

KIDNEY AID

Kidney Aid has been formulated to help support optimum kidney functioning. Its tonic benefits aid in fluid balance and kidney detoxification.

Ingredients:

Boldo: Traditionally from Chile, used for kidneys, liver, bladder and for urinary tract infections. Boldo is the major kidney support herb in Central and South America, comprising many important compounds.

Burdock Root: A blood purifier and diuretic in supporting fluid balance. Helps with skin conditions.

Fo Ti Tieng: Tonifies, warms, invigorates and nourishes the blood. A tonic for kidneys, liver, and blood. In Chinese medicine it helps promote longevity. We grow our own Fo ti tieng (He Shou Wu)

Chanca Piedra: An Amazon plant known as “stone-breaker,” for its traditional use in breaking up and expelling both kidney stones and gall stones. It supports liver, kidney, gall bladder and urinary tract.

Uva ursi (Bearberry): It is astringent, strengthening to irritated and inflamed tissue. Uva Ursi cleanses the blood & colon, tones the urinary tract, & helps against infections, including yeast overgrowth. This herb reduces accumulation of uric acid. It is a mild diuretic is important herb for both the kidneys & liver.

Noni (leaf): Supports kidney functioning, good for fluid balance. Helps the body cleanse & handle stress.

Asparagus root: It is cleansing to the kidneys, a diuretic. Asparagus root detoxifies and creates the ammonia smell in the urine. Asparagus is a great food steamed, in salads or lightly sautéed with other vegetables. It is widely used in Ayurvedic foods and medicine.

Horsetail: Strengthens the bladder, helps flush kidney stones. It makes urine and contributes to the control of edema (fluid retention). Mineral rich, especially with silica, a co-factor of calcium and magnesium.

Atlantic sea plants: Full of minerals, they replenish them in the body along with vitamins, See our profile on **Essence of Sea Plants** as well as the articles on seaweeds. These come from eastern Canada.

Manzanita berry & leaf: A diuretic used in traditional Mexican formulas for cleaning the kidneys.

Damiana: Traditional use in Mexico, increases urine flow and helps with sexual potency and circulation.