Kidney Support

Most of the liquid in the body must be filtered and pumped through the urinary tract. With the standard American diet and all the toxins around us, this can be quite the challenge for our liver and kidneys. In addition to diet and removing as many toxins from your environment as possible, this formula can be used for sluggish kidneys, to increase urine flow and decrease water retention and to strengthen and support the urinary tract.



INGREDIENTS

2 parts dandelion leaf
1 part marshmallow root
1 part raspberry leaf
1 part crushed fennel
½ part oak bark
½ part uva ursi (not for pregnant women)

Mix the herbs together and use as a tea, tincture or capsules.

