

Kidney Disease

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A disorder where the kidney is no longer efficient at removing wastes from the body, keep body chemicals in balance, or stabilize the amount of water balance that should be maintained.

Dandelion- Internal Purposes: This herb can help the kidneys eliminate waste products. It may also be helpful in treating nephritis.

Cranberries- Internal Purposes: The benefits of cranberries have long been told by grandmothers to their grandchildren that cranberry juice will help to clear up urinary tract infections. Reports have stated that they also acidify the urine, remove bacteria that has built up, and fosters healing of the bladder. Dosage: 8 oz cranberry juice 3 x daily. Pure, unsweetened juice is the only one you should use (available at health food stores. Substitutes will contain sugar which is not beneficial. If you can't get the juice, you can always get capsules instead.

Hydrangea & Uva Ursi- Internal Purposes: These two herbs can remove excess water from the body. One of the best first steps to take in cleaning the urinary tract and keeping it that way is to literally use diuretics to flush the urinary tract. This should assist the urinary tract from harboring harmful deposits of calcium or other mineral salts from being able to settle

Goldenrod Tea, Juniper Berries, Marshmallow Root, Nettle, Parsley, Red Clover, and Watermelon Seed Tea- Internal Purposes: These seven herbs may also be helpful for kidney disorders.