

# Kidney Cleanse (will get rid of Kidney Stones if you have them)



## NOTE:

1. People who have kidney problems are wise when they do the flush often ... at least every three months.
2. EVERYONE should flush at least twice yearly.

This is a Cleanse, not a fast. ... This flush is very beneficial for people who suffer with:

- chronic kidney infections
- cystic kidneys
- kidney stones, (this flush will cause you to pass kidney stones if you have them)
- high blood pressure triggered by malfunctioning kidneys.

## Products needed to do this cleanse

- 3 gallons of purified water
- 18 fresh lemons
- 80 Shaklee Alfalfa tablets
- 40 Shaklee Sustained Release Vitamin C (500 mg)
- 20 Shaklee Herbal Laxative

## DAY 1

- 1 gallon of purified water - Shaklee Get Clean Water (1 gallon = 16 – 8 OZ. glasses of water) to which you have added 6 fresh squeezed lemons. Drink in a 12-hour period.
- 1 Alfalfa tablets and ½ Sustained Release Vita C with each 8 oz. glass of water (16 Alfalfa and 8 Vita C in total)
- 6 to 8 Shaklee Herbal Laxative divided up throughout the day (the nine herbs in Herbal Laxative expand the urethra and allow kidney stones to pass)

## DAY 2

- 1 gallon of purified water – Shaklee Get Clean Water (1 gallon = 16 – 8 OZ. glasses of water) to which you have added 6 fresh squeezed lemons. Drink in a 12-hour period.
- 2 Alfalfa tablets and 1 Sustained Release Vita C with each 8 oz. glass of water (32 Alfalfa and 16 Vita C in total)
- 3 to 6 Shaklee Herbal Laxative divided up through the day

## DAY 3

- Same as Day 2.

**NOTE:** If you have kidney stones that are being stubborn and do not pass in 3 days, repeat Day 1 & 2, or Day 1, 2, & 3

**It is very common to experience more frequent bowel movements during this time. DO NOT BE ALARMED. This cleanse is also initiating a partial bowel cleanse as well**

**DAILY MAINTENANCE AFTER THE CLEANSE:** Between cleanses, it is wise to provide DAILY kidney maintenance or support. A good DAILY program would include:

- 1 Shaklee Alfalfa per 10 lbs. of body weight daily
- 2 Shaklee Vitamin C 500 mg daily
- 1 Herbal-Laxative daily
- ½ OZ. of water for every pound of body weight daily