HEAL MARKETPLACE

Kidney Support

Nutritional Support for the Kidneys, Bladder & Urinary Tract

- **SUPPORTS** healthy kidney and bladder function
- **ENCOURAGES** a healthy flow of urine so the body can flush the urinary tract
- **FEATURES JUNIPER BERRIES,** a time-honored kidney herb
- **100% organic,** herbal, sugar-free and chemical-free

Kidney Support is our basic nourishing formula for the entire renal system: food for the kidneys. It feeds and supports rather than pushing a strong detox, it tastes good, and it can be used for as long as you like. It can even be your tea of choice for the rest of your life.

This Herbal Combination



Juniper Berries — The largest share of the formula and a time-honored kidney herb. Juniper supports a healthy flow of urine and helps keep the whole urinary tract clean.



Uva Ursi Leaf — A traditional urinary herb that supports a clean, healthy bladder and urinary tract.



Parsley Root — A gentle, nourishing root that supports the kidneys and helps flush the urinary tract.



Corn Silk — A soothing herb that coats and calms the tissues of the urinary tract, keeping the formula gentle.



Goldenrod Flower Tops — Long used to support healthy kidney and urinary function, helping the body clear excess fluid.



Horsetail Herb — Rich in natural silica and minerals, it helps tone and strengthen the tissues of the urinary tract.



Pipsissewa Leaf — A traditional North American urinary herb, a cousin of wintergreen, used to support the bladder and kidneys.



Burdock Root — A classic blood cleanser. Cleaner blood means less work for the kidneys as they filter it.



Burdock Seed — Traditionally used for the kidneys, the seed complements the root with its own gentle support for the flow of urine.

How It Works

Juniper Berries lead this nine-herb blend, with Uva Ursi, Pipsissewa, Parsley Root, Goldenrod, and Burdock Seed supporting a healthy flow of urine so the kidneys and bladder can keep themselves flushed and clean. Corn Silk soothes the tissues along the way, Horsetail adds minerals that tone them, and Burdock Root cleanses the blood the kidneys filter. Together they nourish the whole renal system, day in and day out.

Suggested Use

Kidney Support is usually taken together with our Kidney/Bladder Tea. Add ½ teaspoon of the extract to each 8 oz of hot or iced tea, so a 16 oz mug gets 1 teaspoon. For a gallon pitcher of iced tea, stir a whole ounce into the top of the pitcher and enjoy it through the day.

Drink Freely

Many of our members with kidney concerns drink Kidney/Bladder Tea freely throughout the day, and it's a pleasant way to make up the fluid a healthy system needs. A common guideline is at least half your body weight in ounces each day, so a 150-lb person needs at least 75 oz. Dr. Christopher recommended even more, up to an ounce per pound. For someone 150 lbs or more, a gallon a day is fine. Let the tea carry most of that amount, with Kidney Support added at ½ teaspoon per 8 oz.

Kidney Support, Bladder Support, or Bladder Comfort?

Our three urinary formulas share a few herbs, but each has its own job:

- **Kidney Support** is our basic nourishing formula for the entire renal system: food for the kidneys. Taken with Kidney/Bladder Tea, it can be used as long as you like.
- **Bladder Support** is for incontinence and urgency, which are often caused by a mild infection or bacteria in the bladder or urinary tract. It helps clear that urgency and supports bladder control.
- **Bladder Comfort** is used only for the burning pain of a bladder infection. Taken as a single strong drink, it eases that pain while Herbal Aid 1 and Echinacea support the body in clearing the infection.

Works Well With

Kidney/Bladder Tea is Kidney Support's everyday partner. The two are also used together in our 5 Day Cleansing & Detoxification Program, alongside the Kidney/Bladder Flush, and in our Ultimate Kidney Flush Program.

Make Your Own

Kidney Support is also available as a Dry Herb Kit, with directions for making the formula yourself. Members who use it every day, or who keep it on hand for a large family, find it saves a lot of money.

From Dara's Practice

Kidney infections were part of my life from childhood. By sixteen, an infection and high fevers put me in the emergency room in convulsions, and I lived on antibiotics for the next fifteen years. When I discovered herbs, I finally began to clear the infections from my renal system completely. Kidney Support in my Kidney/Bladder Tea,

along with my hot lemonade (cayenne, lemon juice, apple cider vinegar, and a little maple syrup), have been my daily supports ever since. I haven't had a kidney attack or kidney pain in over 20 years. I know my kidneys are a weak spot, so I keep animal proteins very low, and I have no soda, sugary drinks, or junk food. The body just doesn't need that stuff.

I've been drinking this tea for over 30 years. I don't drink a gallon every day, but I have at least a mug or two, and it's still my tea of choice.

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