

ENJOY HERBS

Artichoke
Broccoli sprouts
DIMs broccoli sprouts
Milk thistle silymarin
Nettle extract
Parsley
Saffron
Thyme
Turmeric
Veronica

ENJOY NUTS SEEDS GRAINS

Almonds
Black rice
Brown rice
Chia
Corn
Hemp seed
Kamut
Millet
Oats
Pasta whole grain
Quinoa, soaked
Red rice
Rye
Sesame
Spelt

USEFUL MEDICATIONS

Proton pump inhibitors
Octreotide

🍷 PLANT BASED ALKALINE DIET 🍷 NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM 🍷 LOW SALT 1200 MG SODIUM HIMALAYAN PINK SALT 🍷 WATER

POLYCYSTIC LIVER DISEASE DIET ©