



The Kidney Cleanse

**Revitalise the Urinary
System with a Gentle
Kidney Cleanse**



What is a Kidney Cleanse?

AN OPPORTUNITY TO RELEASE TOXINS!

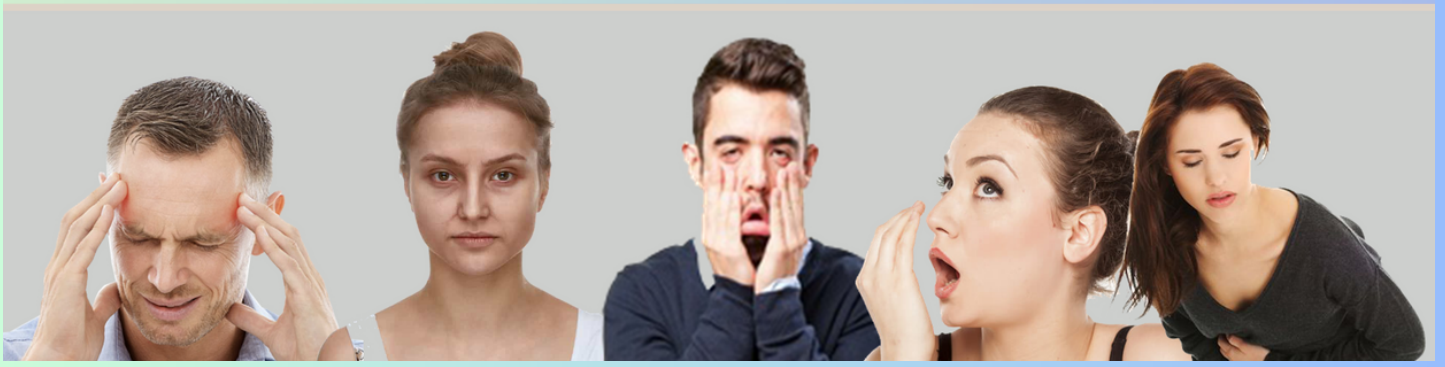
There are six main elimination organs: skin, lymph, colon, liver, kidneys and lungs. These work hard on a daily basis to remove impurities from the body. Sometimes these elimination organs can get a little overwhelmed and so the body produces symptoms.

What are toxins?

A toxin can be something that the body creates itself through normal processes, or from external sources. Some common toxins are plastic from water bottles, unfiltered water, food additives, aluminium-containing deodorants, pesticides, herbicides, hair and skin products. This may seem overwhelming, but the good news is there is plenty you can do to reduce your toxic burden!

When the body is overloaded with toxins, the toxins hang around and slow down cellular function. This can cause brain fog and forgetfulness. You may find that weight increases even though food intake may be less.

Simplify detoxification by changing your habits to support your body's natural ability to detoxify.



Do you need to detox your kidneys?

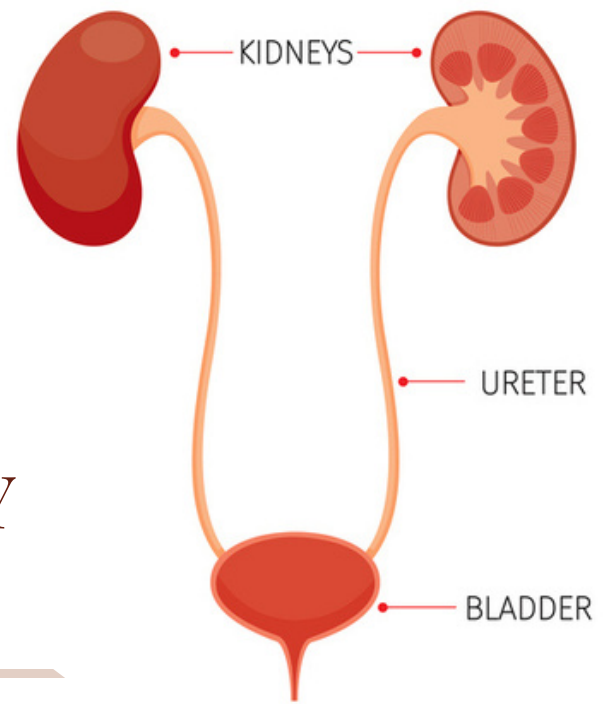
Which of these symptoms do you get more than once a week?

- Dark under eyes
- Swelling under eyes
- Swollen tongue
- Teeth marks on tongue
- Feeling of pressure in bladder
- Back ache
- Swollen fingers/ wrists/ ankles (sock marks)
- Frequent urination (>6 x daily)
- Dark or yellow urine
- Up at night to urinate
- Breathing difficulties
- Wheezing / Asthma
- High Blood pressure
- Testicular issues (males)

URINARY HEALTH

On the following pages you will find some beautiful recipes to help to guide you through a detox, which is specific to supporting urinary health.

WHAT IS THE URINARY SYSTEM?



The urinary system is responsible for the production, storage, and elimination of urine.

Each kidney contains millions of tiny structures called nephrons, which filter waste products, excess salts, and water from the bloodstream. These waste products are then excreted from the body in the form of urine.

The urinary system helps maintain proper blood pressure, pH levels, and overall fluid balance.

The urinary system consists of the Kidneys, Ureters, Bladder, Urethra and Bladder Sphincters which allow for conscious control over urination.

Dysfunction of the urinary system can lead to various health issues, including kidney disease, urinary tract infections, and electrolyte imbalances.

WHO NEEDS THIS?

A cleanse may be considered to support urinary tract health, prevent urinary tract infections (UTIs), or alleviate symptoms like frequent urination or discomfort.

Individuals prone to kidney stones may explore kidney cleanses as a way to help prevent stone formation or to assist in the passage of small stones.

A kidney and bladder cleanse may be seen as a way to reduce bloating and water weight for those with mild fluid retention issues.

People with concerns about kidney function may consider a kidney cleanse to promote urinary health.



HOW THIS DETOX WORKS

On the following pages you will find some beautiful recipes to help to guide you through a urinary detox.

A detox typically lasts between 5-14 days.

Start slowly by increasing your water intake with the Detox Waters and then introducing more detoxing greens into your diet.

Aim to eat and drink as frequently as you wish. These foods are supportive to the body, so eat when you're hungry, alongside your normal dietary intake BUT reduce processed food as these recipes help to keep the body as alkaline as possible and allow it go gently detoxify via the kidneys.

- 1. Start slowly by increasing your water intake with the Detox Waters**
- 2. Introduce more Detoxing Greens**
- 3. Add in Super Smoothies, Soups and Salads**
- 4. Introduce therapeutic teas**
- 5. Complete the kidney flush drinks, lasting one week each**

ARE THERE SIDE-EFFECTS TO DETOXING?

- Headaches
- Nausea
- Skin breakouts
- Lethargy
- Frequent urination
- Loose stools

Disclaimer:

The contents of this document are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. This document does not provide medical advice, diagnosis or treatment. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition.

Detox Waters



LEMON WATER ELIXIR

- **1 cup room-temperature water**
- **1 tablespoon of raw apple cider vinegar**
- **Juice of 1 lemon**
- **Dash of sea salt**
- **1 teaspoon raw honey, maple syrup, or a few drops stevia to taste (optional)**

NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.

CUCUMBER LEMON WATER

- **½ cucumber**
- **1 lemon**
- **A few sprigs of mint**
- **Water**

Wash and slice the cucumber and lemon and rinse the mint. Place all in a jug with water to steep overnight in the fridge.





DETOXING *GREENS*

Increase more
greens in
your diet!



ROCKET



BROCCOLI



KALE



DANDELION
GREENS



MIXED SPRING
GREENS



COLLARD
GREENS



SWISS CHARD



SPINACH



BOK CHOY



KOHLRABI
GREENS



STINGING
NETTLES



BEETROOT
TOPS



WATERCRESS



WHEATGRASS



BARLEYGRASS



MUSTARD
GREENS



ROMAINE
LETTUCE



CABBAGE



Super Smoothies

ALKALINE SMOOTHIE

- 1/2 a cucumber, chopped
- 1 cup chopped spinach
- 1/2 a Green apple, chopped
- 1 cup romaine lettuce, chopped
- Juice of half a lemon
- 1 tsp grated fresh ginger
- 1-2 cups water
- 2 scoops of any Super Greens Powder



GREENIE JUICE

- 1/2 cup chopped kale (no stems)
- 1 handful baby spinach leaves
- 5 stalks celery
- 1 large cucumber
- 1 green apple, cored and chopped
- Juice from 1 lemon
- 1/2 bunch of parsley
- 1/2 cup coconut water



ALKALISING DETOX BROTH

INGREDIENTS

- ¼ red cabbage & ¼ green cabbage
- 8 Brussels sprouts
- 4 asparagus spears
- 1 parsnip
- 1 courgette
- 3 potatoes
- 1 handful broccoli
- 10 green beans
- 2 sticks celery
- 3 large carrots
- 1 cup shiitake mushrooms
- 3 bundles of bok choy
- 1 handful fresh parsley and coriander
- 1 leek
- 2 small white onions
- 1 large piece of ginger
- 3 cloves garlic
- 1 bay leaf
- Pinch celtic sea salt and black pepper
- 12 cups of water (add more if required)



How to make this recipe:

- Chop ingredients finely and place into a large saucepan. Bring to a boil and simmer for one hour with the lid on. Allow to cool for 30 minutes. Strain the vegetables out and pour the liquid into a large container.
- Place the vegetables in an airtight container and freeze for later use.



Miso Veg Soup

Serves 4

INGREDIENTS

- 6 cups vegetable stock
- 3 tablespoons miso paste
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 3 minced garlic cloves
- 1 cup chopped broccoli
- 2 spring green onions, chopped
- 2 tablespoons coconut aminos
- 1 tablespoon fresh coriander
- 1 lime, juiced

In a large stock pot, bring stock to a gentle boil. Add vegetables. Cook lightly for 10 minutes. Turn off the stove, Add miso paste only at the end.

Never cook or boil miso paste. Garnish with coconut aminos, coriander and lime juice. Enjoy!



pH Balancing Broth

Serves 8

INGREDIENTS

- ¼ green cabbage
- ¼ red cabbage
- 8 Brussels sprouts
- 4 asparagus spears
- 1 parsnip
- 1 courgette
- 3 potatoes
- 1 handful broccoli
- 10 green beans
- 2 sticks celery
- 3 large carrots
- 1 cup shiitake mushrooms
- 3 bundles of bok choy
- 1 handful fresh parsley, and coriander (optional)
- 1 leek
- 2 small white onions
- 1 large piece of ginger
- 3 cloves garlic
- 1 bay leaf
- Pinch celtic sea salt and black pepper
- 12 cups water (add more if required)

Chop ingredients finely and place into a large saucepan. Bring to a boil and simmer for one hour with the lid on. Allow to cool for 30 minutes. Strain the vegetables out and pour the liquid into a large container. This broth can be drunk throughout your detox if you wish. Place the vegetables in an airtight container and freeze for later use.

Rainbow Salad

SERVES 2

- 4 chopped green onions
- 10 cherry tomatoes
- 1 cup rocket leaves
- 4 finely grated carrots
- 1/2 cup finely chopped cabbage
- 1/2 cup chopped cucumber
- 1 cup alfalfa sprouts of choice

Dressing

- 1/2 tsp of Italian herbs
- 6 tablespoons olive oil
- 1 chopped garlic clove
- Juice of a lime
- Pinch of Himalayan rock salt
- Dash of honey



Kale & Spinach Salad

Serves 2

- 1/4 cup pine nuts
- 3 TBSP olive oil
- 3 garlic cloves, minced
- 1/2 bunch kale, chopped with tough stem centres removed
- 1/2 bunch spinach
- 1/2 teaspoon red pepper flakes
- 1/2 cup water
- Salt and pepper to taste

- 1) Heat a large sauté pan hot on medium-high heat and add the pine nuts. Toast them until they are fragrant and begin to brown. Pay attention as pine nuts burn easily. Stir or toss the nuts frequently. Once they are toasted, remove from pan and set aside.
- 2) Add the olive oil to the pan and swirl it around. Add the garlic and sauté for 30 seconds; the pan should already be hot, so it won't take long for the garlic to begin to brown.
- 3) Add back the pine nuts, add the greens and mix well.
- 4) Sauté, stirring often, until the greens wilt and begin to give up some of their water, anywhere from 1-2 minutes for spinach to 4-5 minutes for kale.
- 5) Sprinkle a little salt and red pepper flakes on the greens.
- 6) Add the water.
- 7) Toss to combine and let the liquid boil away. Once the liquid boils off, remove from heat.
- 8) Add salt and pepper to taste.

SALADS

Warm Buddha Salad

Serves 4



INGREDIENTS

- 1.5 cup of cooked black beans or one can rinsed and drained
- 5 cups of thinly sliced cabbage: Red or Green
- 2 cups steamed and chopped green beans
- 1/2 a cup of grated carrot
- 1/2 a cup of chopped green onion
- 1/2 a cup raw pumpkin seeds
- 1/2 a cup of finely chopped coriander



SAUCE IT UP!

- 3 tablespoons of toasted sesame oil
- 1/3 cup of dulse flakes seaweed
- 1/4 cup of raw apple cider vinegar
- 3 tablespoons of honey or coconut nectar
- 2 tablespoons of coconut aminos
- 1/2 teaspoon of Himalayan Crystal rock salt



INSTRUCTIONS

- In a bowl mix together all of your salad ingredients
- In a separate jar, combine the dressing ingredients
- Pour the dressing over the salad and toss gently
- Sprinkle with sesame seeds and serve.

Therapeutic Teas

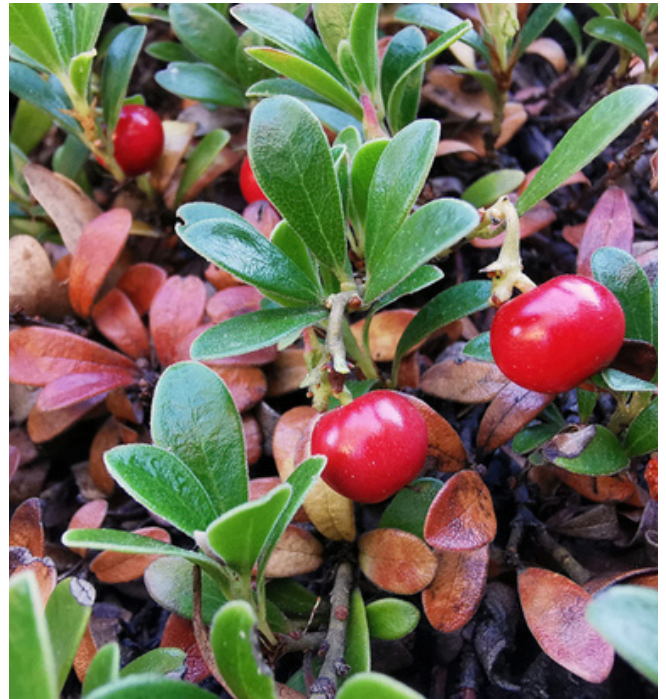
URINARY INFECTION TEA

1 teaspoon uva ursi

½ teaspoon each corn silk, cramp bark, marshmallow root and rose hips

1 cup of water

Simmer herbs in water for a couple of minutes, then steep them for 20 minutes. Strain herbs. Drink 2 to 4 cups daily. To make sure the infection is gone, continue taking the herbs for 2 days after the symptoms disappear.



FLUID RETENTION TEA

1 teaspoon Dandelion root

1 teaspoon Dandelion leaves

1/2 teaspoon Nettle leaves

1/2 teaspoon Spearmint leaves

Steep mixture in 1 cup of water for 10 minutes.

Kidney Flush Week 1

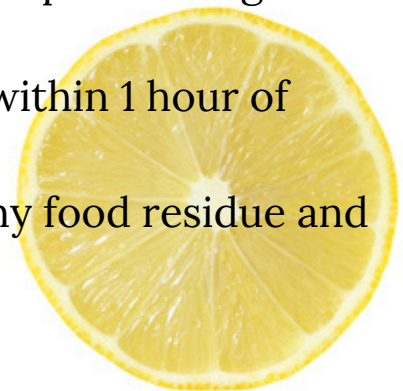
KIDNEY FLUSH DRINK - 1ST WEEK

You will need:

- Juice of one lemon and one lime (preferably organic)
- 1 litre of filtered/distilled water
- 1 pinch – 1 teaspoon of cayenne pepper (work up to the higher dose slowly).

Mix together and drink on an empty stomach within 1 hour of waking.

This rinses and flushes the digestive tract of any food residue and stimulates the kidneys.



Barley water – 2nd week

(NOT SUITABLE FOR COELIACS)

Barley water is a traditional drink, which supports and nourishes the kidneys.

You will need:

Barley water is a traditional drink, which supports and nourishes the kidneys.

- ½ cup of whole / pearl barley (preferably organic)
- 5 cups of filtered / distilled water
- ¼ of a cinnamon stick
- 1 inch grated ginger
- Freshly squeezed lemon juice

Place the barley, water, cinnamon and ginger into a pan and simmer for 20mins. After cooling, strain and finally add the fresh lemon juice to taste.

Drink 1 – 3 cups daily. Can put in a flask and drink throughout the day if easier.





Which Herbs Can Support the Kidneys?

Many herbs can strengthen or support the kidneys. They act in several ways:

Urinary astringent - tightens the tissues

Urinary demulcent - soothes the tissues

Urinary antiseptic - inhibits infectious organisms

Diuretic - increases urinary output

Urinary Herbs

Uva ursi (Arctostaphylos uva-ursi): Contains a compound called arbutin, which is converted into hydroquinone after being metabolised. This combats urinary tract infections (UTIs) by inhibiting the growth of bacteria.

Cranberry Extract (Vaccinium macrocarpon): Contains compounds that can help prevent the adhesion of certain bacteria, like E. coli, to the urinary tract walls, reducing the risk of urinary tract infections (UTIs)



Urinary Herbs

Marshmallow Root (*Althea officinalis*): Traditionally used to soothe irritated mucous membranes, and provide relief from urinary discomfort by reducing inflammation.

Goldenrod Leaf (*Solidago virgaurea*): A diuretic herb to eliminate excess fluids from the body.

Asparagus (*Asparagus officinalis*): Promotes the excretion of excess fluids and waste products through urine, without incurring potassium loss.

Buchu Leaf (*Agathosma betulina*): A diuretic to increase urine flow and reduce water retention.

Ginger Root Extract (*Zingiber officinale*): Anti-inflammatory and may reduce inflammation in the urinary tract.

Parsley Leaf (*Petroselinum crispum*): A good source of antioxidants and essential nutrients that support overall health.

Corn Silk Extract (*Zea mays*): A has diuretic and anti-inflammatory properties and soothes the urinary tract.

Juniper Berries (*Juniperus communis*): Juniper berries have diuretic properties and may help increase urine production.

HOW TO TAKE HERBS



Teas - Infusion, Decoction

Tinctures

Capsules

Tablets

Extracts

Powders

Making Herbal Tea - an infusion

Suitable for Leaves, flower, soft stems.

Add 1-2 teaspoons fresh herb

Infuse 10 - 15 minutes

Strain

Drink 1-3 cups daily or use as a base to smoothies, ice lollies, desserts or chilled drinks.

Making Herbal Tea - a decoction

Suitable for Twigs, berries, roots, woody stems.

Soak in cold water.

Bring to the boil Simmer for 20 minutes, covered.

Strain.

Drink 1-3 cups daily

Would You like to Learn More about How to Use Herbs Safely and Effectively Within Your Practice?



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