

• AVOID TWO WEEKS BEFORE SURGERY •

Asparagus (high in vitamin K)
Brussel sprouts (high in vitamin K)
Chamomile
Chrysanthemum
Elderberry
Fish oil
Gingko
Green onions (high in vitamin K)
Hemp seed
Licorice
Papaya
Red Clover
Spinach (high in vitamin K and oxalates)
Vitamin C

Bilberry
Cabbage (high in vitamin K)
Cheese (high in vitamin K)
Coenzyme Q
Endive (high in vitamin K)
Flaxseed
Ginseng
Green tea
Kava
Ma Huang
Parsley (high in vitamin K)
Rose hips
St. John's wart
Vitamin E

Blueberries (high in vitamin K)
Cauliflower (high in vitamin K)
Chia seed oil
Cranberry
Ephedra
Garlic
Grape seed extract
Greens turnip collard mustard
Kiwi (high in vitamin K)
Melatonin
Peas (high in vitamin K)
Rutabaga
Swedes
Vitamin K

Broccoli (high in vitamin K)
Cayenne
Chillies
Echinacea
Feverfew
Ginger
Grapefruit
Hawthorne
Lettuce (high in vitamin K)
Milk Thistle
Ragweed
Saffron
Valerian
Yohimbe

🍷 PLANT BASED ALKALINE DIET

🍷 LOW SALT 1200 MG SODIUM HIMALAYAN PINK SALT

🍷 NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM

🍷 WATER

POLYCYSTIC LIVER DISEASE DIET ©