

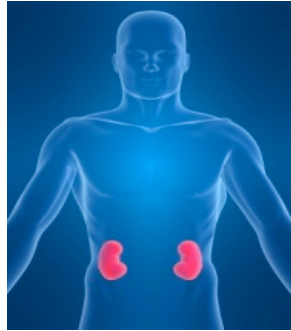


Greg Barsten, DC, MS, CCN, RH (AHG)

www.HealthQuestForMe.com

(408) 358-2225

The Kidney Cleanse*



The following herbs**, when taken for a month, can help dissolve & eliminate many forms of kidney stones. The procedure may need repeating several times at 6-8 week intervals for those with a history of stones or a desire to do more complete kidney cleansing.

Nettles – 1 oz

Uva Ursi – 2 oz

Marjoram – 1 oz

Gravel Root – 2 oz

Cat's Claw – 1 oz

Solidago – 2 oz

Hydrangea – 2 oz

Chicory Herb – 2 oz

Fennel Seed – 2 oz

Marshmallow Root – 2 oz

Instructions:

Take 1 oz of the first 3 herbs and 2 oz of the rest and mix together. Keep it in a zip-loc baggie with all the air squeezed out. Soak 2-3 heaping tablespoons of the mix in 2 cups of water overnight. In the morning, bring the mixture to a boil; let it simmer for a 15 minutes and strain. Drink a few sips at a time in six to eight portions throughout the day. It does not need to be hot, but do not refrigerate it. Do not add sugar or any sweeteners. Try to leave at least 1 hour after eating before taking your next sips.

Repeat this procedure for 20-30 days. If you experience discomfort or stiffness in your low back area, it's because of mineral deposits passing through the ureter ducts of the urinary system. Any strong smell or darkening of the urine usually means a release of toxins from the kidneys. Usually the release is gradual and creates no discomfort. During the cleanse support the kidneys and drink extra water, at least 6-8 eight oz glasses a day. During this cleanse reduce or avoid eating animal products, dairy foods, tea, coffee, alcohol, carbonated beverages, chocolate, and any foods with preservatives or artificial sweeteners. Give your kidneys a break, as they NEVER stop working for us!

* These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease.

** Organic herbs ONLY!!! (We carry this fresh herbal mixture for your convenience)

Based upon information from *Timeless Secrets of Health & Rejuvenation*, by Andreas Moritz.

Always check with your physician first if you're taking any prescription medicines.