

# LIVER, KIDNEY & GALLBLADDER DETOX HERBAL TEA INGREDIENTS:

**GINGER** – can help to dissolve kidney stones. It is also excellent for the stomach.

**CARDAMOM** - benefits a healthy digestive system. Cardamom seed is great for liver cleansing and liver detox, improving digestive enzymes, and more.

**FENNEL** - is a carminative herb that again helps reduce colic, gas, indigestion, digestive disorders, nausea, and flatulence making it a necessity in both colon and liver detoxing.

**CINNAMON** - Many studies have also shown the potent antibacterial effects of cinnamon and its ability in inhibiting bacteria.

**BLACK PEPPERCORN** - serve to drive other herbs into the blood, thereby making them more effective.

**CLOVE BUDS** - are one of the few things known to actually wipe out most parasite eggs. In fact, studies have shown that clove kills many intestinal parasites and exhibits broad anti-microbial properties against fungi & bacteria, thus supporting its traditional use as a treatment for diarrhea, intestinal worms, and other digestive ailments.

**DANDELION ROOT** - The key herb in the tea is dandelion root, one of the strongest herbal lipotropics known. That is to say, it flushes fat deposits from the liver.

**BURDOCK ROOT** - Probably the most famous detoxifying agent in the herbal arsenal. Cleanses the blood by increasing the effectiveness of all of the body's elimination systems. Helps push toxins out, and it also boosts the ability of the liver to remove toxins.

**ORANGE PEEL** - stimulates the liver to excrete more bile.

**HORSETAIL** - The long traditional use and research data all suggest that Horsetail has a very powerful yet safe diuretic effect. So it can safely increase the urine flow which helps to flush, cleanse and detox the kidneys, with no negative effect on the kidneys, liver, or the urinary excretion of electrolytes and catabolites.

**JUNIPER BERRY** - a prime herb for eliminating congestion of the kidneys and for removing waste products from the system via the kidneys.

**UVA URSI** - For chronic inflammation of the bladder or kidneys, Uva ursi has no equal.

**PARSLEY** - Parsley Root is an important diuretic, helping aid in the removal of uric acid from the urinary tract and dissolving and expelling gallstones and gravel -- and put a stop to their future formation.

**LICORICE ROOT** - stimulates the production of digestive fluids and bile, soothes ulcers, helps reduce intestinal inflammation, and supports the healthy function of the kidneys, liver, and bladder. It helps regulate fat metabolism in the liver.

**PAU D' ARCO** - There are certain cleansing herbs that work together with liver herbs to help detoxify the body, Pau d'arco is one of them.



*"Herbs that work!"*