

USEFUL HERBS

Artichoke
Basil
Chervil
Chamomile
DIMs broccoli sprouts
Marjoram
Milk thistle silymarin
Nettle extract
Oregano
Parsley
Saffron
Sage
Tarragon
Thyme
Turmeric
Veronica

USEFUL NUTS SEEDS GRAINS

Almonds
Black rice
Brown rice
Buckwheat
Chia
Corn
Hempseed
Kamut
Millet
Oats
Pasta whole grain spelt
Quinoa, soaked sprouted
Red rice
Rye
Soba noodles
Spelt
Walnuts

EXPERIMENTAL TRIAL MEDICATIONS

Everolimus
Proton pump inhibitors
Octreotide
Rapamycin/Sirolimus
Water

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