HEAL MARKETPLACE

MALE URINARY TRACT SUPPORT TEA

A Make-It-Yourself Recipe for Home Use

This is a classic formula of Dr. Christopher's, put together in response to a patient's distress. It brings together seven herbs traditionally used to support the kidneys, bladder and prostate: helping the body clear gravel and sediment from the urinary tract, soothing irritated tissue, and supporting the body while it fights an infection that has settled there.

Note: HEAL Marketplace does not make this formula. It is a valuable formula, and it does help. But its main herb, Goldenseal, is one of the most expensive herbs there is, and the blend moves so slowly that a batch would sit in our freezer for years before it was used up. So we share the recipe here for anyone who wants to put it together for themselves.

This Recipe:

- SUPPORTS the kidneys, bladder and prostate together
- HELPS the body clear gravel and sediment from the urinary tract
- SOOTHES irritated urinary tissue
- STRENGTHENS the body's own defenses when infection has settled in the urinary tract or prostate

Ingredients

The Herbs (all powdered):

- Goldenseal Root – 3 parts
- Gravel Root – 1 part
- Marshmallow Root – 1 part
- Parsley Root – 1 part
- Juniper Berries – 1 part
- Lobelia – 1 part
- Cayenne – 1 part

A Handy Batch Size:

- 3 tablespoons Goldenseal Root and 1 tablespoon each of the other six herbs makes 9 tablespoons, a little over half a cup. "Parts" can be any measure, as long as you use the same one for every herb.

What Each Herb Brings

Goldenseal Root. The backbone of the formula. A powerful, very bitter herb, long used to support the mucous membranes and the body against infection.

Gravel Root. Named for its traditional use: helping the body clear gravel and stones from the urinary tract.

Marshmallow Root. Its soothing mucilage coats and protects irritated tissue and eases the passage of whatever needs to leave.

Parsley Root. Gets the fluids moving and flushes the kidneys.

Juniper Berries. A traditional urinary antiseptic that wakes up sluggish kidneys.

Lobelia. Relaxes spasm and tension, so the passages can open.

Cayenne. Drives circulation and carries the other herbs where they are needed.

Directions

Step 1 - Mix. Stir the powdered herbs together thoroughly, or shake them in a closed jar, until evenly blended.

Step 2 - Make the Tea. Stir 1 teaspoon of the powder into a cup of hot water. Let it steep a few minutes, then drink it, powder and all.

Step 3 - Or Fill Capsules. If the bitterness is too much, fill #00 capsules with the powder instead.

Step 4 - Store. Keep the powder in a tightly closed glass jar in a cool, dark place. The freezer is best for anything you won't use within a few months.

Suggested Use

Daily support: 2 #00 capsules in the morning and 2 at night.

When the need is urgent: drink ½ cup of the tea frequently throughout the day.

Helpful Hints

- This tea is very bitter. Goldenseal is one of the most bitter herbs there is. A little honey helps, or use the capsules.
- Mix a small batch. Goldenseal is expensive, so make only what you will use in a few months.

Pairs Well With

Prostate Support for ongoing prostate care; Kidney Support and Kidney/Bladder Tea to feed and flush the kidneys; Herbal Aid 1 or Herbal Aid 2 when an infection needs more support.

This information is for educational purposes and has not been evaluated by the Food and Drug Administration. It 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 Bitter Tea Worth Making: Support for the Prostate and Urinary Tract" at www.daradietz.me.