

- ◆ **Lemon** Hot water with lemon - daily some have tried as many as 6 - 7 lemons in one day. If you need a sweetener try tupelo honey.
- ◆ **Saffron** tea for those pains that hot lemon does not relieve.
- ◆ **Turmeric** comes as an organic root similar to ginger and as capsule. (Some have tried organic turmeric capsule one capsule, three times a day or a nickel slice of the root.)
- ◆ **Milk thistle** comes as an herb or in a capsule (Some have tried the capsule one capsule, three times a day. There is a pleasant milk thistle tea called Sugar Cookie Sleigh Ride.)
- ◆ **Heating pad** preferably moist heating pad i.e. Thermophore
- ◆ **DIM's** made from broccoli sprouts 1-2 capsules three times a day
- ◆ **Alkaline diet** Some have found great relief by altering their diet to one that is plant based and alkaline.
- ◆ **Nettle** extract, non alcoholic extract is very alkaline producing. Try a few drops in a cup of hot water. Caution this is high in potassium.
- ◆ **Artichokes** are a very liver friendly food. There is a supplement that combines milk thistle, turmeric and artichoke. Some have found this helpful to relieve liver pain.
- ◆ **Spelt** non yeasted baked goods. Spelt is very liver friendly. Grains, nuts, seeds, legumes, beans all need to be pre-soaked to diminish their phytic acid.
- ◆ **Juices** freshly prepared vegetable juices are excellent for a polycystic liver. Bottled juices are not.
- ◆ **Cabbage** juiced with almonds, provides all the daily essential amino acids.
- ◆ **Carrot Beet** juice, freshly prepared.
  - Try roughly chopping whole grains in a food processor. Soak overnight or cooking and leave overnight. Enjoy the next morning.
- ◆ **Yoga**, Stretching yoga poses or pilates or all helpful.
- ◆ **Zero gravity chair** lifts a polycystic liver away from your other organs.
  - This can also be accomplished by draping your feet across the top of the couch with your head at the foot of the couch.



**Viparita Karani** (Legs-up-the-Wall Pose)

Place your buttocks against the wall. Lay down on your back and flip your legs upwards so you are supported by the wall, in an L position, with your head resting on the ground and the feet up in the air. Enjoy being supported by the wall for several moments.

**Eka Pada Supta Virasana** (One Leg Reclining Hero Pose) Helps aide food digestion within a belly that is attempting to expand but in reality is diminishing from the ever expanding growing pressure of cystic organs pressing against the tummy.



**Jathara Parivartanasana** (Reclined Twist ) A great relaxing twist which helps to release tension from the lower back. Can be done with the knees straight or bent. Hug the knees towards you and bring them slowly over to the right. Arms out from the shoulders - wide

**Blood Pressure Regulator** If you have low back difficulties, careful with this one.

Stand facing a wall. Raise outstretched arms to shoulder height, palms facing each other. With fingers spread wide turn your hands and press them firmly against the wall. As you walk your feet backwards, move your hands slowly down the wall so your back and arms becomes flat like a table top. Hold this position **comfortably** for 6 full complete breaths, inhale through the nose and exhale through the nose. Then gently, walk your feet forward and slowly bring your hands down and the last to come down is your head. All this is done very slowly. This position puts the heart below the spinal cord so it sort of hangs relieving pressure against the heart and helping to keep the blood pressure regulated.



from Meg's Story Lie on your left side. If possible, put a pillow under your left ribs. Reach your right arm up over your head and extend. Bend your left knee, and extend your right leg straight down. You can lie like this for up to a half hour several times a day. This position allows the maximum expansion of the ribcage. Take deep breaths (as much as you can) and relax into this position. It is helping me a lot.