

# Kidney cleanse complete

## Components

- 1 Kidney herbs
- 1 Black cherry concentrate
- 1 Goldenrod tincture
- 1 Ginger capsules
- 1 Uva ursi
- 1 Vitamin B6 capsules
- 1 Magnesium oxide capsules
- 4 bunches of fresh parsley (from the supermarket)



## Dosage chart

	Ginger	Uva Ursi	Vitamin B6	Magnesium oxide
<b>Morning</b>	1 capsule	1 capsule	1 capsule	-
<b>Noon</b>	1 capsule	-	-	-
<b>Evening</b>	1 capsule	2 capsules	-	1 capsule

## Preparation Herbal tea

Measure half of the roots and set them to soak together in 2 1/2 litres of cold tap water, using a non-metal container and a non-metal lid (ceramic, porcelain or enamel coated container will do). After four hours (or overnight), heat to boiling and simmer for 20 minutes. Add half of the black cherry concentrate and bring back to boiling. Pour through a bamboo or plastic strainer into glass jars. Refrigerate half to use this week, and freeze the other half for next week.

Find fresh parsley at a grocery store. Wash it carefully and boil in 2 litres of water 3 minutes. Drain into a glass jar. Refrigerate half and freeze the other half. Throw away the used parsley.

Each morning, pour together 180 ml of the herbal tea mixture and 120 ml parsley water, filling a large mug. Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, etc. Drink this mixture in divided doses throughout the day. 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 cleanse takes up to 4 weeks to complete.