



Name 90-day Kidney Programme

Caps

Code Name

KID-C3 90-day Kidney Programme with Capsules
Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code KID-C1 which attracts no discount.

Area concerned

Kidneys, bladder

Ingredients

Each 30-day pack includes:

100 *Kid Capsules*, 100 *Kid 2 Capsules*, a tub of *Kid Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Description *Applies to both programmes*

The **Kidney Programme** has been designed to give thorough support to the whole kidney and bladder area. It does this by using herbs which, for centuries, have been well known to give these benefits. The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Making appropriate changes to your lifestyle plus taking the high quality herbs we include can help ensure your kidneys and bladder stay functioning perfectly.

Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of *Kid Tea* a day. The pot of tea can be made at any time convenient for you.

How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually to help keep the kidney and bladder areas functioning well.

Cautions

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

Companion Products

Dandelion Drops; Kid Capsules, Drops or Tea, Kid 2 Capsules; Echinacea Compound Capsules.

Caps

Drops

Code Name

KID-D3 90-day Kidney Programme with Drops
Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code KID-D1 which attracts no discount.

Area concerned

Kidneys, bladder

Ingredients

Each 30-day pack includes:

50ml *Kid Drops*, 100ml *Dandelion Drops*, a tub of *Kid Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Why use the Kidney Programme?

People like this programme for various reasons including:

1. The kidneys and bladder and the liver are a team which ensures toxins are made safe then eliminated from the body. Good kidney/bladder function is essential to healthy detox.
2. The kidneys, when functioning well, maintain the correct level of water in the blood. When this process is working as it should, the blood pressure will be within normal limits.
3. The urethra eliminates urine from the bladder and is shorter in women than in men. Germs can fairly easily ascend this tube. If the kidneys and bladder are working well, this is less likely to happen, keeping the urethra healthy and comfortable.
4. Naturopaths believe that kidney function can gradually reduce over the years. Helping to maintain good kidney function will help the body to keep healthy and strong.

We recommend that everyone thinks about supporting the body's natural detox capabilities - this means cleanse the colon, kidneys and liver thoroughly every 1-2 years!

Drops