

# Kidney Cleanse

## Role of the Kidneys

The kidneys are extremely delicate, blood-filtering organs that play a vital role in maintaining homeostasis for the body. Unfortunately though, these highly sensitive organs are prone to congestion and become damaged very easily.

## Kidney Disease Symptoms

Approximately 26 million people in the U.S. suffer from chronic kidney disease (a conservative estimate), and over 35 million have some type of bladder disease. Even more disturbing, is that “symptoms” of chronic kidney disease are so elusive that it may take years for the signs of advanced kidney disease or renal failure to develop. In his book, *Timeless Secrets of Health and Rejuvenation*, Andreas Moritz reveals that one of the main contributors of chronic kidney disease is kidney stones. He states, “Most kidney stones are too small to be detected through modern diagnostic technology, including ultrasounds or x-rays. They are often called “silent” stones because it takes years for them to become detectable, while all the while creating disease and imbalance in the body. When they first develop, they are more like sand or grease 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.”

## How to Prevent Kidney Problems

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 cheek bones. Any irregular bumps, protrusions, red or white pimples, or discoloration on the skin indicates the presence of kidney stones.”

## Function of the Kidneys:

The kidneys make a tremendous effort in keeping the blood clean and pure. In addition to removing wastes, the kidneys shoulder much of the responsibility for maintaining the body’s chemical and fluid balance. They produce very important hormones that are crucial for homeostasis within the body. These hormones help regulate blood pressure, calcium metabolism, and red blood cell production. They also regulate blood volume, blood pH, and the electrolyte content of the blood.

Kidney stones interfere with these vital processes and weaken kidney function considerably. As a result, toxic compounds and acid byproducts build up in the blood and cause a wide range of symptoms and life-threatening complications. Chronic kidney disease itself can damage the cardiovascular system and lead to other serious medical conditions, like anemia, vitamin D deficiencies and bone disorders. Anyone suffering from a major illness or experiencing chronic symptoms of disease undoubtedly suffers from these “silent” kidney stones. The most common causes of kidney congestion (kidney stones) are dehydration, gallstones in the liver and gallbladder, weak digestion, frequent consumption of refined foods, animal protein, dairy, caffeine and other stimulants, soft drinks, sugar, cigarettes, an irregular lifestyle, stress, lack of sleep, and frequent consumption of alcohol and medication, just to name a few. Even if you have cleaned up your act recently and eat a wholesome diet and lead a more balanced lifestyle, there may be a lifetime of congestion remaining in the kidneys. If any on the above mentioned pertains to you, or has in the past you will undoubtedly benefit from a Kidney Cleanse.

## What is the Kidney Cleanse?

The Kidney Cleanse consists of a kidney tea, that when taken every day will dissolve sand, grease and stones from the kidneys. Two other formulas are included in this cleanse to strengthen and tonify the kidneys and clean the blood. It is designed to last 25 to 30 days. For those who have a history of kidney stones, kidney related illness, experience chronic swelling and water retention, suffer from constipation, live a stressful lifestyle, or experience chronic illness, it is recommended to follow the Kidney Cleanse for at least 6 weeks. After the first initial cleanse, it is recommended to repeat 2 to 3 times a year indefinitely.

Some individuals prefer to do the Kidney Cleanse for a few days or more, intermittently in between other cleansing routines such as the Intestinal Cleanse and The Essential Liver/Gallbladder Flush. This is a very good idea, because any type of cleansing and detoxification releases internal toxins that need to be filtered through the kidneys. The Kidney Cleanse should become a regular part of your health routine to maintain optimal health and wellness.

### **The components of the Kidney Cleanse are:**

**I. Kidney Tea** – The combination of the following herbs when taken as a tea can effectively dissolve kidney stones within a period of three to six weeks: *Marjoram, Cat's Claw, Comfrey Root, Fennel Seed, Chicory Herb, Uva Ursi, Hydrangea Root, Gravel Root, Marshmallow Root, and Golden Rod Herb*. Store the tea in an airtight container or in the freezer.

**II. Kidney Complex** – The herbs and extracts in this formula contain powerful phytonutrients which strengthen, regulate, and enhance kidney function. This will boost the cleansing action of the tea.

**III. Protease** – Protease taken on an empty stomach, away from food will promote the cleansing of excess protein in the blood. Excessive protein in the blood is a main cause of chronic kidney disease. It thickens the blood which makes it difficult for the kidneys to filter toxic compounds. Too much protein in the blood also gives rise to the formation of certain kidney stones and is a main contributor to high blood pressure and heart disease.

## **Kidney Cleanse Instructions:**

**Kidney Tea**- sip 6 to 8 times throughout the day. Wait 2 hours after food and at least ½ hour before food.

**Kidney Complex** – 3 Vcaps in the morning and 3 Vcaps in the afternoon. Over 200 lbs. take 6 Vcaps in the morning and 6 Vcaps in the afternoon. Every additional 50 lbs., add 3 more Vcaps to morning and afternoon dose.

**Protease** – 2 Vcaps in between breakfast and lunch, 2 Vcaps in between lunch and dinner, and 2 Vcaps before bed. Should be taken 2 hours after meals or 1 hour before meals.

**Directions for making the tea:** Soak 3 tablespoons of the loose tea in 2 cups of water overnight. In the morning bring the tea to a low boil for a few minutes (do not boil on high.) Cool and strain. **Do not add sugar or sweeteners!!** If you forget to soak the tea overnight, boil the tea on low for 15 minutes in the morning. Add 2 ½ cups instead of 2 cups of water, and use a lid to prevent the water from evaporating. Since it is best to drink it at room temperature, do not reheat or refrigerate. Sip throughout the day (6 to 8 times). Wait at least 2 hours after food and ½ hour before food.

**Important Note:** If you experience discomfort or stiffness in the low back area, do not be alarmed. This

indicates that stones are dissolving and mineral crystals are moving through the ureters and urinary tract system. Any strong smell or darkening of the urine also indicates a major release of toxins. It should pass within a few days. Typically, most people experience few or no symptoms. This cleanse is gentle and works gradually over time.

### **Additional Support for the Kidney Cleanse**

Although not required for the Kidney Cleanse, we have a number of products that may be used in conjunction with the Kidney Cleanse. Take the recommended doses mentioned below for the duration of the Kidney Cleanse.

**Bladder Complex** – This combination of herbs provide optimal cleansing, detoxification, and nutritional support for the bladder and urinary tract. This will be optimal if you have had bladder issues in the past. Take 3 Vcaps a day for the duration of this cleanse.

**UT Formula One** – This formulation is highly effective for recurrent urinary tract and bladder infections. The combination of cranberry extract and Uva Ursi are excellent in maintaining optimal bladder health and clearing chronic infection. If you are currently experiencing a urinary tract or bladder infection or have in the past, take 3 Vcaps three times a day for the duration of this cleanse. This formula can also be taken long term if you experience chronic urinary tract or bladder infections. The typical maintenance dose is 2 Vcaps a day.

**Multipollen** – Although this formulation is beneficial for a wide variety of health issues, it has been shown to promote healthy prostate function and urinary tract performance, including the free flow of urine. This formula will be helpful for those who frequently urinate throughout the night. Take 2 Vcaps a day for the duration of this cleanse.

### **Recommendations:**

- **Stay Hydrated:** Support your kidneys by staying hydrated. Drink at least half your weight in ounces of water everyday, unless the color of the urine is dark yellow. In this case you will need to drink more.
- **Dietary Recommendations:** Avoid animal protein, dairy, caffeine, alcohol, carbonated beverages, sports drinks, sweets, chocolate, processed foods that contain preservatives, artificial sweeteners, table salt, synthetic vitamins, etc. Strive to eat fresh, organic foods such as organic vegetables, legumes, and grains.
- **The Power of Castor Packs:** Castor packs are a wonderful tool to use in many detox regimes- especially the Kidney Cleanse. When the kidneys cannot adequately filter the blood toxins spill into the lymphatic system and “congest” the entire body. Using a castor pack over the kidneys promotes lymphatic drainage and helps purge toxins from the organs themselves. This will enhance rapid clearance of toxins that will be released from the Kidney Cleanse. See [Castor Pack Instructions](#) for more information.