

KIDNEY CLEANING

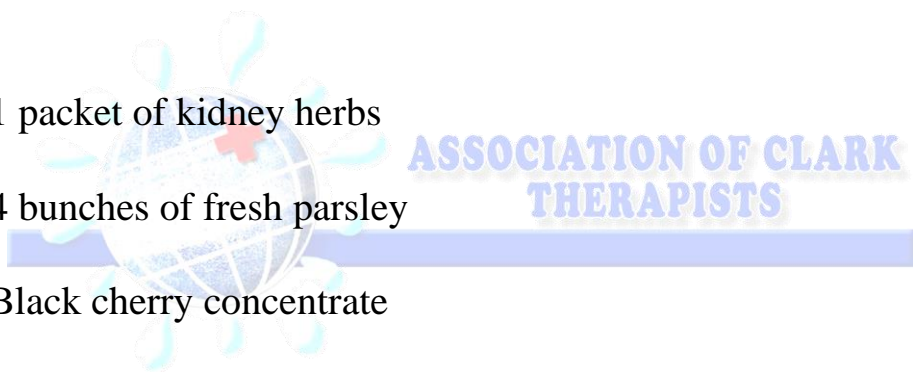
Duration: 3 to 6 weeks (according to the therapist's recommendation)

Material needed:

- ◆ A jug or bowl made of stainless steel
- ◆ 3 glass jars (0.5 liter)
- ◆ 5 plastic jars (0.5 liter)
- ◆ 1 sieve

Ingredients needed:

- ◆ 1 packet of kidney herbs
- ◆ 4 bunches of fresh parsley
- ◆ Black cherry concentrate
- ◆ Goldenrod Tincture
- ◆ Ginger root 500 mg
- ◆ Uva ursi (500 mg)
- ◆ Vitamin B6 (250 mg)
- ◆ Magnesium oxide (300 mg)
- ◆ Oregano oil /always inside an empty gelatin capsule (to be prepared right before it is taken)



1. Put ½ packet of kidney herbs in a stainless steel container in 2.5 liters of water.
2. Put the 4 bunches of fresh parsley in 1 liter of water and boil for 3 mns. Wait for it to cool and put 0.5 liter in a glass jar in the fridge and freeze the other half liter in the freezer. If the parsley water is finished in less than 3 weeks, make more.
3. Every morning prepare : ½ glass of parsley water and ¾ glass of the herb mixture in a non metal pitcher and add 20 drops of goldenrod tincture. Drink this mixture throughout the day, never all at once.
4. Also take:

AT BREAKFAST:

- ◆ Capsule of ginger root
- ◆ 1 Capsule of uva ursi
- ◆ 1 Capsule of vitamin B6

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AT LUNCH:

- ◆ 1 Capsule of ginger root
- ◆ 5 drops of oregano oil (always inside a capsule).

AT DINNER:

- ◆ 1 Capsule of ginger root
- ◆ 2 Capsules of uva ursi
- ◆ 1 Capsule of Magnesium oxide