

## **Suggestions for Kidney Problems**

**Indications** – Acne, urinary difficulties, edema or fluid retention, abdominal pain, stiff neck, lower back pain, stiff and painful arms, heel spurs, tendency to hold weight in hip area, possible blood in urine, chills and fevers, fuzzy eyesight, sore knees and swollen ankles. Lumps in left breast are associated with kidney problems.

**Causes** – Kidneys may be damaged by exposure to certain drugs or toxins, heavy metals, solvents, chemotherapy agents, snake or insect venom, poisonous mushrooms and insecticides. The left kidney filters heavy metals while the right kidney filters toxic substances in the body.

**Kidney cleanse** – Drink 8 oz. raw beet juice, taking only 1 teaspoon at a time, making the 8 oz. last all day long, drink water but no other food for one day.

**Kidney stones** – Mix 7 oz. pure dark grape juice with ½ teaspoon cream of tartar. Take 2 oz. 3 times daily before meals. Also drink 1 qt. equal parts knotgrass and chamomile tea daily for 5 weeks. Drink a little all day long and do not ice it. Drink celery juice and eat asparagus.

**Good foods** – Fresh apple juice, sour cherries, coconuts, cranberry juice, dandelion root, fennel, horseradish, juniper berries, parsley, yam, watermelon seed tea, marshmallow tea

**Harmful foods** - Sugar, refined carbohydrates, soft drinks, alcohol, black tea, coffee, chocolate, cocoa, nuts, dried figs, pepper and poppy seeds, eggs, grapes, spinach, Swiss chard, dairy products and concentrated animal protein foods

**Alternative treatment for kidney stones** – drink lots of water, magnesium 500 mg/day, vitamin B-6 100 mg/day, vitamin C up to 4-5 grams/day, raw kidney glandular 500 mg/day, dandelion root 500 mg 3 times per day, Uva Ursi herb 3 caps 3 times a day (not in pregnancy), Horsetail

**Homeopathy**- Berberis, Sarsaparilla

**Emotion linked to Kidneys** - Fear

\* **Special cautionary note** – If you have only one kidney, please take special care to follow the above recommendations with regularity and not as a one-time protocol only to help support the remaining kidney

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.