



# Kidney Drainage

## Liquid Formula for Improving Kidney Function

Kidney Drainage formula is a blend of four herbs designed to stimulate kidney function and improve elimination of toxins through the kidneys. Because this is a liquid formula, it can be added to water and sipped throughout the day to cleanse tissues and reduce swelling and water retention. The four herbs in this blend are asparagus, plantain, goldenrod and juniper.

### Asparagus

This wonderful vegetable is also a very powerful remedy for the liver, blood and urinary system. It is used in Chinese medicine for a deficiency of the kidney essence. It is believed to warm and restore the urogenital organs and enhance sexual desire.

In Chinese medicine, weakness of the kidney essence causes weak and brittle bones. The link here is that the kidneys filter waste acids from the blood. When the kidneys are inefficient at this task, the body uses minerals like potassium and magnesium from muscles and calcium from the bones, to buffer these waste acids. This can result in muscle stiffness or cramping (magnesium deficiency), muscle twitching (potassium deficiency) and osteoporosis (loss of bone calcium). These are all conditions asparagus has been used to address.

Asparagus improves the ability of the kidneys to filter waste acids. This also helps to alkalize the system. It also has liver and blood-building properties. In Chinese medicine it is also said to strengthen vision and improve strength.

### Plantain

A common weed, often found in lawns, plantain is a very useful healing herb. It has a sour and slightly salty taste and is cooling and moistening to irritated tissues. It is also slightly astringent. Plantain is very effective at drawing toxins from tissues and clearing heat and inflammation.

In Chinese medicine, plantain is thought to dredge the kidneys, restore the bladder, and bring harmony to the urinary system. It is a powerful lymphatic herb as well, assisting lymphatic drainage to reduce swelling and water retention. It also helps to break up mucus in the respiratory tract, especially when it is difficult to expel.

Plantain is also a vulnerary herb, meaning it promotes tissue repair, making it an excellent remedy for healing of any inflamed or irritated tissues, including those of the urinary tract.

### Juniper

Juniper berries are a pungent, stimulating, and slightly astringent remedy. They are warming and drying to tissues. These small bluish-purple berries contain an essential oil that stimulates kidney function to promote urination. They are one of the strongest stimulating diuretics in the plant kingdom.

Juniper is an excellent remedy when the kidney function is sluggish, especially for a person who is cold and damp, with pale, moist skin or pale, puffy skin. Juniper berries stimulate digestion and circulation, drawing moisture out of the tissues and flushing it through the kidneys.

Juniper berries are also disinfectant, so they can be helpful for urinary tract infections. However, because juniper is stimulating and even slightly irritating, it is not a good choice for a diuretic when there is burning or scalding urine or kidney inflammation. If the kidney area feels hot to the touch, then more cooling remedies should be chosen.

### Goldenrod

This fall blooming member of the sunflower family is one of the best herbs for tired and weakened kidneys. The person who needs goldenrod feels exhausted and lacks stamina. Goldenrod restores blood flow to the kidneys and improves urinary filtering ability.

Goldenrod is used for damp heat, because it relieves excess moisture while cooling and soothing inflammation. It promotes tissue repair and is a good remedy for damaged urinary tissues. This makes goldenrod an excellent remedy for restoring both kidney function and kidney structure.

### Summary and Dosage Information

As a blend, these four herbs are excellent for restoring weak kidney function. Blending in glycerine, which is a soothing and nourishing remedy itself, this formula is an excellent choice for chronic urinary weakness, especially where there is puffiness or edema in the tissues and over acidity. It can also be effective for chronic inflammation and infection of the urinary organs, but is not the best choice for acute inflammation.

### Selected References

*Chinese Herbal Medicine* by Dan Bensky and Andrew Gamble  
*The Book of Herbal Wisdom* by Matthew Wood  
*The Illustrated Encyclopedia of Herbs*, Sarah Bunney, Editor  
*A Modern Herbal* by Mrs. M. Grieve

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