

How to Cleanse Your Body From All the Crystals Present in Your Body

Here is the herbal recipe I use. It works very well, but you need to keep making and drinking it - long term. Drink this tea for at least 6 weeks. If you have been experiencing lots of problems over the years, whether it be with arthritis, gout, kidney stones or gallstones, drink this tea all the time (until you have addressed all the root causes and totally cleaned your system).

Kidney Cleanse Tea

Herbs

1/4 cup dried [Hydrangea Root](#), cut
1/4 cut dried [Queen of the Meadow Root](#) (aka [Gravel Root](#)), cut
1/4 cup dried [Marshmallow Root](#), cut
2 Tbsp dried [Ginger Root](#), cut
1/4 cup [Uva Ursi](#) leaves, whole

[Black Cherry Juice concentrate](#)

[Vegetable Glycerine](#) if you like your tea lightly sweetened

10 cups of pure, cold water
1 bunch of parsley (optional)

- 1 Measure out your roots (Hydrangea, Queen of the Meadow, Marshmallow and Ginger) and place in a non-metal container with the 10 cups of cold water to soak for 4-12 hours. Place a cover on the container and just let the roots soften.
- 2 After they have finished soaking, heat the root/water mixture to boiling. Turn the heat down to low, simmering the roots for 20 more minutes.
- 3 After the 20 minutes are up, add the Uva Ursi leaves, stirring them in. Turn off the heat, replace the lid and let the leaves "steep" for another 20 minutes.
- 4 If you would like, you may also boil one bunch of parsley in 1 quart of water for approximately 3 minutes.
- 5 When the simmering and steeping is done, strain both the parsley and the root/uva ursi herbs. You now have your kidney tea.
- 6 Combine together both the strained parsley water and the root/uva ursi tea. Pour out some to drink right away (careful, it should be hot!). Put the rest in the refrigerator for later.



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- 7 For every glass you drink add approximately 1 tablespoon of vegetable glycerin and 1-2 tablespoons of black cherry juice concentrate.

I find the tea tasty. It has a "rooty" taste, but I like it. It is definitely very cleansing to the kidneys and without question dissolves crystals and stones throughout the body. You must do for a minimum of 6 weeks or longer, depending on your health. I believe everyone can benefit from this tea, and there is not limit to the number of days you may drink it.

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