


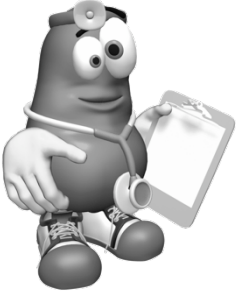
Sunshine Sharing Hour
April 21, 2011

Herbs for the Urinary System




Kidney Functions

- Removing waste from the body
- Removing acid byproducts of metabolism to regulate pH
- Balancing water and mineral levels
- Helping regulate blood pressure
- Help to produce vitamin D
- Help to produce red blood cells
- Produce hormones



The Importance of Water

- Water is the foundation of all life
- Our bodies are 65-75% water
- All biological processes need water, including digestion, energy production and elimination
- Water increases the energy derived from food
- Water washes away waste products
- Adequate water intake is essential to the health of the urinary system
- Without adequate water urine becomes toxic and irritating to urinary passages

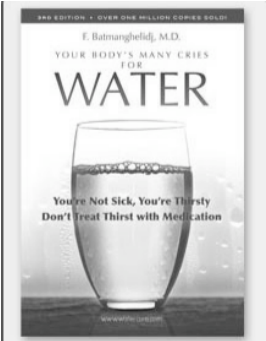


Your Body's Many Cries for Water

Dr. Batmanghelidj, MD was a political prisoner in Iran

In trying to help a fellow prisoner suffering with an ulcer, he learned that increasing water intake alone could cure ulcers

He went on to research more about how water can "cure" disease
www.watercure.com




Water and Thirst

Thirst is not an adequate indicator of dehydration

- People confuse thirst with hunger
- People try to satisfy thirst with beverages that deplete the body of water
 - Caffeinated beverages
 - Alcohol
 - Artificial sweetened drinks

In dehydration

- 66% of water loss is from inside cells
- 26% is from extracellular fluids (lymph)
- Only 8% from blood
- Thirst is regulated by blood levels of water



"Diseases" Associated with Dehydration

Fatigue

Pain

- Rheumatoid joint pain
- Back pain
- Migraine headaches
- Fibromyalgia

Digestive Problems

- Heartburn
- Hiatal hernia
- Dyspepsia
- Colitis pain
- Constipation

Sugar Cravings

Obesity

Respiratory Problems

- Allergies
- Asthma

Nervous/Emotional

- Insomnia
- Depression
- Anxiety
- Irritability
- Difficulty concentrating

High blood pressure

Obesity

Diabetes

Cancer

Autoimmune diseases

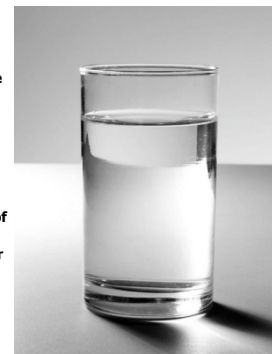
Water Therapy

Basic Instructions

- Drink at least ½ ounce of water per pound of body weight per day (more may be required)
- Eliminate diuretic beverages
- Use natural salt with water and food (about ½ teaspoon per day)

Other Suggestions

- Drink 2 eight ounce glasses of water ½ hour before meals
- Drink 1 glass 2-½ hours after meals
- Drink 1-2 glasses of water upon arising
- Drink whenever you are thirsty, including with meals



Remedies to Aid Hydration

About the Problem

Sometimes people drink water and it seems to go right through them

Cells are not absorbing the water, so the body isn't hydrating properly

These are remedies that can increase tissue hydration when taken with water

Possible Solutions

Sea Salt

HY-C

Licorice Root

Combination Potassium

Adrenal Support

Solstic Revive

Urinary Herbs (Overview)

Stimulating Diuretics

- Buchu
- Juniper
- Uva Ursi
- Parsley (mildly)

Non-Irritating Diuretics

- Dandelion (leaf more than root)
- Goldenrod
- Parsley
- Nettles

Soothing/Cooling Diuretics

- Cornsilk
- Marshmallow
- Watermelon Seed

Kidney Tonics

- Asparagus
- Eucommia
- Horsetail
- Morinda
- Nettles

Infection Preventing

- Cranberry
- Elderberry

Infection Fighting

- Goldenseal
- Parthenium
- Uva Ursi

Stone Dissolving

- Hydrangea
- Gravel Root
- Lemon

Kidney Activator

Properties

- ✓ Diuretic for water retention
- ✓ Has some benefits for UTIs, but should be combined with other antimicrobials
- ✓ Contraindicated in nephritis and kidney infections
- ✓ Not the best choice for irritable bladder or burning, painful urination

Ingredients

- Juniper
- Parsley
- Uva Ursi
- Dandelion
- Chamomile

Chinese Kidney Activator

Properties

- ✓ Probably our best diuretic formula
- ✓ Less irritating than Kidney Activator or JP-X, and hence more suitable for long term use
- ✓ Hoelen is used for nephritis and lupus

Ingredients

- Hoelen, siler root, chaenomeles fruit, morus root bark, astragalus, psyllium seed, alisma rhizome, peony root without bark, atractylodes rhizome, magnolia bark, polyporus, cinnamon, citrus peel, ginger, typhonium rhizome, licorice

Cranberry and Buchu

Properties

- ✓ Helps prevent bacteria from adhering to urinary passages
- ✓ Helps prevent UTIs, recurring cystitis and other related problems

Ingredients

- Cranberry
- Buchu

JP-X

Properties

- ✓ Best formula for urinary tract infections
- ✓ Diuretic for water retention
- ✓ Contraindicated in nephritis and kidney infections
- ✓ Not the best choice for irritable bladder or burning, painful urination

Ingredients

- Dong quai
- Golden seal
- Juniper
- Uva ursi
- Parsley
- Ginger
- Marshmallow

Kidney Drainage

Properties

- ✓ Diuretic for water retention
- ✓ Has some benefits for UTIs, but should be combined with other antimicrobials
- ✓ Contraindicated in nephritis and kidney infections
- ✓ Not the best choice for irritable bladder or burning, painful urination

Ingredients

- Asparagus
- Plantain
- Juniper Berries
- Goldenrod

Urinary Maintenance

Properties

- ✓ NSP's most soothing, non-irritating diuretic formula
- ✓ Helps prevent kidney stones
- ✓ Soothes irritated urinary passages
- ✓ Best formula for problems in the kidney (nephritis)

Ingredients

- Magnesium
- Potassium
- Asparagus
- Dandelion
- Parsley
- Cornsilk
- Watermelon seed
- Dong quai
- Horsetail
- Hydrangea
- Uva ursi
- Eleuthero root
- Schizandra

KB-C

Properties

- ✓ Strengthens deficient kidney chi (energy)
- ✓ Helps with backache, structural issues
- ✓ Tonic for weak urinary system
- ✓ Suitable for nephritis, kidney infections and other kidney problems
- ✓ Also helpful for stones and prostate problems in men

Ingredients

- Eucommia, cistanche, achyranthes, dipsacus, drynarea, hoelen, morinda, rehmannia, astragalus, cornus, dang gui, dioscorea, epimedium, ligustrum, liquidambar, lycium, panax ginseng, atractylodes

Edema-Water Retention

About the Problem

When people are retaining water, it can be caused by several things

- Dehydration
- Poor kidney function
- Increased capillary permeability (causing lymphedema)
- Congestive heart failure

Remedy will largely depend on the cause, but diuretics are helpful

Possible Solutions

- Irritating Diuretics**
- Juniper
 - Kidney Activator
 - JP-X
 - Kidney Drainage
- Non-irritating diuretics**
- Cornsilk
 - Marshmallow
 - Combination Potassium
 - Nettles
 - Goldenrod
 - Dandelion leaf
- Non-diuretic remedies**
- VariGone (when in legs)
 - Cardiac remedies

Bedwetting

About the Problem

Involuntary urination at night
Can be due to adrenal stress, fear, hypoglycemia and mineral imbalances

Adults often wake up and need to urinate frequently at night from the same problems

Possible Solutions

Adrenals

- Adrenal support
- Nervous Fatigue Formula
- Licorice root

Blood Sugar

- Protein snack at bedtime
- Less sugar and sodas in the diet

Other Remedies

- Diuretics and water during the day
- Magnesium

Urinary Tract Infections (UTIs)

About the Problem

Bladder infections and infections of the urinary passages

Caused by bacteria migrating up the urethra

pH imbalance makes one more prone to UTIs

Yeast infections also make one more prone to UTIs

Possible Solutions

For prevention

- Cranberry and Buchu

For active infections

- Goldenseal
- Goldenseal and Echinacea
- Uva Ursi
- Olive Leaf
- Parthenium
- Silver Shield
- JP-X
- Kidney Drainage

Irritable Bladder

About the Problem

Constant urge to urinate, even when there is only a small amount of urine in the bladder

Typically due to overconcentration of toxins in the urine (dehydration)

May be due to inflammation of the bladder

Can emotionally be a sign of unacknowledged anger (being p*ssed off)

Possible Solutions

Cornsilk

Marshmallow

Kava Kava

Uva Ursi

Pippessiwa

KB-C

Cystitis

About the Problem

Cystitis is inflammation of the bladder

This is often due to a UTI, but can be from other causes

It may cause urinary incontinence, frequent urination and burning or painful urination

Possible Remedies

Cornsilk

IF-C

Marshmallow

Urinary Maintenance

Thai-Go

Burning or Painful Urination

About the Problem

A sign of infection, inflammation or irritation

Urine may be too concentrated and hence irritating

"The solution to the pollution is dilution" – drink more water to dilute toxins

Avoid irritating diuretics and use soothing and anti-inflammatory remedies

Possible Solutions

Cornsilk

Marshmallow

Kava Kava

Thai-Go

Urinary Maintenance

Blood in the Urine

About the Problem

A serious symptom that should be checked by a medical doctor

Can be caused by severe irritation (ulceration) in urinary system

Can also be caused by tumors and other serious conditions

Correct diagnosis is essential to forming an appropriate strategy

Possible Solutions

Horsetail

Yarrow

HSN-W

Urinary Incontinence

About the Problem	Possible Solutions
Urinary incontinence is the inability to retain urine through the loss of sphincter control in the bladder causing "dribbling"	Exercises to strengthen pelvic floor
It is a loss of muscle tone in the bladder and may be due to weakness of the pelvic floor	Uva Ursi KB-C Morinda root Horsetail Cranberry and Buchu Cornsilk
It can also be caused by an over-urgent (irritable) bladder or overfilling of the bladder	

Nephritis (Kidney Inflammation)

About the Problem	Possible Solutions
Nephritis is inflammation of the nephrons in the kidney.	Avoid <ul style="list-style-type: none"> • Juniper berries • Uva Ursi • JP-X • Kidney Activator • Kidney Drainage
Glomerulonephritis is inflammation of the glomeruli	Remedies to Use <ul style="list-style-type: none"> • Asparagus • Astragalus • Bilberry • Marshmallow • Nettles • Urinary Maintenance • Watermelon juice
Interstitial nephritis is inflammation of the spaces between renal tubules.	
Pyelonephritis is inflammation that results from a kidney infection.	
Lupus nephritis is kidney inflammation due to systemic lupus erythematosus	

Kidney Infection

About the Problem	Possible Solutions
Kidney infections usually cause severe acute symptoms such as fever, chills, pain in the lumbar region of the back and foul-smelling urine that There may also be nausea, vomiting and abdominal pain.	Silver Shield Goldenseal Yarrow KB-C
Medical attention should be sought.	
Many of the herbs used to treat UTIs are not appropriate for kidney infections (especially juniper)	

Kidney Stones

About the Problem	Possible Solutions
Most (80%) of kidney stones are made of calcium oxalate and are the result of minerals solidifying out of too-concentrated urine	Preventing Stones <ul style="list-style-type: none"> • Magnesium • Vitamin B6 • Avoid calcium supplements, especially calcium carbonate • Avoid caffeinated beverages and soda pop
These may be a problem with over acidic pH	Passing Stones <ul style="list-style-type: none"> • Lemon water (4 lemons in a gallon of distilled water) • Hydrangea • Gravel root • Marshmallow • Kava Kava • Lobelia
Avoid foods that increase urinary oxalate significantly including nuts, chocolate, tea, and peanuts	

Scant Urination

About the Problem	Possible Solutions
Can be a sign of prostate swelling (BPH) or prostatitis in men	Prostate-Related <ul style="list-style-type: none"> • Men's Formula • PS II
Can also be due to a lack of kidney function or dehydration.	Kidney/Bladder-Related <ul style="list-style-type: none"> • Kidney Drainage • Lymphatic Drainage • JP-X • Juniper Berry

Renal (Kidney) Failure

About the Problem	Possible Remedies
Kidneys no longer adequately filter toxins from the blood	Nettles (especially nettle seed)
Overuse of common drugs such as aspirin, acetaminophen and ibuprofen can cause this	KB-C
Other causes include injury to the kidneys, drug overdoses, diabetes, high blood pressure and infection	Combination Potassium Sweat baths Compresses or poultices over the kidneys Fasting and a mild food diet

Comments, Questions and Answers

Type your questions into the chat box

You can also "raise your hand" if you have a microphone on your computer and I can unmute you so you can ask your question or make a comment

