

Kidney Bladder Tonic

Uses

Provides support for urinary & lymphatic systems; aiding in the flushing out of sedimentation & supports quality flow.

Contents

Man Vine (*Securidaca diversifolia*)
Mexican Wild Yam (*Dioscorea belizensis*)
Corn Silk (*Zea mays*)

Properties

Emollient, antiseptic to kidney & ureter, diuretic, lithagogue (agent to expel calculi), anti-inflammatory

Indications

Dysuria (burning in the urine)
Polyuria (excessive urination)
Decrease in urine production
Kidney or bladder calculi (stone formation)
Low back ache upon arising in the morning that gradually decreases with movement

Dosage

1 dropperful/3x daily (morning, noon, night) in ½ glass tepid water, or directly in mouth

Contraindications

Advanced kidney disease &/or kidney failure
Cancer of the kidney or bladder

Side Effects & Special Notes

- Urine may appear darker or cloudier for a few days; this is a positive sign however water intake needs to be increased.
- Simplifying diet during this time will further help the detoxification process, such as reducing meat & increasing nutritious soups intake.
- No known adverse reactions in pregnancy or chest/breastfeeding. Always observe reactions from the body while taking any medication or supplementation.

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Return to the Earth