HEAL MARKETPLACE

KIDNEY/BLADDER TEA

A Traditional Tea for Kidney & Urinary Support

Kidney/Bladder Tea is a twelve-herb loose-tea companion to HEAL's Kidney/Bladder Formula (Kidney Support) tincture. Juniper Berries, Corn Silk, Uva Ursi, Horsetail, Goldenrod, Hydrangea Root, and Gravel Root bring traditional kidney and urinary support, Parsley Root and Dandelion Leaf add their own traditional diuretic support, and Marshmallow, Orange Peel, and Peppermint round the blend into a soothing, pleasant-tasting everyday tea.

This tea works best used alongside the Kidney/Bladder Formula tincture and the Kidney/Bladder Flush, as part of the 5 Day Cleansing & Detoxification Program — though, like Detox Tea, it's pleasant enough that many members enjoy it as a regular beverage on its own.

Ingredients



Juniper Berries

Small aromatic berries traditionally used to support the kidneys.

Corn Silk

A traditional soothing diuretic, long used for bladder and urinary support.

Uva Ursi Leaf

A traditional herb for kidney and urinary tract support.

Parsley Root

A mild traditional diuretic and kidney-supportive root.

Dandelion Leaf

A traditional diuretic leaf that supports the body's natural fluid balance.



Horsetail Herb

A mineral-rich herb traditionally used to support connective tissue and the urinary system.



Goldenrod

A traditional herb for kidney and urinary tract support.



Hydrangea Root

A traditional root long used to support the kidneys and to help discourage stone formation.



Gravel Root

True to its name, a traditional herb used to help the body pass and discourage kidney and bladder gravel/stones.



Marshmallow

A soothing, mucilage-rich herb traditionally used to calm irritated urinary tissue.



Orange Peel

Adds bright, citrusy flavor and rounds out the blend.



Peppermint

Adds a fresh, pleasant taste and traditional digestive support to round out the tea.

Suggested Use

To make a gallon: combine 1 1/4 cups of the dry tea with a gallon of cold water in a pot and let it soak overnight.

In the morning, heat to the point of boiling, then remove from the heat and let it stand and steep for at least 15 minutes.

Strain and pour over ice for a pitcher of iced tea, or strain a cup at a time and drink hot right from the pot.

A Quicker Way — the Coffee Maker Method

Dara's own favorite shortcut when she doesn't want to wait overnight: blend the dry herbs to a fine powder (keep the powder in the freezer once it's ground this fine, to preserve the nutrients), then brew it in a standard drip coffee maker with the filter in place, just as you would a pot of coffee — about 2 tablespoons of powder makes a full pot. If your machine has a strength setting, use the strongest/longest-brew option so the hot water sits with the herbs as long as the pot allows.

With a reusable pod for a single-serve coffee maker, fill the pod only about half full — the herbs swell a good amount as they brew. Dara reuses the same herb for a second brew before cleaning out the pod: the two cups together make a 2-quart pitcher of iced tea when poured over ice, with a little extra water added if needed to fill it. It works just as well as a hot tea, too — simply drink each cup hot as you brew it, and save the second pass through the herb for whenever you're ready for another cup.

Also Used In: The Ultimate Kidney Flush Program

This tea is also the tea used in HEAL's Ultimate Kidney Flush Program, a 3-day stone-dissolving routine that combines fresh apple, lemon, and lime juice, raw apple cider vinegar, this tea, and the Kidney/Bladder Formula tincture.

Herbalist Dr. Shook considered Hydrangea Root — one of this tea's key herbs — a true stone solvent: as a stone's sharp points dissolve, he noted, the pain, hemorrhage, and inflammation they cause subside, and stones often pass with little more than a stretch of the tubes. This is presented here as it has long been told within this tradition — historical testimony, not medical guidance.

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 “Food for the Kidneys: A Daily Formula and Tea” at www.daradietz.me.