

Kidney Cleanse Plan

Flush Toxins • Support Kidney Function • Stay Hydrated

Why Cleanse the Kidneys?

The kidneys filter over 50 gallons of blood daily. Over time, toxins, excess salts, and dehydration can overwhelm them — leading to fatigue, swelling, and reduced filtration. This 5–7 day herbal protocol helps flush waste gently, reduce inflammation, and support optimal kidney function.

Signs Your Kidneys May Need Support

- Swollen feet or eyes
- · Urine that is dark or foamy
- Fatigue and lower back discomfort
- Frequent urination or retention
- Sugar or protein in the urine

Key Herbal Ingredients

Herb / Product	Function
Parsley + Uva Ursi Tea	Natural diuretic and urinary antiseptic
Moringa Capsules	Anti-inflammatory, balances pressure
Cornsilk	Flushes sodium and soothes UT lining
Dandelion Root	Stimulates kidney filtration
Hydration Blend	Herbal water with lemon, mint & cucumber

Available from: drspiceorganics.com/shop

5-Day Kidney Cleanse Routine

😂 Morning (Before Breakfast)

- 1 glass warm lemon water
- 1 cup parsley tea or kidney herbal tea
- 10-minute walk or breathing session

Breakfast

Papaya or watermelon

• 1 capsule of Moringa + 1 capsule of Liver Reset

Mid-Morning Drink

Cucumber water or warm coconut water

Lunch

- Steamed pumpkin + garlic sautéed greens (e.g., spinach)
- 1 boiled egg or lentils
- Herbal blend tea (Uva Ursi or cornsilk)

Snack

• Apple or unsweetened yogurt + chia seeds

Dinner

- Boiled sweet potatoes
- Fresh beetroot & cucumber salad
- Chamomile or hibiscus tea

✓ Best Practices During Cleanse

- Drink **3 litres** of warm or infused water per day
- Avoid salt, red meat, caffeine, and sugar
- No alcohol or soda
- Use hot compress on lower back for relief
- Get 8 hours of restful sleep nightly

After the Cleanse

- Continue parsley or moringa tea 3x per week
- Eat water-rich foods (cucumber, berries, watermelon)
- Maintain low sodium diet
- Take Gut Cleanser every 3 months to reduce toxin load

Contact Us

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"Flush gently, heal completely — your kidneys deserve the cleanse."

— DrSpice Organics