

The Kidney Cleanse

It takes a lot of liquid to "wash" the inside of your body. Taking it in the form of herbal teas gives you extra benefits. And extra enjoyment if you learn to make them with variations - especially if you need to produce a gallon of urine a day!

Any edema or "water holding", whether in lungs, arms, or abdomen, also requires strengthening of kidneys with this recipe.

When kidneys or bladder are actually involved in the cancer, gradually increase the dose to double the regular amounts. Be sure to start just as slowly though to avoid feeling pressure in the bladder. You will need:

- Half a cup dried hydrangea root (*Hydrangea arborescens*)
- Half a cup gravel root (*Eupatorium purpureum*)
- Half a cup marshmallow root (*Althea officinalis*)
- Black Cherry Concentrate, 8 oz. [twice]
- Pinch vitamin B2 powder
- 4 bunches of fresh parsley (obtained at supermarket) [a bunch at stems is about 2 inches]
- Goldenrod tincture (leave out of the recipe if you are allergic to it)
- Ginger
- Uva Ursi
- Vitamin B6, 250mg caps
- Magnesium oxide, 300mg caps
- HCl drops (Hydrochloric Acid)
- Sweetening (optional)

Previous versions of this recipe included vegetable glycerine. Recently I have been unable to find a source free from asbestos and silicone. Omit it.

Measure 1/4 (one fourth) cup of each root [half of the roots] and set them to soak, together in 10 cups of cold tap water, using a non-metal container and a non-metal lid (a dinner plate will do). Add vitamin B2 powder. After four hours (or overnight), heat to boiling and simmer for 20 minutes. Add black cherry concentrate [8oz.] and bring back to boiling. Pour through a bamboo or plastic strainer into glass jar. Drink 3/4 (three fourths) cup by sipping slowly throughout the day (stir in two drops HCl first). Refrigerate half to use this week, and freeze the other half for next week.

Other versions of this recipe allowed reboiling the roots when you have finished your first batch. Although this saves a few dollars, advanced cancer sufferers should use new roots each time. You need to do the kidney cleanse for six weeks to get good results, longer for severe problems.

Find fresh parsley at a grocery store. Soak it in HCl-water (1 drop per cup) with a pinch of vitamin B2 in it for 2 minutes. Drain. Cover with [2 pints of] water and boil for 1 minute. Drain into glass jars. When cool enough, pour yourself 1/2 (half) cup. Add 2 drops HCl. Sip slowly or add to your root potion. Refrigerate a pint and freeze 1 pint. Throw away the parsley. Always add HCl at point of consuming even after pre-sterilizing.

Dose: Each morning, pour together 3/4 (three fourths) cup of the root mixture and 1/2 (half) cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and any spice, such as nutmeg, cinnamon, etc. Then add a pinch of B2 and 4 drops HCl to sterilize. Drink this mixture in divided doses throughout the day. Keep it cold. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, start on half the dose.

Also take:

- Ginger capsules: one with each meal (3/day) (3 per day).
- Uva Ursi: one capsule in the morning and 2 capsules in the evening.
- Vitamin B6 (250mg): one a day.
- Magnesium oxide (300mg): one a day.

Take these supplements just before your meal to avoid burping. You do not need to duplicate the B6 and magnesium doses if you are already on them.

Some notes on this recipe: This herbal tea, as well as the parsley, can easily spoil. Reheat to boiling every third day if it is being stored in the refrigerator. Add HCl drops just before drinking. If you sterilize it in the morning you may take it to work without refrigerating it (use a glass container).

When you order your herbs, be careful! Herb companies are not the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier. Fresh roots can be used. Do not use powder.