A.M. & P.M. Daily Kidney Cleanse Routine

The daily kidney cleanse routine is made up of two cleanses. The A.M. Kidney Cleanse being consumed first thing upon rising. The P.M. Kidney Cleanse consumed in the later part of the day as a snack or meal replacement.

A.M. Kidney Cleanse

Ingredients
½ to 1 fresh lemon
½ tsp or ½ pill of sodium bicarbonate (baking soda)
½ tbsp of turmeric/curcumin
Filtered water (carbon filtered, reverse osmosis or distilled)

Step 1: Boil 14 to 16oz of water. When it reaches boiling point add in ½ tbsp of turmeric/curcumin and boil for 10 minutes.

Step 2: When water is cool enough for drinking, add ½ to 1 fresh squeezed lemon and ½ tsp or ½ pill sodium bicarbonate.

Step 3: Drink the full cleanse or at least 8 ounces. Wait 30 to 45 minutes before consuming any food.

Why This Works

By doing this first thing in the morning you will clear out built up toxins without the interference of food digestion, elimination and fluids.

Fresh lemon is one of the strongest ways to alkalize the body. The kidneys have to regulate the body’s acid/alkaline balance. Fresh lemon lets the kidneys rest and recover, as it supplies alkalinity so the kidneys don’t have to provide this function. Therefore, the kidney can rest and recover.
Sodium bicarbonate is the #1 way to alkalize the body. Also known as baking soda. This has been scientifically studied and has shown to slow down any form of kidney disease.

In the U.S., turmeric is best known as a spice Curcumin, a substance in turmeric, which helps reduce inflammation in kidney disease. Every form of kidney disease has some degree of inflammation. Therefore, curcumin is an excellent addition to this kidney cleanse. By boiling it increases the absorption providing more anti-inflammatory.

**P.M. Kidney Cleanse**

**Ingredients**
2/3 berries – any kind fresh or frozen  
½ cup purified water  
1 to 2 tbsp of acacia fiber  
1 tbsp ground flaxseed – optional  
1 stalk celery – optional  
1 tbsp honey - optional

**Step 1:** Combine all ingredients into a blender and blend to desired consistency. Enjoy!

**Why This Works**

Berries and especially blueberries are super fruits for kidney disease. It has shown in studies to reverse kidney cell damage. They are low in potassium. Low potassium foods are desirable if kidney damage if present. The kidneys have the job of removing potassium from the body. By providing low potassium foods the kidneys don’t have to work as hard. If the kidneys rest … the kidney can heal!
Acacia fiber has been used by doctors for decades in Middle Eastern Medicine to improve kidney disease. Even American medical societies are starting to use acacia fiber to improve kidney disease. Acacia fiber sweeps away deadly toxins that the kidneys have to filter out.

The optional ingredients are extremely kidney healthy. The honey is a kidney friendly sweetener if you need something more palatable.

**Super Healthy Kidney Friendly Foods**

*Add These Healing Foods, Fluids and Spices To Your Daily Diet*

- Lemons – add this kidney healing food to water, dishes, salads, etc.

- Turmeric/Curcumin Spice – this flavorful spice can be used to enhance the flavors of grains. It is a great addition to rice. Rice is another good kidney friendly food.

- Purified water – the body and especially the kidneys love water. Keep them hydrated with toxin free good clean water. At least 8, eight glasses per day. Add lemon for a kidney cleanse boost.

- Berries – these anti-oxidants can reverse kidney cell damage with low potassium content. Eat them up and eat them often.

- Flaxseed (Ground) – This seed has certain oils known as omega 3 fatty acids and plant nutrients called lignans. These two substances from flaxseed helps the kidney work better.
Celery – be careful of celery. 1 stalk per day if you have kidney problems. Why? Celery is high in potassium. Potassium is bad for the kidneys. However, 1 stalk per day of celery will provide you with all its benefits without too much potassium.

Learn More Ways To Improve Kidney Health By Watch A 31/2 Minute Video Of Over 7 Ways To Improve Kidney Function!

Click The Link Below

www.healkidneydisease.com