

Dave's Kidney Formula

- **Urinary tract health**
- **Respiratory function**

Kidney Formula is a combination of herbs which support healthy kidney function, which in turn may support healthy skin and lung function, both known through Chinese medicine to be linked to the kidneys.

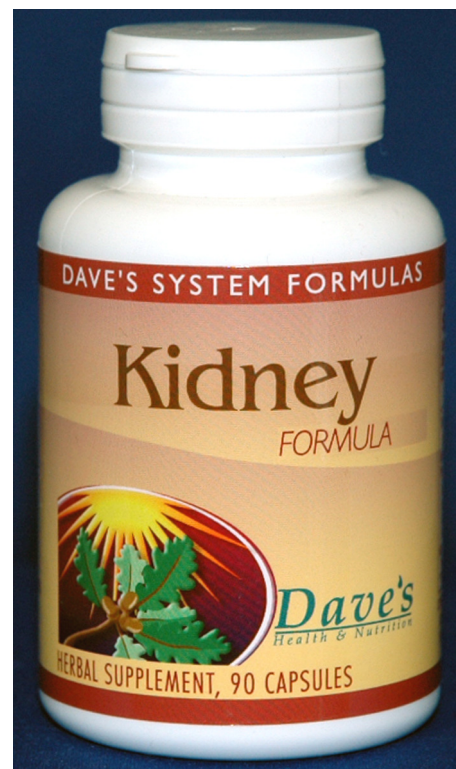
The kidneys are a major filtration system of the body. They filter the blood to get rid of uric acid and other contaminants that come out as liquid waste. We have two kidneys which have a vast reserve capacity.

The Chinese say that healthy kidneys contribute to good hair, nails, ear health, and even bone health. According to the Chinese, kidney signs relate to fear emotions; as we say in English, "he was so scared he wet his pants." Chronic urinary problems can be characterized as one being "pissed off."

Many people don't often know there is a problem with their kidneys until these major symptoms arise. Other problems include starting or stopping urination, leaking, and bedwetting. Other physical signs that show on a person's face are swollen upper eyelids, deep vertical lines of the cheeks, and vertical lines above and below the lips which is directly related to the hormones.

Causes of kidney weakness or disease can be inherited (genetic). They include heart problems, high blood pressure, viruses, and infections. Toxins and medications can weaken and damage the kidneys, especially pain relievers. Dietary issues are always a concern. Stay away from tobacco, alcohol, coffee, black tea, sugar, and excessive consumption of protein.

Formula includes: Knotweed, Rosehips, Watercress, Sarsaparilla, Veronica, Agrimony, and Meadowsweet.



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Herbal Formula

Agrimony has been used to aid urinary tract and liver health. It has been used for those with mild diarrhea symptoms.

Knotweed is a little-known herb that is helpful for the urinary, digestive, and upper respiratory systems. It helps maintain good blood health and is soothing to the mucus membranes of the urinary tract.

Meadowsweet (Spirea Ulmaria) has been used for urinary and bladder health. It contains salicylic acid which may reduce fevers and discomfort in joints.

Rosehips have been used for their bioflavonoid, antioxidant, and Vitamin C content. They protect and support normal urinary function, the digestive system, and liver health.

Sarsaparilla is a kidney-bladder tonic aiding in normal urinary health. It is known to purify the blood by a beneficial liver action. It also supports healthy skin function.

Veronica (Speedwell) has been shown to support urinary health. It dissolves mucus, purifies the blood, and helps skin problems. It has been used for arthritis and upper respiratory problems.

Watercress has been used traditionally for healthy kidney-bladder function. Rich in minerals, this is the only inland plant rich in iodine, which can aid in thyroid health. Trace minerals support healthy endocrine system and adrenals. Watercress helps maintain healthy stomach mucosal lining as well as being soothing for the respiratory system.

Traditional herbal uses

- **Bladder support**
- Digestive support
- Itching
- Joint health support
- **Kidney support**
- Liver health
- Respiratory support
- Skin health
- **Urinary health**
- **Urinary tract support**