

Kidney Specific Foods - Jason (Cedar) Miller LAc. MAcOM

Taken from the talk - Chronic Kidney Disease "CKD" Botanical and Nutritional Solutions

from the 2016 talk at the Medicines from the Earth Conference - Black Mountain NC - June 2016

Bone Broth - recipes available on-line

Sesame seeds (especially black), Walnuts, Pomegranates, Cranberries, Fresh Berries

String Beans, Sauerkraut, Olives, Kidney Beans, Feta Cheese and Goat Cheese, Eggs, Alaskan Salmon, Avocado, Lemon and Lime, Celery, Parsley, Arugula, Squash, Turnips, Rutabaga, Parsnips.

Bok Choy, Watercress, Cabbage, Brussel Sprouts, Broccoli, Horse Radish, Onions, Garlic

Salads with watercress, Cilantro, Endive, Baby Spinach, Green Onion (Scallions), Parsley.

Romaine, Escarole, Chicory

Okra and Carrots are good.

Wild Greens like Chickweed, Mustard Greens and Nettles

Lightly cooked greens like Kale, Collard Greens, Beet Greens, Beets (use lemon juice with these - helps the body with high oxalate vegetables)

Artichokes.

Drink hot water with apple cider vinegar 1 TBS - sip during meals

Celery - great as a juice and as a snack throughout the day.

Asparagus puree - 1 TBS 4x a day. Steam the Asparagus until soft and then puree. Keep in the fridge and eat TBS throughout the day

Limes / Lemons - squeeze 1/2 whole lemon or lime in mineral water or still water.

Put extra lemons or lime on food especially oily foods.