

Kidney Cleanse

Excerpts from “The Cure for all Diseases” by Hulda Regehr Clark, Ph.D., N.D.

½ cup dried Hydrangea root	½ cup Gravel root
½ cup Marshmallow root	4 bunches of fresh parsley
Goldenrod tincture (leave out of recipe if you're allergic)	Uva Ursi capsules
Ginger capsules	Black Cherry concentrate, 8 oz
Vegetable glycerin	Magnesium oxide tablets, 300 mg
Vitamin B6, 250 mg	

Measure ¼ cup of each root and set them to soak together in 10 cups of cold tap water, using a non-metal container and a non-metal lid (a dinner plate will do). After four hours (or over night) add 8oz black cherry concentrate, heat to boiling and simmer for 20 minutes. Drink ¼ 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.

Boil the fresh parsley after rinsing in 1 quart of water for 3 minutes. Drink ¼ cup when cool enough. Refrigerate a pint and freeze a pint. Throw away the parsley.

Dose: each morning pour together ¾ cup of the root mixture and ½ cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and 1 tbs of glycerin. Drink this mixture in divided doses throughout the day. Keep cold. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, start on half this dose.

Save the roots after the first boiling, storing them in the freezer. After 13 days when your supply runs low, boil the same roots a second time, but add only 6 cups water and simmer only 10 minutes. This will last another 8 days, for a total of three weeks. You may cook the roots a third time if you wish, but the recipe gets less potent. If your problem is severe, only cook them twice.

After three weeks, repeat with fresh herbs. You need to do the “Kidney Cleanse” for six weeks to get good results, or longer for severe problems.

Also take these supplements just before your meal to avoid burping:

- Ginger capsules: one with each meal (3/day)
- Uva Ursi capsules: one with breakfast and two with supper.
- Vitamin B6 (250 mg): one a day.
- Magnesium oxide (300 mg): one a day

Some notes on this recipe: this herbal tea, as well as the parsley, can easily spoil. Heat it to boiling every fourth day if it is being stored in the refrigerator to re-sterilize it. If