

Hulda Clark Kidney Cleanse instructions:

65 gr. Hydrangea root

65 gr. Gravel root

65 gr. Marshmallow root

25 ml Goldenrod tincture

200 ml Vegetable Glycerin

100 ml Black Cherry Concentrate

130 Ginger Capsules

42 Vitamin B6 Capsules (250mg)

42 Magnesium tablets (300mg)

126 Uva Ursi tablets

You need to buy 4 bunches of fresh parsley to start with (all together 10 bunches)

How to do the Kidney cleanse:

Hydrangea root, Gravel root and Marshmallow root

Soak the root in 3 litres of cold tap water (using no metal container!)

After 4 hours heat to boil, add 1/2 of the Black Cherry Concentrate.

Simmer for 20 minutes

Drink 1/4 cup as soon as it is cool enough

Pour the rest through a bamboo strainer into a sterile pint jar (glass) and several

freezable containers. Refrigerate the glass jar, freeze the rest.

Store the roots in the freezer.

When your supply runs low, boil them again with

other half of Black cherry concentrate but only with 2 litre of tap water and

simmer only for 10 minutes

Do this a 3rd time if you run low on supply (use only 1.5 l water)

Parsley

Boil the fresh parsley, after rinsing, in 1 litre of water for 3 minutes.

Drink 60 ml when cool enough.

Refrigerate one half and freeze the other half.

Throw away the parsley.

Buy more fresh parsley when your supply runs low and do it again.

Note: Both the herbal tea and the parsley water can easily spoil. Heat it to boiling every fourth day if it is being stored for the kidney cleanse program in the refrigerator; this reesterilises it.

Dosage for the Kidney cleanse:

Every morning, pour together in a large mug:

180 ml of the root mixture and 125 ml parsley water add

20 drops of goldenrod tincture and

1 tsp. of vegetable Glycerin

Drink this mixture in divided doses throughout the day. Do not drink it all at once!

1 Ginger capsules 3 times a day with meal

1 Bearberry capsule with breakfast and 2 with supper

1 Vitamin B6 before meal

1 Magnesium before meal

Very Important when you want to clean your kidneys:

Oxalic acid is the main course for kidney stones and crystals. It is found in very high dosages in black tea, cocoa and chocolate. Also phosphate crystals are made quick if you have meats, breads, cereals, pastas and carbonated drinks. Try to cut down on those.

Cleanse your kidneys at least twice a year!

Looking for a simpler option? Buy the Kidney herbs in a bottle. An easy 6-week program.

Go to www.wellbeingmarketplace.com to buy the kidney cleanse pack.

Courtesy of Shanti Village: www.shanti.com.au