Rindswurst

Rolls yeasted

Rosemary

Sage

Saké 

Salami

Salmon farmed esp. harmful

Salt

Avoid These Foods With PKD

Salt pork

Sardines

Sashimi

Sausage

Scallops

Scrambled egg white avitamin

Scrambled eggs

Sesame seeds

Shell fish

Shrimp

Sloppy Joe's

Soy

Soy milk

Soy sauce

Spaghetti and meat balls

Spare ribs

Squab commercial

Squid

Starfruit 

Avoid These Foods With PKD

Steak


Stevia

Stout malt liquor

Strawberry

Stroganoff

Sucrose

Sugar 

Sugar cane juice

Sugar cookies

Sunflower seeds

Sushi

Swedish meat balls

Tacos

Tahini

Tamales lard

Tamari

Tamarind

Tea, caffeine 

Tea, decaffeinated

Avoid These Foods With PKD

Tempeh

Teriyaki sauce

Tiramasu

Tofu

Tomato

Trout

Tuna

Turkey commercial

Vegemite

Velveeta cheese

Vichyssoise

Vienna sausage

Vinegar

Water crackers

Wheat

Wheat germ

Whey

White flour

White rice

Avoid These Foods With PKD

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
Aristolochia
Bearberry
Black cohosh
Cacao theobroma
Chaparral ↓ kidney functioning
Chaste-tree berry
Chillies
Chocolate
Chrysanthemum ↑ bleeding time
Clover
Coffee
Cola Nut
Comfrey ↓ liver functioning

Avoid Herbs

Dill

Dong Quai

Ephedra sinica ↑BP

Fennel

Fenugreek

Flaxseed

Forskolin

Ginger ↑BP

Gingko biloba

Ginseng ↑BP

Hawthorne ↑BP

Horse chestnut

Horseradish

Kava-kava

Keishi-bukuryo

Kola nut

Kudzu

Lavender

Licorice ↑BP

Avoid Herbs

Linseed

Lobelia

Lupin

Ma Huang

Maca

Magnolia officinalis

Melaleuca

Noni

Potato

Queen Anne's lace

Red clover

Red rice yeast ↓ liver functioning

Rosemary ↑BP

Sage

Saw palmetto

Siberian ginseng

Snakeroot

Soy lecithin

St. John's wort

Avoid Herbs

Star anise

Star fruit ↓ kidney functioning

Stephania Tetrandra

Stevia

Tomato

Tribulus Terrestris

Uva ursi

Valerian

Wild carrot (Queen Anne's lace)

Wild yam

Willow bark

Woodruff



Avoid Chemicals



Avoid Chemicals With PKD

4-Methylbenzylidene-sunscreen

Advil

Air fresheners phthalates

Alcohol + aerosol

Aleve

Alfalfa sprouts

Alkylphenols

Aluminum

Ammonia

Amalgam silver teeth fillings

Anabolic steroids

Aspirin

Atrazine (weedkiller)

Bathroom sprays

Beer

BHT

Birth control pills

Avoid Chemicals With PKD

Bisphenol A plasticizer

Black cohosh

Bleach

Bleach cleanser

BGH bovine hormone

BPA plastic

Butylated hydroxyanisole

Caffeine 

Canola oil

Carbon tetrachloride

Chaparral

Chemicals strong

Chloride

Chlorine

Chlorine, clorox

Cimetidine

Clover

Clover honey

Coffee ↑ estradiol 70%

Avoid Chemicals With PKD

Cosmetics phenoxyethanol

Cottonseed oil

Creatine supplements

Dairy

DDE insecticide residue

DDT insecticide

DEHP (PVC plasticizer)

Deldrin insecticide

Detergents

Dichlorodiphenyldichloroethyl

Diethyl phthalate

Diethylstilbestrol estrogen

Dill

Dong quai

Dry clean chemical/clothing

Dryer sheets

Endosulfan (insecticide)

Erythrosine FD&C Red #3

Estrogen

Avoid Chemicals With PKD

Estrogen cream

Estrogen disruptors

Estrogenic shampoos

Fabric softener

Fennel

Fenugreek

Fish oil

Flaxseed

Fluoride

Foods heated in plastic

Forskolin

Fragrance:

Fragrance: BHT endocrine disruptor

Fragrance: Diethyl phthalate mimics hormones

Fragrance: Lemonene can create formaldehyde

Fragrance: Octinoxate endocrine disruptor

Fragrance: Oxybenzone endocrine disruptor

Genistein (soy)

Gentamycin

Avoid Chemicals With PKD

Glucosamine

Glycols polyethylene glycol

Herbicides

Hops

Hormones HRT 

HRT

Imitrex

Kava

Lard

Laundry powder (inhaling)

Lavender

Licorice

Limomene

Lindane (insecticide)

Lithium

Lupin

Margarine

Melaleuca

Mercury

Avoid Chemicals With PKD

Metalloestrogens

Methoxychlor (insecticide)

Methylparabens

Microwaved foods

Motherwort

Motrin

Multivitamins

Nail polish and removers

Naproxen

Nonylphenol derivatives

NSAIDs

Octinoxate

Oils: canola oil

Oils: cottonseed oil

Oils: lavender oil

Oils: safflower oil

Oils: sunflower oil

Oils: tea tree oil (melaleuca)

Organ chlorines pesticides

Avoid Chemicals With PKD

Oven cleaners

Oxybenzone

PAHs

Parabens

Paracetamol

Pentachlorophenol

Perfumes

Pesticides

Phenacetin

Phenols - nonylphenol

Phenosulfothiazine

Phenoxyethanol cosmetics

Phthalates plasticizers

Phytates phytic acid

Phytoestrogens i.e. soy

Pink slime

Plastic

Polychlorinated biphenyls

Polycyclic aromatic hydrocarbons (PAHs)

Avoid Chemicals With PKD

Polyethylene glycol

Poultry dipped in bleach

Premarin

Primpro

Processed foods

Progesterone

PVC Polyvinyl chloride

Queen Anne's lace

Red clover

Red rice yeast

Resveratrol

Rosemary

Sage

Saran wrap

Saw palmetto

Sesame

Shea butter endocrine disruptor

Soap powders

Sodium bicarbonate

Avoid Chemicals With PKD

Solvents

Soy

Spray cleaners

Styrofoam containers

Sunflower oil

Sunscreen benzophenone-3

Tagamet

Tempeh

Testosterone

Tobacco

Tylenol

Wheat

White rice

Wild carrot

Wild yam ,Wild yam progesterone

Window cleaner Windex

[Xenoestrogens](#)

Yucca



Everyone Avoid

Everyone to Avoid
Aluminum
Artificial sweetener
Candy
Crisco
French fries
Lard
Margarine
Peanuts
Potato chips
Processed foods
White flour
White sugar



Recipe inspirations:

<http://www.PKDrecipes.com>



Upon Arising

One teaspoon of solé in a glass of water.

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

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

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

Grapefruit juice freshly squeezed (caution interferes with many medications); please allow 20 minutes before eating something else.

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, please allow 20 minutes before eating something else.

Fruit: Raw fresh fruit in season & locally grown: figs, kiwi, kumquats, gooseberry, 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 too acid forming joining fruits to be avoided: starfruit, rhubarb, strawberry, plum, prunes

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

Breakfast Menu

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 made from spelt, rye, kamut, brown rice, grits, corn meal, steel cut oats or oatmeal with almond, coconut, hempseed, barley, oat, 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. Grind the kernels in a food processor. The following morning heat and top with banana or cinnamon apples.

Toasted non-yeasted English Muffin spelt, rye, kamut, brown rice, corn with an all fruit spread.

Toasted non-yeasted non-wheat bread spelt, rye, kamut, brown rice, corn with an all fruit spread.

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

Warmed non-yeasted pita: spelt, rye, kamut, brown, corn stuffed with chopped parsley, garlic, and avocado.

Warmed non-yeasted pita: spelt, rye, kamut, brown, corn stuffed with steamed vegetables.

Toasted non-yeasted non-wheat bread spelt, rye, kamut, brown rice, corn with sautéed mushrooms, almond butter, cashew butter, bean spread, or avocado are a few alternative spreads.

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 yourself without yeast.

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

Breakfast Menu



Non-yeasted breads made with spelt, rye, kamut, brown rice, corn: the dough is a flour and water mixture. These rise for 7 hours before baked. Unlike yeasted breads which rise quickly; non-yeasted breads release their digestive enzymes in the lactic acid ferment. This lactic acid can be blown off by several deep breaths 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 similar when soaking nuts, beans, legumes and seeds to lessen their phytic acid content. With large ever expanding cystic organs, it is very 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 solid food. Eat a raw slice of alkaline fruit 20 minutes before a meal. After eating raw fruit or drinking citrus, please 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, cafix, 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, spring water or water that has been left out for 24 hours to dissipate chlorine.

Morning Snack Menu

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

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

Fruit: After eating raw fruit or citrus or their juices 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.

Morning Snack Menu

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

Grains: Unsalted organic corn chips, brown rice cakes, unsalted spelt, rye, corn, rice pretzels or spelt, rye, corn, rice 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 but eliminate the seeds.

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



Liquids: enjoy liquids following eating solid 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, cafix, 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, spring water or water that has been left out for 24 hours to dissipate chlorine.

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).

Lunch Menu

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 or sliced banana.

Sandwich: Avocado radish sprout sandwich or warmed corn tortilla with avocado, onion, garlic, radish sprouts.

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

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

Vegetables: Moroccan vegetable stew with brown rice and beans.

Vegetables: Vegetables wrapped in a romaine lettuce leaf.

Vegetables: Buddha's delight with brown rice.

Liquids: enjoy following solid 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.

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



Afternoon snack

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

Afternoon snack

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

Liquids: Enjoy liquids after solid 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, cafix, caro, carob powder, inka, java herb uncoffee, kara kara, organic instant grain, prewetts chicory, roma, spelt kaffee, teeccino, yannah, yorzoh.

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



Dinner Menu

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

Pasta: spelt pasta fettuccine with roasted squash, chard, kale, almonds, garlic, lemon or spring onions.

Pie: Vegetable pie

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

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

Polenta crispy with roasted vegetables

Vegetables: Roasted root vegetables: rutabagas, carrots, sweet potatoes, turnips, beets, sweet potatoes, and some above ground crops such as artichokes and squash.

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



Dinner Menu

Vegetables: Brown rice squash risotto

Vegetables: Vegetables 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: Slow roasted Okinawan sweet potatoes; braised carrots; steamed corn; sautéed leafy greens with currants, pine nuts, garlic, and lemon.

Vegetables: Brown rice and beans

Vegetables: Pot-au-feu made with all vegetables.

Liquids: Enjoy liquids after solid food: a cup of herb tea, nettle extract in warm water; thyme tea; veronica tea; grain beverage or water.

Dinner Menu

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

Pasta: spelt pasta fettuccine with roasted squash, chard, kale, almonds, garlic, lemon or spring onions.

Pie: Vegetable pie

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

Polenta crispy with roasted vegetables

Dinner Menu

Vegetables: Roasted root vegetables: rutabagas, carrots, sweet potatoes, turnips, beets, sweet potatoes, and some above ground crops such as artichokes and squash.

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

Vegetables: Brown rice squash risotto

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

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Vegetables: Brown rice and beans

Vegetables: Pot-au-feu made with all vegetables.

Liquids: Enjoy liquids after solid food: a cup of herb tea, nettle extract in warm water; thyme tea; veronica tea; grain beverage or water.



Late Night Snack

Water: Place 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. [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 damp hair. Leave on for about an hour. Then rinse. A few more [suggestions](#) are available.

Some other 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 that takes advantage of the entire skin surface as an additional organ to help diminish body toxins. Saunas allow the body's sweat to help 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>

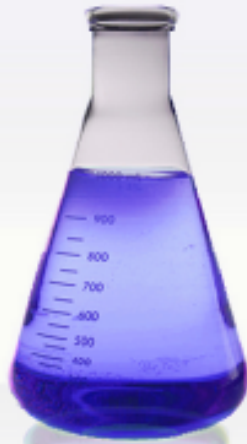
- 2010 Clinical Trial sodium citrate-alkalinity improves GFR
- 2010 Clinical Trial completed using potassium citrate in renal transplant patients
- 2010 Basic approach to chronic kidney disease
- 2010 Alkaline Diet reduces urinary oxalate excretion, prominent in PKD
- 2010 Urinary alkalization for the 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 indeed helpful. A determination can be made through a clinical trial. Together, let us begin PKD alkaline trials.

PKD DIET



KIDNEY

