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Kidney Cleanse Program

(can be done from 4 to 16 weeks)

Cleanse your kidneys at least twice a year.

It takes a lot of liquid to "wash" the inside of your body. Taking it in the form of herbal teas gives you extra benefits. And extra enjoyment if you learn to make them with variations - especially if you need to produce a gallon of urine a day!

Any edema or "water holding", whether in lungs, arms, or abdomen, also requires strengthening of kidneys with this recipe.

When kidneys or bladder are actually involved in the cancer, gradually increase the dose to double the regular amounts. Be sure to start just as slowly though to avoid feeling pressure in the bladder.

1. Add 3 tablespoons of Kidney herbs to 5 cups of water in a suitable pot. Let it sit for at least 4 hours (or overnight) to soak, this opens up the herbs. You can make larger batches to last for several days if preferred.
2. Put the pot on stove and bring to a boil. Turn heat off and let it sit to cool a bit.
3. Strain and dilute by adding 2 cups of purified water, add a teaspoon (or more) of Black Cherry Concentrate and 4 drops of HCL Drops. Put this mixture aside, you can add it to the Parsley mixture below.
4. Purchase a bunch fresh parsley at a grocery store. Break it up and soak it in HCL+water (1 drop per cup) for 5 minutes, stirring it from time to time. Drain and cover with 4 cups of water and bring it to a boil for 1 minute. Let it cool a bit, then drain into glass jars or container. When cool enough, pour yourself 1/2 (half) cup. Add 2 drops HCL and stir. Sip slowly or add to your Kidney Tea you made above. Refrigerate some or freeze if you won't be using it right away. Always add drop or two of HCL Drops at point of consuming.
5. Each morning, pour together 1 cup of the root mixture and 1/2 cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, etc. if desired. Add 2 drops of HCL to sterilize. Stir and drink this mixture in divided doses throughout the day. Keep it cold. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, start on half the dose.

The Supplements:

(note: if you do this cleanse for 4 weeks, you will have some left over supplements. Keep them for your next Kidney Cleanse so you won't have to purchase them again)

	Ginger Root	Magnesium Oxide	Uva Ursi	Vitamin B6	Goldenrod
	Take with a meal	daily	1 in am / 1 in pm	daily	As above
Caps per day	1 + 1 + 1	1	1 + 1	1	

Some notes on this recipe: This herbal tea, as well as the parsley, can easily spoil. If making larger batches, reheat to boiling every third day if it is being stored in the refrigerator. Add HCL drops just before drinking. If you sterilize it in the morning you may take it to work without refrigerating it (use a glass container).

Remember, the Vitamin B6 and Magnesium oxide, taken daily, can prevent oxalate stones from forming. But only if you stop drinking tea. Tea has 15.6 mg. of oxalic acid per cup. A tall glass of iced tea could give you over 20 mg of oxalic acid. Switch to herb teas. Cocoa and chocolate, also have too much oxalic acid to be used as beverages.

Remember, too, that phosphate crystals are made when you eat too much phosphate. Phosphate levels are high in meats, breads, cereals, pastas, and carbonated drinks. Eat/drink less of these, and increase vegetables and fruit. Drink at least 2 pints of purified water per day. You can dissolve all your kidney stones in 2-3 weeks, but make new ones in 3 days if you are drinking tea and cocoa and phosphated beverages.

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