

A kidney cleanse can be applicable in conditions of water retention, benign prostatic enlargement, abdominal bloating related to kidney function, bladder problems and to reduce blood uric acid levels, thereby assisting inflammatory conditions such as gouty arthritis and other rheumatic diseases.

TO DO A KIDNEY CLEANSE YOU NEED :

1. “Anne-Lise’s kidney cleanse herbal extract” (from Specialist Herbal Supplies: 0870 774 4494)

This is a gentle liquid cleansing formula, containing herbal extract which are renowned for their action on kidney and bladder disorders. They stimulate renal function and sooth the delicate mucous lining of the bladder and urethra. They are effective for minor oedema related to reduced kidney function and kidney stones. The cleanse is best when used in combination with a restricted diet low in sugars (fructose from fruits, lactose from milk and regular sugar from processed foods) and low in acid forming foods especially animal proteins and processed foods. The herbs in the kidney cleanse formula are: **Quassia** a tonic with digestive bitter and anthelmintic (destructive to worms); **Bearberry and Golden Rod** a urinary antiseptics; **Gravel root** an antilithic, (dissolves sediments and stones) with soothing and diuretic properties; **Vegetable Glycerin and Marshmallow Root** to sooth mucous membranes; **Cranesbill** a urinary astringent, and **Ginger** an anti-inflammatory and circulatory stimulant.

2. Montmorency Cherry Juice Concentrate (from CherryActive: 08451 705705 or health food shop). Cherry juice is known for its alkalising/normalising effect on uric acid levels. It also contains appreciable amounts of melatonin known to help normalise sleep.

MIX :

- 1 Tbs (10 ml) of kidney cleanse herbal extract
- 2 Tbs (20 ml) of Montmorency Cherry Juice
- 1 litre of pure water (Distilled or spring)

DRINK MIXTURE DAILY FOR 21 DAYS WHILE AVOIDING THE FOLLOWING :

Excessive amounts of animal proteins

You may however include
two meals/week with poultry
two a week with fish
no more than eight eggs a week

All gluten products

You may however include
oat, millet, brown rice, buckwheat, amaranth or quinoa.
Barley does contain gluten but has positive alkalising effect on the kidneys

Black tea, coffee, alcohol, fizzy drinks

You may however include
herbal teas or green tea

Most dairy products

You may however include
fermented goat’s (or sheep) milk (unless you have an intolerance)

Sugar, sweets, biscuits, cakes, chocolate, artificial sweeteners

You may however include
small amounts of honey, organic molasses, pure maple syrup and dates

Refined salt

You may however include
unrefined sea salt (Atlantic or Himalayan)

All tinned products

Use cold pressed extra virgin olive oil or any cold pressed vegetable oils and apple cider vinegar for seasoning