Kidney Salve

A salve pack traditionally used to support healthy kidney function.

This Herbal Combination



Parsley Root — the lead herb, a remarkable aid for the whole urinary system. Dr. Christopher paired it with Juniper to get the urine flowing, and it is traditionally used for expelling watery poisons and excess mucus.



Juniper Berry — a prime herb for clearing passive congestion from the kidneys and removing waste through them, while strengthening the kidneys, the bladder and the urinary passages.



Marshmallow Root — soothing to inflamed kidneys and bladder; it relaxes the urinary passages, eases pain, and helps gravel pass smoothly.



Ginger Root — brings circulation to the area so the other herbs can reach the kidneys and do their work.



Burdock Root — one of the best blood-cleansing herbs in nature, traditionally used to increase the flow of urine and relieve congestion in the lymph.

How It Works

One of the best ways to get herbs right into a struggling organ is a fomentation: hot towels soaked in a strong herbal tea, laid over the area and covered to hold in the heat. Fomentations work beautifully, but they are messy and time consuming, and few people will keep them going.

A salve pack does the same job without the fuss. The herbs are already in the salve; spread on flannel and laid over the kidneys with heat, it floods the area with the herbal support the kidneys need for clearing waste. This salve was developed for chronic or inflamed kidneys, to support urine production and the kidney's own healthy function.

How It's Made

The herbs are fully extracted in extra virgin olive oil in a 150° oven for three hours, then the spent herbs are swapped for fresh and the same oil is run through again, three times in all. Beeswax is then added to bring the infused oil to a salve.

Suggested Use

Apply as a pack over the kidney area:

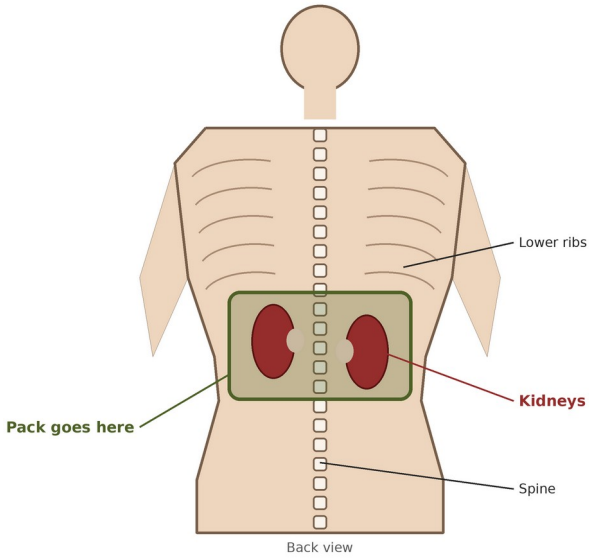
You'll need: Kidney Salve, flannel, Press'n Seal wrap (or any pack holder that works), a towel and a heating pad.

1. Spread the salve on flannel folded in two layers.

2. Lay the flannel, salve side down, over the kidney area on the back. Hold it in place with Press'n Seal wrap or any pack holder that works; castor oil pack holders work well over the kidneys.

3. Cover with a towel and top with a heating pad for 45 minutes to an hour before going to bed.

4. Leave the pack on all night. Reapply as needed to support kidney function.



Pairs Well With

Kidney Support and Kidney/Bladder Tea, taken by mouth to feed and nourish the whole renal system while the pack works from the outside.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "A Salve Pack for Struggling Kidneys" at www.daradietz.me.