



The Kidney Cleanse

If the presence of gallstones in the liver, or any other situation, has led to the development of sand, or stones in the kidneys or urinary bladder, you may also need to cleanse your kidneys. The kidneys are extremely delicate, blood-filtering organs that congest easily because of dehydration, poor diet, weak digestion, stress, and an irregular lifestyle. The main causes of congestion in the kidneys are kidney stones. Most kidney grease/crystals/stones, however, are too small to be detected through modern diagnostic technology, including ultrasounds or X-rays. They are often called “silent” stones and do not seem to bother people much. When they grow larger, though, they can cause considerable distress and damage to the kidneys and the rest of the body.

To prevent kidney problems and kidney-related diseases, it is best to eliminate kidney stones before they can cause a crisis. You can easily detect the presence of sand or stones in the kidneys by pulling the skin under your eyes sideways toward the cheekbones. Any irregular bumps, protrusions, red or white pimples, or discoloration of the skin indicates the presence of kidney sand or kidney stones.

The following herbs, when taken daily for a period of twenty to thirty can help to dissolve and eliminate all types of kidney stones, including uric acid, oxalic acid, phosphate, and amino acid stones. If you have a history of kidney stones, you may need to repeat this cleanse a few times, at intervals of six weeks.

Ingredients:

Marjoram (1 oz.)
Cat's claw (1 oz.)
Comfrey root (1 oz.)
Fennel seed (2 oz.)
Chicory herb (2 oz.)
Uva ursi (2 oz.)
Hydrangea root (2 oz.)
Gravel root (2 oz.)
Marshmallow root (2 oz.)
Golden rod herb (2 oz.)



Directions:

1 ounce each of the first three herbs and 2 ounces each of the rest of the herbs, and thoroughly mix them together. Keep them in an airtight container. You may put them in the refrigerator. Before bedtime, soak 3 tablespoons of the mixture in 2 cups of water, cover it, and leave it covered overnight. The following morning, bring the concoction to a boil; then strain it. If you forget to soak the herbs in the evening, boil the mixture in the morning, and let it simmer for 5 to 10 minutes before straining. Drink a few sips at a time in 6 to 8 portions throughout the day. This tea does not need to be taken warm or hot, but do not refrigerate it. Also, do not add sugar or sweeteners! Leave at least one hour after eating before taking your next sips.

Repeat this procedure for twenty days. If you experience discomfort or stiffness in the area of the lower back, this is because mineral crystals from kidney stones are passing through the ureter ducts of the urinary system. Any strong smell and darkening of the urine at beginning of or during the kidney cleanse indicates a major release of toxins from the kidneys. Normally, though, the release is gradual and does not significantly change the color or texture of the urine.

Important: Support the kidneys during the cleanse by drinking extra amounts of water, a minimum of six and a maximum of eight glasses per day, unless the color of the urine is dark yellow (in which case you will need to drink more than that amount).

During the cleanse, try to avoid consuming animal products, including meat, dairy foods (except butter), fish, eggs, tea, coffee, alcohol, carbonated beverages, chocolate, and any other foods or drinks that contain preservatives, artificial sweeteners, coloring agents, and the like. In addition to drinking this kidney tea each day, if convenient, you may also chew on a small piece of rind from an organic lemon on the left side of your mouth and a small piece of carrot on the right side of your mouth 30 to 40 times each. This stimulates kidney functions. Be sure to allow at least half an hour between chewing cycles.

If you are doing liver cleanses, make certain that you do a kidney cleanse after every three or four liver cleanses.

In addition, those suffering from large kidney stones may benefit from drinking the juice of one to two lemons (diluted with water) per day for about ten to fourteen days. After that, drink the juice of half a lemon per day indefinitely.