

## Herbal Support for the Kidneys and Urinary Tract

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### Infection – urinary tract

Burning sensation on urinating; perhaps redness and visible signs of irritation; feeling of 'incomplete voiding'. Uncomfortable to sit, can affect digestion and elimination. White blood cells and/or blood may be found in the urine (dip test).

Herbal Tea blend:

Uva Ursi leaf (*Actostaphylos uva-ursi*) 2 parts

Buchu leaf (*Agathosma betulina*) 2 parts

Cornsilk stigmas (*Zea mais*) 1 part

Brew using 5 Tablespoons of herbs. Add 1 quart of hot water, cover, and steep at least 1 hour. Drink 2 quarts daily, along with unsweetened cranberry juice (1 pint daily) and 2-3 Juniper (*Juniperus communis*) berries (3 times a day). Vitamin C is also a helpful addition.

Avoid all sugars during this process (including fruit and fruit juices, except cranberry). Both sexual partners should follow the protocol. Men may also use light washes of Goldenseal and/or Barberry for the penis.

### Interstitial cystitis

Similar sensations to an infection, but more mild and relapsing / remitting (it comes and goes). Also, no white blood cells found in a urine dip. Relates to chronic inflammation of the urethra / bladder / surrounding tissues.

Herbal Tea blend:

Goldenrod leaf and flower (*Solidago spp.*) 2 parts

Cornsilk stigmas (*Zea mais*) and/or Marshmallow root (*Althaea officinalis*) 1 part

Meadowsweet leaf and flower (*Filipendula ulmaria*) 3 parts

Brew using 4 Tablespoons of herbs. Add 1 quart of hot water, cover, and steep at least 1 hour. Drink one quart throughout the day.

Add 1-2 cups of fresh carrot juice to your daily regimen.

Avoid / use caution with highly aromatic plants that might irritate the urinary tract on excretion. Eat Dandelion greens.

## **Kidney stones**

Deposition of mineral substances in the kidney, which can then be excreted causing incredible pain along the entire urinary tract. Most often a combination of Calcium and Oxalic acid (oxalate).

Avoid excess supplementation with non-food-based Calcium, and excessive oxalate foods (spinach, chard, rhubarb, sorrel, beet greens e.g.).

Herbal Tea blend:

Cornsilk stigmas (*Zea mais*) 1 part

Joe Pye Weed root (*Eupatorium perfoliatum*) 3 parts

Hydrangea root (*Hydrangea arborescens*) 2 parts

Brew using 4 Tablespoons of herbs. Simmer for 20 minutes, covered; then remove from heat and steep one hour. Drink two quarts or more daily (main fluid source).

Tinctures:

Joe Pye Weed root (*Eupatorium perfoliatum*) 2 parts

Jamaican Dogwood (*Piscidia erythrina*) 1 part

Stone Root (*Collinsonia canadensis*) 2 parts

Take ½ to 1 teaspoon of the tincture every 3-5 hours.

Add 1-2 cups of fresh carrot juice to your daily regimen.

Avoid / use caution with highly aromatic plants that might irritate the urinary tract on excretion.

Eat Dandelion greens and lots of Parsley.

## **Additional herbs useful for urinary health**

**Dandelion leaf** (*Taraxacum officinale*) – excellent diuretic, helps to remove excess water and protects the kidneys. Eat whole in salads, or brew a tea.

**Parsley leaf** (*Petroselinum crispus*) – another excellent and anti-inflammatory diuretic. Eat whole, or brew a tea. I prefer the flat variety.

**Crampbark** (*Viburnum opulus*) – useful if there is frequent urgency to urinate; overactive bladder. Tincture – about ¼ to ½ teaspoon every 30 minutes until symptoms subside.

**Kava-kava** (*Piper methysticum*) – similar in use to Crampbark but more potent; also reduces anxiety and tension. Capsules or liquid extract; follow manufacturer's direction.

**Astragalus** (*Astragalus membranaceus*) – premier kidney-protecting herb, used for chronic kidney inflammation (nephrosis) or anytime where kidney function is compromised or in peril. Avoid in acute infections. Capsules – 3 or 4 taken twice daily. Tincture – about 1 teaspoon twice daily. Decoction (simmered tea) – about 1 pint to 1 quart daily.