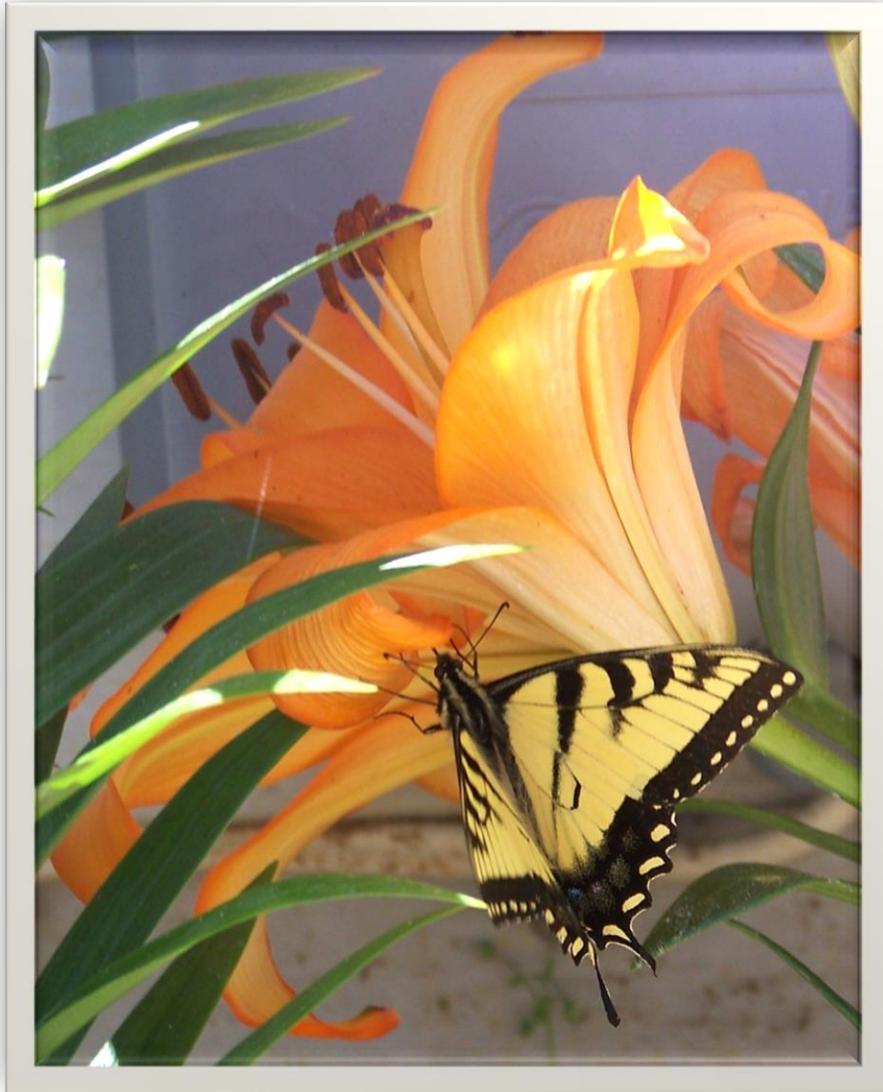


H.E.A.L.'s Incurables Series:

# Kidney Flushing



Health Through Nutrition Series

**HEAL Marketplace**

360 Carpenter Road, Rutherfordton NC 28139

<http://www.healmarketplace.com> Email [Dara@ladyofherbs.com](mailto:Dara@ladyofherbs.com)

H.E.A.L. Marketplace is owned and operated by Dara & Michael Dietz. Who believe together we can make a difference and create a brighter happier tomorrow for all of us.

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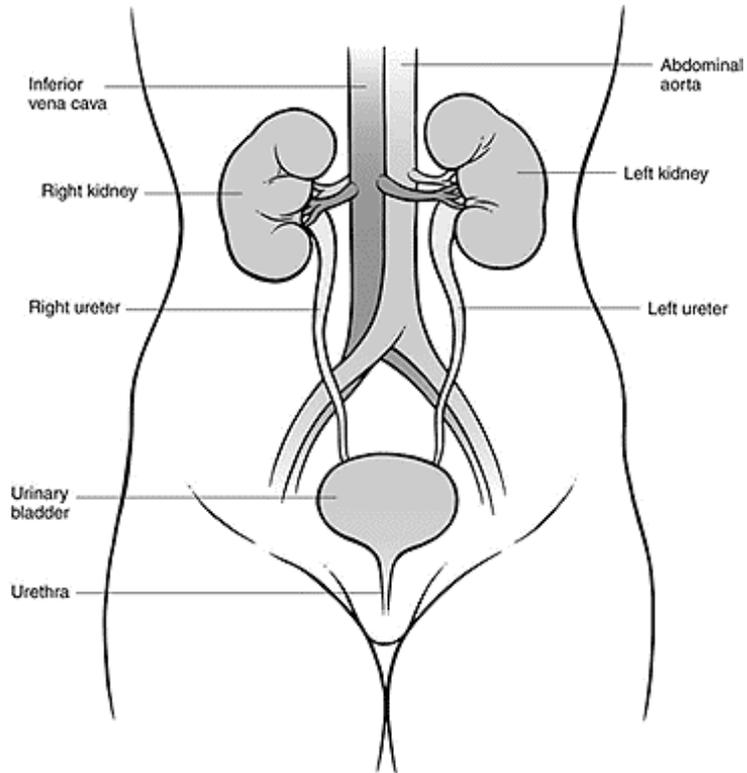
**Find us on the Web at:** <http://www.healmarketplace.com>

# Cleansing the Kidneys

Everyone under estimates the power of the cleansing programs. Failure to do the cleansing programs rigorously and repeatedly can cause you to **not get well**.

I've spoken with members who swore they were on the Incurables program, **yet they only cleansed their Liver & Kidneys once in a while**, every few months. They did not seem to regard the flushes as critical. They are.

The kidney Cleansing Routines usually work best when done every other week, all week long. The Five Day Liver Flush was only the beginning. Those drinks and flushes supported the body as it began processing layers of disease and waste from the system. It is now important to continue flushing the system with restorative herbals and nutritional juices while the body finishes the waste removal begun during the liver flushing routines.



NORMAL ANATOMY OF THE KIDNEYS AND URINARY TRACT

Everyone wants a "**silver bullet**", they hope H.E.A.L. will provide them some herbal remedy in a bottle to reverse all the damage, heal their diseases and fix decades of unconscious living in a weekend. This just can't be done. *Anyone who claims they can do this is lying.*

## What are the kidneys and what do they really do?

The duties of the kidneys are best described by calling them the filters of the blood.

Your blood flows constantly through your kidneys to be purified or filtered. You might be surprised to learn that more than 500 grains of waste matter, acids and poisons have to be moved from the blood through the kidneys every 24 hours. You can easily see, therefore, that on this filtering and eliminating depends your health, to a very great extent. Let the kidneys fail to function properly and nature will call your attention to it right away.

**When your kidneys fail to function correctly you will feel depressed and tired, restless at night, and pains in the back will show up.** There might be scanty urine or a desire to urinate frequently. Your head will ache and many other aches and pains will be making their appearance.

You really cannot be surprised that you do not feel well.

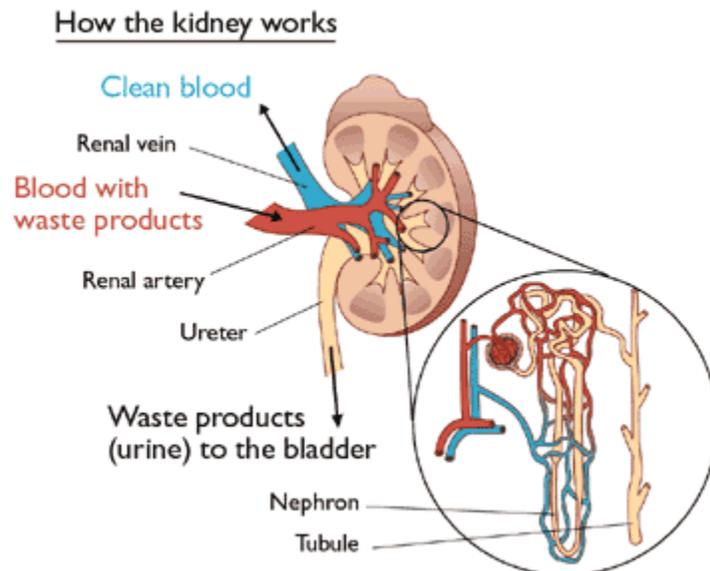
Just figure your kidneys would do only half the work and eliminate only 250 grains of waste, what will become of the other 250 grains? They will be carried back into your blood and poison your system.

**Watch, therefore, your kidneys and deal with even minor irregularity promptly.**

To avoid trouble be careful with your diet.

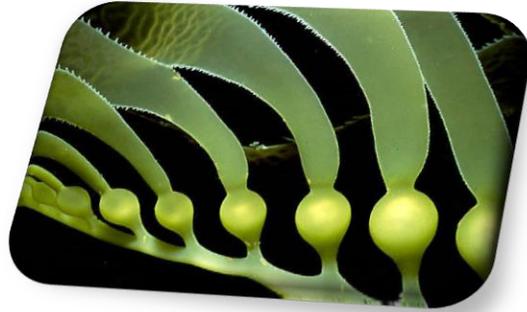
Americans consume daily 80 grams of meat or nearly 3 ounces more of protein—thus attempting to dispose of about 35 grams more than we have capacity for. This overload gradually smashes the kidneys and throws them out of commission.

**Our kidneys cannot talk; they just have to stay mum until a hundred-and-one bodily disorders start us looking around for some mysterious cause of serious trouble.** Then, as a rule, it is too late to apologize to the kidneys.



## Kelp:

Kelp can be of great help in arthritis and rheumatism. These are due to an excess of certain acids in the system, and are **usually associated with faulty kidney function** plus a deficiency of the sodium salts. Orthodox medicine treats this problem with massive doses of sodium compounds to counteract acidity. Unfortunately this overdosing ruins the digestion and the kidney functions; arterial disease may also result. Sufferers from these conditions should limit their intake of acid forming foods, such as sugar, white flour products, and overcooked foods. They should eat plenty of fresh fruits and vegetables--and **Kelp--which will help de-acidify the system and provide the necessary salts as well.**



## Quick Fix for My Kidney Pain

As I have shared many times, I've had serious kidney infections since my early teens. After discovering a natural way of healing them in 1998 I developed a system of herbal drinks that quickly knocked out the pain of a kidney infection or attack.

I often woke up in the middle of the night in serious pain. My back would ache badly. I found if I drank the three following drinks one right after the other I could knock out the pain in about 45 minutes.

### Here is what I drank:

➤ **1 oz Echinacea in about 16 oz of hot water.**



➤ **1 tablespoon Herbal antibiotic in large 12-16 oz cup hot water (with Honey)**

➤ **16 oz Kidney flush: 14 oz distilled water, 2 or 3 oz Lemon juice, 1Tlb Honey or Maple syrup, 1 tsp or as much cayenne as I could handle.**

HEAL Marketplace's

# Kidney Flush Kit



## Small Kidney Kit

This is enough for 1 person for 1 week.

- 4 oz Echinacea
- 2 oz Detox
- 2 oz Kidney Bladder Formula
- 2 oz Cayenne extract
- 8 oz Kidney Bladder Tea

## Large Kidney Kit

This is enough for 1 person for 2 week.

- 2-4 oz Echinacea
- 4 oz Detox
- 4 oz Kidney Bladder Formula
- 4 oz Cayenne extract
- 16 oz Kidney Bladder Tea



## HEAL Marketplace Starter Kit

- 1 lb Superfood
- Lower Bowel Formula #1
- Lower Bowel Formula #2
- 4 oz Echinacea

## Prerequisites

Everyone, who wants a healing experience, I MEAN EVERYONE, needs to start with the same basic programs for the first TWO MONTHS. They may need to add some of the Specific Herbal Formulas; listed on our website, but nobody escapes doing ALL of these Foundational Programs.

## BOWEL CLEANSING BOOSTING WITH ECHINACEA JUICING & SUPERFOOD

These programs must be established and continued throughout the week of kidney flushing. Here is why.

**The Bowel is the largest elimination organ in the body.** If it becomes backed up or is not working properly for any reason, all the toxic waste you are stirring up for elimination will be reabsorbed. This can cause you to experience what is sometimes called 'crashing'. When this happens a person can feel as though they are coming down with the flu. They can experience muscle aches all over. Mental depression can set in. All of this is because they have overloaded their system with toxins.



A second reason for using the bowel cleansing program is to absorb the toxic waste the liver is dumping into the bowel, which can cause discomfort when eliminated. The charcoal and Clay absorb the toxic waste and bind the contents of the bowel making elimination much more comfortable.

## Boosting with Echinacea

**Boosting with Echinacea** also prevents the 'crash' from happening. When you boost your immune system you are providing more agents to aid in the removal of toxins from your system. This will enable you a shorter recover period from any illness and quicker elimination of toxins for a faster over all healing time.



## Superfood & Juicing

**Superfood & Juicing** provide the raw nutrition your body needs to rebuild. The master herbs you are using do not contain all the nutrition needed to do the work they are capable of doing. The raw nutrition provided by juicing and using Superfood goes directly to cellular level and is available in your body as material for your healing process.



	S u n d a y	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y	S a b b a t h	S u n d a y
Name:								
7:00— Warm Water								
TEA								
7:15— #2								
7:20— Enema								
7:40— Hot & Cold								
8:00— Flush								
8:15— Teas for Flush								
8:30— Juice with Superfood								
9:00— 20 Minute Walk								
10:00— TEA								
10:15— #2								
11:00— Juice								
12:00— Flush								
12:15— Teas for Flush								
12:30— Juice with Superfood								
1:00— TEA								
1:15— #2								
2:00— Exercise 20 minutes								
2:30— Juice or Potassium Broth								
3:00— Juice or Potassium Broth								
4:00— TEA								
4:15— #2								
5:00— 20 Minute Exercise								
5:45— Flush								
6:00— Teas for Flush								
6:30— Juice With Superfood & #1								
7:00— TEA								
7:15— #2								
8:00— Hot and Colds								

# Incurable Program

## Raw Food Schedule

### Sample Daily Schedule for 5 day Programs

7:00am	<a href="#">Take LBF#2</a> then <a href="#">Drink 8-16oz warm</a> distilled or purified <a href="#">water</a> .
7:10am	<a href="#">Skin Brush</a> , then take <a href="#">hot &amp; cold shower</a> – 7 repetitions.
7:45am	Drink <a href="#">Liver Flush</a> or <a href="#">Kidney Flush</a> Drink.
8:00am	Drink 2 cups of Detox Tea with Extracts
8:15am	<a href="#">Take 2 dropperfuls of D-Tox Formula</a> or <a href="#">2 dropperfuls of Immune Booster</a> .
9:00am	Morning <a href="#">Fresh juice</a> with <a href="#">Nature's Superfood</a> . – Optional; fresh fruit blended in drink.
9:30am	Morning walk.
10:30am	<a href="#">Take 2 dropperfuls of D-Tox Formula</a> or <a href="#">2 dropperfuls of Immune Booster</a> .
11:30am	<a href="#">Take LBF#2</a>
12:00pm	Lunch: <a href="#">fresh juice</a> or salad or fruit.
1:30pm	Drink 2 cups of Detox Tea with Extracts
2:00pm	<a href="#">Take 2 dropperfuls of D-Tox Formula</a> or <a href="#">2 dropperfuls of Immune Booster</a> .
3:00pm	<a href="#">Take LBF#2</a>
4:00pm	<a href="#">Fresh juice</a> with <a href="#">Nature's Superfood</a> .
4:30pm	Drink 2 cups of Detox Tea with Extracts
4:45pm	<a href="#">Take 2 dropperfuls of D-Tox Formula</a> or <a href="#">2 dropperfuls of Immune Booster</a> .
5:30pm	<a href="#">Take LBF#2</a>
6:00pm	Dinner: <a href="#">fresh juice</a> or salad or fruit. <a href="#">Take L.B.F.#1</a> .
7:00pm	<a href="#">Take 2 dropperfuls of D-Tox Formula</a> or <a href="#">2 dropperfuls of Immune Booster</a> .
8:30pm	<a href="#">Take LBF#2</a>

## Kidney Flush Shopping List:

- Distilled Water
- 5 lb Lemons
- 3 lb Limes
- Maple Syrup or Honey

Optional Fruits & Veggies to juice (use what is best for you)

- Apples
- Celery
- Cabbage
- Onions

Fresh Fruit and Veggie Juice is a requirement for a proper Kidney Flush. You may also want to make batch of Potassium Broth for use during your week of Juice Fasting.

## Potassium Broth Recipe:

This is a great-tasting addition to your cleansing program. It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

**Fill a large pot with:**

- 25% \*potato peelings,
- 25% \*carrot peelings and whole chopped beets,
- 25% chopped onions including 50 cloves of garlic,
- 25% celery and dark greens.
- Add hot peppers to taste.
- Add enough distilled water to cover vegetables

**Simmer on very low temperature for 1-2 hours. Strain, or just dip your mug in, and drink only the broth.**

Put the vegetables in your compost. Make enough for two days, refrigerating the leftover broth. It is important to use Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while we are on a cleansing and detoxification program.

*\* If you have no use for a large amount of peeled potatoes or carrots you can use the entire vegetable instead of just the peeling. Use 25% potatoes & 25% carrots unpeeled & chopped.*

## Five-day Cleansing & Detoxification Program for the Kidneys

**IMPORTANT NOTICE:** You must complete the 2-week bowel detoxification and rebuilding program using Lower Bowel Formula Formulae #1 and #2 and CONTINUE taking #1 & #2, before you begin this program. Then you may either do this 5-day Kidney Cleanse, or the 5-day Liver Cleanse. Or you may do both! The liver usually is detoxified before the kidneys, but you may reverse this if desired.

Upon arising drink 8 ounces of distilled water with lemon juice.



*This is a great way to start your day. The lemon-water rinses and flushes your digestive tract of any leftover food and digestive juices.*

Within 1 hour prepare the following Kidney Bladder Flush:

### Mix & Drink:

- Juice of one lemon and one lime
- 16 to 32 oz of distilled water
- Up to a Teaspoonful of Cayenne
- Maple syrup to taste (optional)



## Fifteen Minutes Later...



✓ Fifteen minutes after drinking the kidney/bladder flush, drink 2 cups of a kidney/bladder formula.

✓ In each cup of the Kidney/Bladder Tea, add 2 dropperful (1/2 tsp.) of the kidney/bladder tincture.

*Also drink 1 to 2 cup(s) of this tea in the early afternoon and early evening.*



## Final instructions

This completes the Kidney Flushing Drinks. These can be repeated up to three times a day, each of the five days the program is being done. The 2 cups flushing teas and drops with the Kidney/bladder formula should be done every three hours (five times a day) regardless how many flush drinks you do each day.

**The Detox Formula** should be continued during the week of kidney flushing when healing the body of any major cancer or serious disease.

Add ½ tsp to an ounce or two of the Kidney bladder tea five times a day, (every 3 hours).



## Instructions for Making the Kidney Bladder Tea

Measure Two (2) tablespoons Kidney/ Bladder herbs for each 20 ounces of Distilled water:



1/8<sup>th</sup> Cup



### To Make a Gallon

Combine 1 ¼ cups Kidney Bladder herbs in 1 gallon distilled water.



### Combine in large pot:



1 ¼ cups Kidney Bladder tea



1 gallon  
Distilled water



Cover and soak all night.



- ✓ In morning heat distilled water and tea to point of boil.
- ✓ Remove from heat, cover and simmer for at least 15 minutes.
- ✓ When ready to consume, strain into cup.

# Food Programs

The two food program choices are:

*Juice Fasting for the entire Five Days, (more intense cleansing) **OR**  
2 Days of a Purifying Raw-Food Program and a 3-Day Juice Fast (milder cleansing)*



## Day #1 Breakfast

Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients. They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

## Day #1 Lunch

For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and Spices.

## Afternoon Snacks:

Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth and herb teas. All vegetable food must be stopped by 6 p.m.

## Day #1 Dinner

Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.



## Day #2, #3 and #4

Now we begin the 3 day fast. Start with your water, morning flush drink and herbal tea. Diluted fruit juices and herb tea until noon, diluted vegetable juices, Potassium Broth and herb tea mid-day and afternoon and diluted fruit juices and herb tea again in the evening.

Consume at least 1 gallon (128 ounces) of liquid. That is 8 ounces every hour!

**If you get hungry, DRINK MORE!!!**

## Day #5:



Today is the day to break your fast. Make this day the same as day #1. Continuation of the fast with your morning drink and then you can have some fresh fruit. Chew it very slowly and mix each mouthful with plenty of saliva.

**Remember,** breaking your fast is a very important part of this program. Chew your food well and eat until satisfied, not full. You may always eat more later, if you are still hungry.

After 1:00 PM you may have a small vegetable salad, and fruit again in the evening, chewing everything to a liquid pulp.



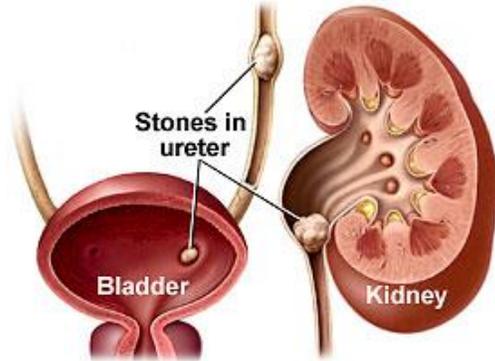
**Remember, this program restricts the types of food you will be eating, not the amount.**

If you are hungry at any point during this detoxification program, drink and/or eat more. The more you eat and drink, the more you will flush the toxins out of your body.

**Also remember to have a fun time.**

Your positive, healing attitude is most important to achieve maximum benefits out of this program; be loving to yourself. Take it easy when returning to a new healthy food program. Choose lighter foods for a few days and be careful not to overeat. Chew your food well. Eating smaller meals more often is better than one or two large meals. Enjoy your new set of values on food choices and amounts. For the best health, become a vegetarian. Repeat this program until you are well and then do it at least once every 3 months.

## Ultimate Kidney Flush & Stone Dissolve Routine



Uric Acid Crystals in the Kidneys are easy to dissolve quickly. Small calcium gravel and plaque is easier and faster to dissolve than one large stone. Regardless of the size of your crystal and rock collection, if you have or even suspect any type of sediment, gravel or stone in your Kidneys or Bladder, or have been diagnosed by a doctor as having them, it is time to get to work.

### GRAVEL REMOVER

There is much disagreement about **Hydrangea's stone-dissolving properties**. Most authorities agree that it does remove the stones, but not everyone considers the herb a solvent. Dr. Butler affirmed that the herb relieves the pain of the passing of the calculi. Dr. Shook explained that *the sharp pain that is associated with gravel deposits comes from the sharp points of the crystal piercing the kidney or ureter*. When the sharp points are even partially dissolved, he said, the pain, hemorrhage and inflammation all subside, and the stone or stones frequently pass with just a stretching of the tubes. How, he asked, is it possible to account for the fact that when these stones pass through easily after the administration of Hydrangea, they are found to be smooth and round, while x-rays revealed their sharp point piercing the tissues? **He said that their clinical evidence proved that Hydrangea is truly a stone solvent.**



Agony



Pain



Misery

## The Ultimate Kidney Flush Routine



**This routine takes 3 days and can be repeated.**

### On Day One

Take a gallon jug and fill it with the ingredients listed below. Let the mixture steep in a warm place for a whole day, shaking every couple of hours for a minute or two.





## In a Gallon Jug Combine the Following:

96 oz Organic freshly juiced Apples (use tartest available: i.e. Granny Smith's)  
10 ounces Organic Fresh squeezed Lemon Juice  
10 ounces Organic Fresh squeezed Lime Juice  
10 ounces Organic, Raw Unfiltered Apple Cider Vinegar  
8 oz of **unprepared** Dry Kidney Flush Tea (**DO NOT BREW TEA**)  
One 2 oz bottle of the Kidney Formula (Added just before consuming; after dry herbs have been strained out)

**To make this formula stronger, mix all the ingredients in a blender.**

- ✓ This will break down and smash all the herbs.
- ✓ **The herbal mixture needs to sit at room temperature for 24 hours. (Remember to shake occasionally)**
- ✓ Then strain through a **stainless steel** strainer or squeeze through a clean, cotton T-shirt.
- ✓ **Add your two ounce bottle of Kidney formula.**
- ✓ The strained formula must now be kept in the refrigerator until it is all consumed.



**On Day Two & Three** after it has brewed **drink 4 ounces each waking hour followed by a glass of distilled water.**

It will take almost 2 days to drink the entire gallon of liquid. You can even drink an ounce every 15 minutes. Considering that you Sleep 8 hours and are up for 16, if you drink 4 ounces every hour that you are awake, you will consume a total of 64 ounces each day which means this brew will last almost 2 days.



## USE ONLY DISTILLED WATER

You will also be drinking some distilled water, up to 64 ounces a day. Only distilled water, the emptiest water is allowed. Distilled water is so empty, it is like a vacuum, and it is the universal solvent especially for unwanted mineral deposits. Just by drinking distilled water on a regular basis you dissolve stones, and prevent new ones from forming. But when added to this routine you'll have a real winner.



# The End

## **Other E-Books by H.E.A.L.**

- Foundational Programs
- Liver Flushing
- Kidney Flushing
- Hydro-Therapy
- Healing with Poultices  
& Salves