

Kidney Cleanse

- ½ cup dried hydrangea root, organic, (c/s)
- ½ cup gravel root, organic, (c/s)
- ½ cup marshmallow root, organic, (c/s)
- 4 bunches of fresh parsley, frozen
- ginger capsules
- Uva Ursi capsules
- Black Cherry Concentrate, 8 oz., tested
- Vitamin B₆, 250 mg.
- magnesium oxide, 300 mg. in powder form

All herbs should be tested for thallium and chlorox bleach pollution. Organic varieties are less likely to have these. Do not ozonate them nor UV them. Deep freezing is the best disinfectant.

Measure ¼ cup of each root (this is half your supply) and set them to soak, together, in 10 cups of water, using a stainless steel saucepan tested for seeping. After four hours or overnight, add 8 oz. 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 stainless steel strainer into a HDPE container. Refrigerate.

Find fresh parsley at a small neighborhood grocery store where the water has the correct disinfectant bleach. Give it 2 very hot washes. Boil the fresh parsley in 1 quart of water, or as much as needed to cover it, for five minutes (rolling boil). Drink ¼ cup when cool enough. Freeze 1 pint and refrigerate the rest. Throw away the parsley. Alternatively, you may crush the frozen parsley and eat 1 Tbsp. daily, straight or mixed with food.

Dose: Each morning, pour together ¾ cup of the root mixture and ½ cup parsley water, into a safe cup. Drink this mixture in divided doses throughout the day. Refrigerate. Do not drink it all at once or you will get a stomachache and feel pressure in your bladder. If your stomach is very sensitive, start on half this dose. But if your problem is very severe, such as ascites, increase to a double dose by the 3rd day and keep this up till the ascites is reduced.

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 six cups water and simmer only 10 minutes. This will last another eight days, for a total of three weeks.

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

Also take:

- ginger capsules: 2 with each meal (6 a day) for 1 week only
- Uva Ursi capsules: 2 with each meal (6 a day) for 1 week only
- vitamin B₆ (250 mg.): one a day
- magnesium oxide (300 mg.): one a day 10 minutes before a meal

Ginger and Uva Ursi remove methyl malonate from the kidneys, which clogs them. It is also the cause of kidney failure and cystic kidneys (see page 459). Take these supplements 5 to 10 minutes before your meal to avoid burping. If you are already taking these supplements, omit them here. The parsley combines with each one of the 5 malonic acid members that I call the M Family, and removes them.

Some notes on this recipe: this herbal tea, as well as the parsley, can easily spoil. Heat it to boiling every third day if it is being stored in the refrigerator to reduce bacteria. After this you may take it to work without refrigerating it (use a HDPE container or a zippered plastic bag inside a jar). Fold the bag over the edge to drink it.

When you order your herbs, be careful! Herb companies are not the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier.

Excerpted from: “The Cure and Prevention Of All Cancers” by: Dr. Hulda R. Clark