



Crystal Star™
whole herbs for the whole person™



Bladder & Kidney Healing Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a Bladder Kidney Healing program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created special whole herb nutrition kits to help. Each custom kit contains items that I recommend to specifically address your program, along with my detailed Nutrition Plan. Keep the plan handy during your bladder kidney healing program, because it has important information about how to get the best results. If you're like most people, you will refer to it often. Good luck on this health adventure. A safe, gentle healing program can keep your body functioning at peak levels. You'll look better and feel better!

The Bladder/Kidney Healing Kit includes:

- **Bladder Comfort™ Tea (3-oz, a 3 week supply)**
- **Bladder Comfort™ Caps (60 caps, a 10 day supply)**
- **Dr. Enzyme™ (90 caps, a 15 day supply)**
- **FREE Nutrition Plan**

How to use the products in The Bladder/Kidney Healing Kit:

Bladder Comfort™ Tea: Strengthens and nourishes the entire urinary system to help build strength and control. Herbs with antibiotic properties help reduce the harmful bacterium that affect muscular control. Directions: Take 3 cups daily at the first sign of discomfort; then 2 cups daily as a preventive. Use for 1-2 months.

Bladder Comfort™ Caps: Build your UTI defense. Cleansing, antiseptic herbs restore and strengthen urinary tissue. Feel better fast. Directions: Take 2 caps, 3 times daily as needed.

Dr. Enzyme™: Powerful blood cleansing enzyme blend. Directions: Take 1-2 capsules 3 times daily between meals.

The suggested program for this Kit is 3-7 days if you follow the steps outlined on pages 89-92 in the Detoxification Book or on this information sheet. Follow the nutrition plan and bodywork techniques to get the greatest benefit from this kit.

Nutrition Plan: Start with this 3 to 7 day diet plan.

Water is the key to this cleanse. Drink 8-10 glasses of bottled water (can include herbal teas).

The night before your cleanse... Take a cup of bladder cleansing tea, like **Crystal Star Bladder Comfort™**. Add ¼ tsp. non-acidic C crystals.

The next day... *On rising:* take 1 lemon squeezed in a glass of water, with 1 tsp. acidophilus liquid; or 3 tsp. cranberry concentrate in a small glass of water, add ¼ tsp. non-acidic vitamin C crystals. (Cranberry juice reduces ionized calcium in the urine by over 50% to create an unfavorable environment for urinary tract infections.) **Now is a good time to take your Bladder Comfort™ caps and Dr. Enzyme™ caps.**

Breakfast: have a glass of watermelon juice or cranberry juice with ¼ tsp. non-acidic vit. C crystals or a glass of organic apple juice with ¼ tsp. acidophilus powder.

Mid-morning: take 1 cup watermelon seed tea. (grind seeds, steep in hot water 30 minutes, add honey); or a detox tea like **Bladder Comfort™ tea;**

Lunch: have a carrot-beet-cucumber juice or a chlorophyll-rich superfood drink, or a glass of carrot juice.

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Mid-afternoon: take a cup of healing herb tea, (parsley/oatstraw, plantain, watermelon seed tea or cornsilk tea); or another cup of **Bladder Comfort™ tea**.

Dinner: have a carrot juice, add 1 tsp. spirulina powder; or another cranberry juice, add ¼ tsp. ascorbate vitamin C crystals.

Before Bed: a glass of papaya or apple juice with ¼ tsp. acidophilus powder.

Continuing diet notes: After your cleanse, add sea foods and sea vegetables, whole grains and vegetable proteins. Continue with a morning green drink or **Bladder Comfort™ tea**. Kidney healing foods include garlic and onions, papayas, bananas, watermelon, sprouts, leafy greens and cucumbers. Eat these frequently for the rest of the month. Avoid heavy starches, red or prepared meats, dairy foods (except yogurt or kefir), salty, fatty and fast foods. They all inhibit kidney filtering.

Pointers for best results from your bladder-kidney cleanse:

- Drink 8 or more glasses of bottled water each day of your cleanse. Body purification systems can operate efficiently only if the volume of water flowing through them is sufficient to carry away wastes.
- Avoid foods, like coffee, alcohol, and excessive protein, that irritate the kidneys.
- Take herbal liquids (drinks or teas) for best results; they provide excellent support for a kidney cleanse.
- Apply wet, hot compresses on the lower back to speed detox; or take alternating hot and cold sitz baths.

Bodywork Techniques:

Bodywork and relaxation techniques accelerate and round out your detox.

Irrigate: Enemas can be an important part of a candida yeast detox program. Take a spirulina or catnip enema the first, second and the last day of your kidney cleanse to help release toxins.

Exercise: Take a daily brisk walk to keep kidney function flowing.

Massage therapy: Have at least one massage during your cleanse to stimulate circulation; (use about 15 drops essential oil in 4-oz of jojoba oil and rub on kidney area).

Heat therapy:

- Take hot saunas to release toxins and excess fluids, and to flush acids out through the skin.
- Apply hot compresses to the kidney area. Combine your choice - ginger and oatstraw, or cayenne and ginger, or mullein and lobelia.
- Bladder/Kidney Baths: Stir 8-10 drops of essential oils in your bath - a combination of two or three oils, like juniper, cedarwood, sandalwood, lemon, chamomile, eucalyptus or geranium.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb detoxification kits, please visit my website, www.healthyhealing.com, or call 800-736-6015.

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