Fluid Balance

Fluid Balance is a traditional blend built around Parsley Root, the master diuretic herb in the formula, supporting the kidneys in clearing excess fluid from the body. Corn Silk, Juniper Berry, Uva Ursi, and Dandelion Leaf round out the blend, each bringing its own traditional support to healthy kidney and urinary function.

This Herbal Combination:

- Supports healthy kidney and urinary function
- Traditionally used to support the body's natural fluid balance
- Soothes the urinary tract against everyday irritants
- Helps replenish potassium the body loses through fluid clearance

BOTANICAL INGREDIENTS:



Corn Silk

A traditional soothing diuretic, long used to support healthy kidney and urinary function and ease irritation in the urinary tract.



Juniper Berry

A traditional kidney stimulant, used to support the body's ability to clear excess fluid.



Parsley Root

The master diuretic herb in this blend, traditionally used to support the kidneys in clearing excess fluid from the body.



Uva Ursi

A traditional herb for supporting healthy urinary tract function.



Dandelion Leaf

A traditional diuretic herb, rich in potassium - it supports the body's fluid-clearing action while helping replenish the potassium that action can deplete.

HOW IT WORKS

Parsley Root is the master diuretic herb in the blend, supporting the kidneys in clearing excess fluid. In traditional herbal medicine, the skin is sometimes called “the third kidney” - when kidney filtration is under strain and the kidneys can't fully keep up, the body has a backup route, pushing fluid and waste out through the skin as sweat instead. That's the physiological reason Parsley Root and the other kidney-supporting herbs in this blend matter: they support the primary route so the body isn't left leaning as hard on that backup one.

Juniper Berry adds a traditional kidney-stimulating boost to the formula's diuretic action, and Dandelion Leaf - rich in potassium - was added specifically to support the body through that increased fluid clearance, helping replenish the potassium the body loses along with the fluid. Corn Silk and Uva Ursi round out the blend with traditional support for the urinary tract itself, which can use extra support given how many everyday things irritate it - tea, coffee, soft drinks, hard water, and alcohol are all common irritants worth being mindful of.

Dosage

2-4 dropperfuls (1/2 to 1 tsp.), three times a day. For a more serious condition, hot fomentations of Parsley Root tea can also be used directly over the affected area.

From Dara's Practice

One thing I've learned from my own experience with this formula: when my kidneys were low on vitality and couldn't fully clear fluid on their own, I'd notice it as a sudden, heavy sweat — sitting still, and my hair and clothes would be soaked through. It sounds alarming, but it was actually a good sign: the body finding a second way to clear the fluid it needed to release. The skin is sometimes called “the third kidney” in traditional herbal medicine, because sweat can carry off water and waste the kidneys would normally handle, stepping in as backup when kidney filtration is under strain. Once that happened, the swelling in my feet and body would go down and I'd feel much better.

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post “Helping the Body Clear Excess Fluid” at www.daradietz.me.