



## Name Hydrangea Root

Tea

| Code | Size | Duration       |
|------|------|----------------|
| T18  | 60g  | 1-2 day course |

### Area concerned

Kidneys, prostate gland

### Ingredients

Hydrangea root only

### Description

For herbal support of the kidneys, for which purpose we have seen this herb prove most beneficial. Also recommended to help the body keep the prostate gland at its normal size.

### Standard use

Dr John Christopher gives the following useful method when helping the kidneys. Soak 30-60g of **Hydrangea Root** in 500-600ml of apple juice (apple juice is preferable to water, but if it cannot be tolerated, water can be used) for 6 hours. Simmer gently for 10 minutes and strain; take the resulting liquor over the course of one day. It is preferable to avoid meat, alcohol and rich and fatty foods and take plenty of fruit and vegetables. **Marshmallow Leaf Tea** is strongly recommended to be drunk during this time, as it can help to keep the kidney tubules lubricated.

### How long to take it for

Take as directed, over 24 hours. If desired, repeat a few days later. We recommend taking a **90-day Kidney Programme** following the **Hydrangea Root**. **Hydrangea Root** can be repeated annually to help keep the kidneys working well.

### Cautions

Do not take with diuretic drugs. Do not take if pregnant.

### Companion Products

90-day Kidney Programme; Kid Capsules, Drops or Tea; Kid 2 Capsules; Dandelion Drops; Marshmallow Leaf Tea; Pros Capsules.

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