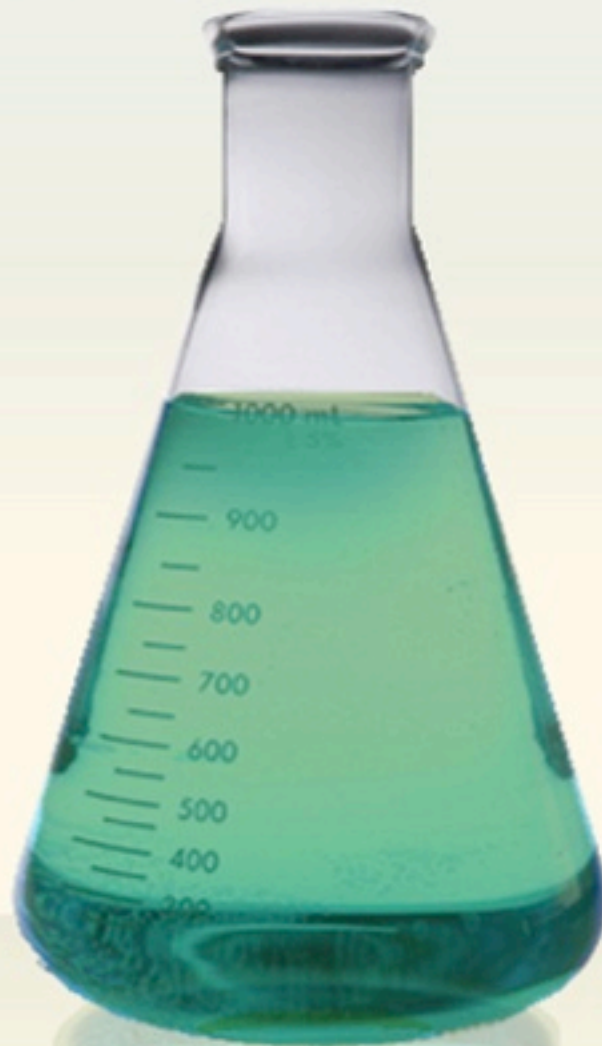


PLD DIET



LIVER

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PLD Diet The Liver

A guide to polycystic liver health through diet



by Danevas

Third Edition

ISBN 978-0-615-44268-6

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

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 liver 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 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 as they age, though with polycystic liver disease, functioning rarely declines.

Polycystic Liver Disease PLD is an inherited disease that causes smooth liver tissue to fill with numerous fluid filled balloon like cysts. These cysts multiply. In severe cases, liver cysts are the cause of massive liver enlargement. By the liver size growing and expanding, a cystic liver can reach a weight of 40 pounds. The sheer size of a PLD liver compresses many of the internal organs. This can result in afflicted people seeking out some type of a debulking procedure, such

as a liver resection or an organ transplant. We are lucky in that liver functioning seldom fails with PLD.

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 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. Thus far, through self-testing, a usable alkaline sweetener seems to be tupelo honey, coconut sugar, or Xagave 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, create mood swings, 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 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 lessen 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.



- 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 by many 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 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 kilograms of body weight by 0.6 grams of protein.

110 pound person: multiply 50 kg by 0.6 =

30 grams of protein per day.

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 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 PLD 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
- Liver toxic herbs
- Nightshade plants
- Soy
- Sugar
- Tea: black, green, white, de-caffeinated, certain herb teas
- Tylenol, paracetamol, acetaminophen
- Xenoestrogens

DNA


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



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 <small>treatment for poisoned arrow wound</small> |
| Artichoke  |
| Artichokes globe |
| Artichokes Jerusalem, sunchokes girasola |
| Arugula |
| Asparagus (makes urine acidic) |
| Avocado |
| Baby spring greens |
| Bamboo shoots |

Enjoy These Foods

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

Black rice

Blackberry

Black seed oil

Bok choy

Boysenberry

Brassica

Breast milk

Broccoli

Broccoli DIMs 

Broccoli rabe

Broccoli sprouts

Enjoy These Foods


Brown rice

Brussels sprouts

Buckwheat noodles

Buckwheat soaked

Burdock root

Cabbage and juice 

Cabbage savoy

Cantaloupe (transported develop fungus)

Cardoon

Carrots

Casaba melon

Cashew

Cassava, manioc, yuca root

Cauliflower

Celeriac

Cepes mushrooms

Cereal grass juice

Chamomile

Channa flour

Chanterelle mushrooms

Chard

Chayote

Cherimoya

Cherries

Enjoy These Foods

Chervil

Chestnut

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

Corn meal organic

Corn salad mache

Cranberry juice avoid fruit

Crooked neck squash

Enjoy These Foods

Cruciform vegetables


Cucumber peel the skin

Currants

Daikon radish

Dates

Delicata squash

DIMs (broccoli) 

Drumstick plant

Durian

Edible flowers

Elderberries

Endive, chicory

Escarole

Figs 

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

Enjoy These Foods

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 yannah

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

Enjoy These Foods

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: chives

Herb: cilantro

Herb: cinnamon

Herb: cranberry juice

Herb: cumin

Herb: curry leaf

Herb: DIMs

Herb: drumstick

Herb: echinacea

Herb: elderberry

Herb: galangal

Herb: garlic

Enjoy These Foods

Herb: hemp

Herb: Himalayan pink salt

Herb: lemon grass

Herb: lemon thyme

Herb: lemon verbena

Herb: lime leaf

Herb: linden flower

Herb: marjoram

Herb: milk thistle

Herb: mint ↑ GERD

Herb: mallungay

Herb: nettle

Herb: oregano ↓ candidiasis

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

Enjoy These Foods

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


Enjoy These Foods


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

Lemon 

Lemon egg

Lemon grass

Lemon juice freshly squeezed 

Lemon meyer

Enjoy These Foods

Lemon thyme

Lemon verbena

Lentils, soaked

Lettuce butter

Lettuce curly leaf

Lettuce (excluding iceberg)

Lettuce mache, lamb's lettuce

Lettuce oak leaf

Lettuce romaine

Lilikoi

Lima beans, butter beans


Lime juice

Limes

Linden flower tea

Longan

Loquat

Lotus root 

Lychee


Mache lettuce

Mandarins

Mango


Mangostein

Marjoram

Melon juice 

Enjoy These Foods

Melon smooth skinned 


Milk thistle silymarin 

Millet soaked sprouted

Mint ↑ GERD

Mixed wild greens

Mother's milk


Mallungay 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

Enjoy These Foods

Papaya

Papaya juice fresh pressed

Parsley

Parsnip

Passion fruit

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

Pawpaw

Peach

Pear

Peas

Persimmons

Pineapple

Plantains

Polenta organic

Pomelo

Popcorn organic, no salt

Porcini mushrooms

Potatoes sweet

Potatoes sweet jewel

Potatoes Okinawan

Pumpkin

Purslane

Quince

Quinoa rinsed

Enjoy These Foods

Radish

Radish sprouts

Raisin, organic

Rambutan

Ramps, wild onions

Raspberry

Raw local produce

Red rice

Rhizomes

Rice milk

Rice syrup

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

Enjoy These Foods

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

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 

Enjoy These Foods

Walnuts

Water

Water chestnuts

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 leaf |
| 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 |
| DIMs broccoli sprouts |
| Drumstick |
| Echinacea |
| Elderberry |
| Galangal |

Enjoy These Herbs

Garlic

Hempseed

Himalayan pink salt

Lemon grass

Lemon thyme

Lemon verbena

Lime leaf

Linden flower

Marjoram

Milk thistle silymarin

Mint ↑ GERD

Moringa oleifera

Mallungay ↑ iron stores

Mustard seed

Nettle ↓ uric acid

Onion

Oregano ↓ candidiasis

Parsley ↓BP

Peppermint ↑ GERD

Raspberry leaf caution pregnancy

Rooibos

Rose hips

Saffron ↓BP

Sorrel

Speedwell

Enjoy These Herbs

Summer savory

Thai ginger

Thyme

Triptolide (wait for trials to complete)

Turmeric

Veronica



Useful Nuts Grains Seeds

| Enjoy These Nuts & 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 |
| Spelt |
| Walnuts |

Useful Medications

| Possibly Useful, Still-in-Clinical-Trials-Medications |
|---|
| Alkalinity |
| Afinitor® (everolimus) |
| Pasireotide |
| 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 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.

| Substitute These Choices  For The Following |
|--|
| Almond cheese  Blue cheese |
| Rice cheese  Blue veined cheeses |
| Coconut cheese  Cottage cheese |
| Almond cheese  Ementhaler |
| Rice cheese  Feta salt free |
| Coconut cheese  Goat cheese |
| Almond cheese  Paneer |
| Rice cheese  Quark cheese |
| Almond, rice, coconut milk  Cow or goat milk |
| Rice cheese  Sheep cheese |
| Coconut cheese  Soft white cheese |
| Almond milk lemon juice  Cultured buttermilk |

Substitute These Choices ➡ **For The Following**

Try to eliminate ➡ Plugra butter

Almond yogurt ➡ Sour cream

Almond yogurt ➡ Yogurt plain

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

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

Wild game ➡ Commercial poultry

Wild turkey ➡ Commercial turkey

Substitute These Choices  For The Following




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 & yeast |
| Baked potato |
| BBQ meats |
| Beef  |
| Beef pork pies |

Avoid These Foods

Beer 

Bell peppers

Black cohosh

Black tea

Bleach Ø

Blood dishes

Blueberry whole fruit

Bluefish

Bologna

Bovine growth hormone

Bratwurst

Brinjais (eggplant)

Bundt cake

Butter 

Cacao

Caffeine 

Cake

Canadian bacon

Candy

Cane sugar

Canned soups

Cantaloupe transported ridged develops fungus

Carrot cake

Carrots baby dipped in chlorine bath

Avoid These Foods

Catfish


Celery

Chaparral tea

Charred meats

Cheddar cheese

Cheerios

Cheese 

Cheese orange hard dry


Cheese parmesan

Cheese puffs

Cheeseburger

Cheesecake


Cheesesteaks

Chicken dipped chlorine bath 

Chicken nuggets

Chilies

Chips, salted

Chocolate 

Chocolate éclairs

Chorizo


Chowder with dairy

Chrysanthemum tea

Clotted cream


Clover

Avoid These Foods

Clover honey 

Cod liver & oil 

Coffee 

Cola 


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

Dill

Avoid These Foods

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

Fish oil

Fish oily mackerel

Fish oily salmon


Fish oily sardines

Fish oily trout

Fish oily tuna

Avoid These Foods

Flaxseed 

French fries 

Fried egg

Fried egg white

Fried foods

Fructose

Ginger \uparrow BP

Gingko biloba

Ginseng

Goji nightshade

Grain beverage: postum (contains wheat)

Grain beverage soy kaffee (contains soy)

Grapefruit

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

Avoid These Foods

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

Hoagies

Horse chestnut

Hot chocolate

Hot dogs, rindswurst

Hot tamales with lard

Iceberg lettuce

Jalapeño pepper

Juice bottled or canned (BPA)

Kudzu

Lady fingers

Lavender

Lard

Licorice ↑BP

Linseed

Liver

Liverwurst

Lobster

Avoid These Foods

Loco moco

Lollipop

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

MSG

Nattō

Nightshade plants 

Avoid These Foods

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 commercial dipped in chlorine bath

Pretzels salted wheat

Prime rib

Produce dipped in chlorine bath

Prunes

Avoid These Foods

Pudding

Pumpkin pie whipped cream

Quail eggs

Quail, commercial

Quarter pounder

Queen Anne's lace (wild carrot)

Raclette

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

Rum, scotch, gin 

Sage

Saké 

Avoid These Foods

Salami

Salmon  farmed esp. harmful

Salt

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

Steak

Stevia


Avoid These Foods

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, de-caffeinated

Tempeh

Teriyaki sauce

Tiramisu

Tofu

Tomato

Trout

Tuna

Avoid These Foods

Turkey commercial

Vegemite

Velveeta cheese

Vichyssoise

Vienna sausage

Vinegar

Water crackers

Wheat harmful to liver

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 ∅ eat |
| Angelica |
| Arstolochia |
| Bearberry |
| Black cohosh |
| Buckthorn |
| Cacao theobroma |
| Callilepis laureola |
| Cascara sagrada |
| Celandine |
| Chaparral ↓ kidney functioning |
| Chaste-tree berry |
| Chillies |
| Chocolate |
| Chrysanthemum ↑ bleeding time |
| Clover |
| Coffee |
| Cola Nut |
| Comfrey ↓ liver functioning |
| Dandelion |

Avoid Herbs

Dill

Dong Quai

Doxidan

Ephedra sinica ↑BP

Fennel

Fenugreek

Flaxseed

Forskolin

Germander

Ginger ↑BP

Gingko biloba

Ginseng ↑BP

Goji

Green tea leaf

Groundsel

Hawthorne ↑BP

Hops

Horse chestnut

Horseradish

Impila root

Jin bu huan

Juniper berries

Kava-kava

Keishi-bukuryo

Kola nut

Avoid Herbs

Kombucha

Kudzu

Lavender

Licorice ↑BP

Linseed

Lobelia

Lupin

Ma Huang

Maca

Magnolia officinalis

Maté

Melaleuca

Methionine

Mistletoe

Noni

Nutmeg

Pau d'arco

Pennyroyal

Poke root

Pomegranate

Potato

Queen Anne's lace

Ragwort

Red clover 

Red rice yeast ↓ liver functioning

Avoid Herbs

Rhubarb

Rosemary ↑BP

Sage

Salt

Sarsaparilla

Sassafras

Saw palmetto

Senna

Sesame seeds

Siberian ginseng

Skullcap

Snakeroot

Soy lecithin

St. John's wort

Star anise

Star fruit ↓ kidney functioning

Stephania Tetrandra

Stevia

Sweet clover

T'u-san-chi

Tansy

Tarragon

Tomato

Tribulus terrestris

Uva ursi

Avoid Herbs

Valerian

Wheat germ

Wild carrot (Queen Anne's lace)

Wild yam



Willow bark

Woodruff



Avoid Chemicals



| Avoid Chemicals |
|---|
| 4-Methylbenzylidene-sunscreen |
| Advil |
| Air fresheners phthalates |
| Alcohol + aerosol |
| Aleve |
| Alfalfa sprouts |
| Alkylphenols |
| Aluminum |
| Ammonia |
| Amalgam silver teeth fillings |
| Anabolic steroids |
| Aspirin |
| Bathroom sprays |
| Beer |
| BHT |
| Birth control pills  |
| Bisphenol A plasticizer |
| Black cohosh |
| Bleach  |
| Bleach cleanser |
| BGH bovine growth hormone |
| BPA plastic |

Avoid Chemicals

Butylated hydroxyanisole


Caffeine 

Carbon tetrachloride

Chaparral

Chaste-tree berry

Canola oil

Chlorine, clorox 

Chemicals strong

Chloride

Chlorine

Chlorine, clorox

Cimetidine

Clover

Clover honey

Coffee ↑ estradiol 70%

Cosmetics phenoxyethanol

Cottonseed oil

Creatine supplements

Dairy

DDE insecticide residue

DDT insecticide

Dichlorodiphenyldichloroethyl

Diethyl phthalate

Diethylstilbestrol estrogen

Dill

Avoid Chemicals

Dong quai

Dry clean chemical/clothing

Dryer sheets

Endosulfan (insecticide)

Erythrosine FD&C Red #3

Ephedra

Estrogen 

Estrogen cream

Estrogen disruptors

Estrogenic shampoos

Fabric softener

Fennel

Fenugreek

Fish oil

Flaxseed

Fluoride

Foods heated in plastic

Forskolin

Fragrance

Fragrance: Diethyl phthalate mimics hormones

Fragrance: BHT endocrine disruptor

Fragrance: Oxybenzone endocrine disruptor

Fragrance: Octinoxate endocrine disruptor

Fragrance: Lemonene can create formaldehyde

Genistein soy

Avoid Chemicals


Gentamycin

Glycols esp. Polyethylene glycol

Herbicides

Hops

Hormones HRT 

Hormones estrogen 

Ibuprofen

Imitrex

Kava

Lard

Laundry powder

Lavender

Licorice

Limomene

Lindane (insecticide)

Lithium

Lupin

Margarine

Mercury

Melaleuca

Metalloestrogens

Methoxychlor (insecticide)

Methylparabens

Microwaved foods

Motherwort

Avoid Chemicals

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

Oven cleaners

Oxybenzone

PAHs

Parabens

Paracetamol

Pentachlorophenol

Perfumes

Pesticides

Phenacetin

Phenols - nonylphenol

Phenosulfothiazine

Avoid Chemicals

Phenoxyethanol cosmetics

Phthalates plasticizers

Phytates phytic acid

Phytoestrogens i.e. soy

Plastic

Polycyclic aromatic hydrocarbons PAHs

Polyethylene glycol

Poultry dipped in bleach

Premarin

Primpro

Processed foods

Progesterone

PVC Polyvinyl chloride

Queen Anne's lace

Red clover

Red rice yeast

Remifemin

Resveratrol

Rosemary

Sage

Saran wrap

Saw palmetto

Sesame

Shea butter endocrine disruptor

Soap powders

Avoid Chemicals

Sodium bicarbonate

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

Windex

Window cleaners

[Xenoestrogens](#)

Wild yam cream

Yucca



Everyone Avoid

| Everyone to Avoid |
|----------------------|
| Aluminum |
| Artificial sweetener |
| Candy |
| Crisco |
| French fries |
| Lard |
| Margarine |
| Peanuts |
| Potato chips |
| 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, please allow 20 minutes before eating something else.

Freshly squeezed lemon juice, add enough water to make $\frac{1}{4}$ 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.

Breakfast Menu

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).

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.

Breakfast Menu


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.

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 twenty 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.

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, teccino, 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).

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.

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, teccino, yannah, yorzoh.

Lunch Menu

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.

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

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.

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.



Late Night Snack

Water: Place water by the bed with a lemon slice if desired.

Late Night Snack

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

Clay baths allow for utilization of the entire skin surface to help diminish body toxins. Saunas allow use of the body's sweat to help metabolize 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 working metabolism.

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.policysticliverdisease.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 indeed helpful. A determination of this can be made through a clinical trial. Together, let us begin PLD alkaline trials.

