



# Kidney Cleanse

It takes a lot of liquid to wash the inside of your body. Taking it in the form of herbal teas gives you extra benefits, in addition to making them highly enjoyable, if you make them with little variations. You need to do that, if you wish to produce four litres of urine everyday. Any oedema or water retention, whether in the lungs, arms or abdomen also requires the strengthening of kidneys with this recipe.

## Kidney Cleanse Procedure

Kidney cleanse is a procedure that is used to cleanse the kidneys from within, by removing deeply embedded toxic wastes from the blood and kidneys. Kidney cleansing also dissolves kidney stones and passes them through urine in microscopically dissolved form.

## Kidney Cleansing Recipes

### Ingredients

1. Tea (*kaadha*) made from corn silk (*bhutte ka baal*) - fresh or dried. The corn silk should ideally be dried in sunlight. If dried, it can be preserved for a long time. Washing the dried corn silk prior to use is not necessary because dust and impurities can be removed by sedimentation and decantation during use;  
or
2. Tea made from parsley (green coriander like vegetable, available in big cities) leaves, costing about Rs 400 per kg. Parsley is to be used fresh. Rinse in water before boiling. It should be strongly fragrant, otherwise it has partially lost its active ingredients. It can be stored in the refrigerator for four to five days;  
or
3. Tea made from watermelon (*tarbooz*) seeds with skin (*chhilka*) on. The seeds can be black or brown in colour. These can be

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## Kidney Cleanse

dried and preserved. Some provision stores selling agricultural requirements, such as seeds, also stock melon seeds. They are marked as 'poison' or 'not for human consumption', since they have been treated with pesticides. Therefore, you need to wash and dry them. Then you may safely use them. Grind them dry before boiling, so that the medicine from the skin and the innards is passed into the water. Do not wash the ground seed powder after crushing or grinding.

### Process

For best results, fill the vessel/pot with just enough water to cover the ingredients, in order to get concentrated tea. Boil any of the three ingredients in water for about one to two minutes. Allow the mixture to cool and strain it. Boil the residue again with fresh water and repeat this procedure two to three times until the last boiled mixture begins to lose colour. This indicates that the ingredient has no more medicine left in it. Mix all the strained medicinal water, discard the residue and let the strained mixture stand for a few minutes, so that any sediment present will sink to the bottom of the vessel. Carefully, without subjecting the mixture to any sudden movements, pour out the upper layer of the mixture into another vessel, until the sediment at the bottom starts to flow. Stop and discard this sediment. This procedure, known as decantation, can be used to separate fine residue from the mixture. The medicine is now ready for use.

Drink this mixture three-four times each day, for one-two days. The mixture has to be stored in a refrigerator, since it spoils if kept outside. If refrigerated, it may coagulate (thicken) slightly but its medicinal properties are not affected. If you cannot drink the cold liquid, then you may warm it to your taste. Heating it slightly does not affect its medicinal properties.

Some people get better results with corn silk, others with parsley or

If hypertension is present in 1/5<sup>th</sup> of the Indian adult population – why not cure it through kidney cleanse?



## Cure Yourself

water melon seeds. However, all people get some results using any of the three ingredients. I have found concentrated corn silk tea to be the best for me. Some people have reported good results even with water melon seeds without skin. Such skinless seed is available with grocery stores, whereas seeds with skin are available with fruit vendors or agricultural seed shops.

### Quantity

I encourage self-medication. To try for first time, you may take dosage as under:

Sr. No.	Item	Quantity	Colour of Tea
1.	Corn silk (fresh)	250 grams	Dark brown
2.	Corn silk (dried)	100 grams	Dark brown
3.	Parsley (fresh)	250 grams	Green
4.	Watermelon seeds	100 grams	Brown

Observe the results for yourselves and then decide the most suitable quantity for subsequent use. You may decide about the most appropriate quantity and frequency for yourself, though the maximum dosage and frequency (as much quantity as you can tolerate) is recommended. Taking concentrated medicine in larger quantities yields quicker and better results because the medicine reaches deep into the affected organs. If any nausea or undesirable symptoms like stomach pain etc occur, then reduce the dosage.

I normally take upto 200 grams of dried corn silk or 500 grams of parsley or 200 grams of watermelon seeds per day, once a month. The resultant water quantity is about two litres (see FAQ on page 36).

### What Results to Expect?

When toxins are accumulated in the body and the kidneys cannot

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## Kidney Cleanse

filter out all of them, they are circulated in the blood stream. To decrease the ill-effects of these toxins, the body tends to keep them in a diluted form and hence, it retains more water. When the level of water in the blood stream increases, it results in a condition known as oedema. This also results in increased body weight. When these toxins are expelled during kidney cleanse, the extra water retained in the blood stream is also released. Expect increased urination. Hence, there is the added benefit of weight loss, as a result of kidney cleanse.

During the course of treatment, about 1% of patients have a feeling of nausea and about 3% of patients get mild pain in the stomach. However, these conditions are not severe and are caused due to the hyperactivity of nephrons during the blood cleansing process. The pain subsides on its own in one-two hours and does not require any treatment. The final result is an exhilarating freshness, as desired.

### **Effects of Kidney Cleansing Treatment**

The first round of treatment should be over in less than one-two days and instant improvement is expected as under:

- Dissolution of kidney stones
- Fresh face and body, better skin tone with shining, fairer complexion, followed by gradual reduction in dark circles below the eyes
- Higher energy levels
- Improved haemoglobin levels in blood
- Improved sleep quality
- Increase in calcium levels (treatment of osteoporosis)
- Increased activity levels
- Old accumulated toxins expelled from the kidney, blood and body
- Regulated blood pressure (marginally high or low BP are controlled without supplementary medication)
- Relief in backache and other body pain.

My doctor gave me six months to live but when I couldn't pay the bill, he gave me six months more.

## Frequently Asked Questions

### Kidney Cleanse

Q.31	How much quantity of corn silk (maize-hair) should a patient take?
A. 31	I encourage self-medication. You can arrive at the best suitable quantity and frequency for your body through experimentation. Sometimes corn silk tea causes very mild pain in the stomach (3% of patients). Do not take any medicine and bear the mild discomfort. The pain will subside without any medication, in about an hour or two. This is caused due to hyperactivity of the nephrons during the cleansing process and is no cause for concern. Parsley and watermelon seeds do not cause pain but their cleansing effect is also lower.
Q.32	How much quantity do you take for yourself, Dr Saxena?
A. 32	When I started this treatment four years ago, I used to take 250 grams of fresh corn silk or 100 grams of dry corn silk or 250 grams of parsley or 100 grams of watermelon seeds each day, for five days. Now I take 200 grams of dried corn silk or 500 grams of parsley or 200 grams of watermelon seeds with skin ( <i>chhilkawala tarbooz ka beez</i> ) for one day every month. This procedure makes about two to three litres of medicinal tea.
Q.33	Can we store the tea, as prepared above, in a refrigerator?
A. 33	Yes. It is alright to store the mixture in a refrigerator for two-three days. Warm it if you wish, at the time of drinking it. I prefer to drink it cold. Temperature does not play any role in the effects of the medicine in the treatment.
Q.34	I do not find corn silk in sufficient quantities in the market

In the sick room, a little human understanding  
equals a lot of medical science.



	due to off season conditions. My stored corn silk has developed a fungus. Can I still use this contaminated corn silk?
A. 34	The medicinal properties of this fungus affected dried corn silk do not change. It can be used just as well, with the same results as fresh or dried corn silk. Keep the corn silk under the Sun for a few hours. Then follow the same procedure as outlined earlier, for the preparation process. If the corn silk has been stored without drying or in wet conditions, it turns black, gets spoiled and should not be used. Hence, you should keep the corn silk under the Sun occasionally, so that it remains good for use.
Q.35	Can I use all the three ingredients, i.e. parsley, corn silk and watermelon seeds together?
A. 35	No. They are to be taken separately. Any one of them is good enough for the treatment. You may use another option after a few days.
Q.36	After following your therapy, why do I experience increased bleeding during menstruation?
A. 36	This may happen to a few ladies. Treat it as a good sign, caused due to cleansing. You must have felt better in your premenstrual syndrome and have experienced much less abdominal pain. As soon as the toxins that have accumulated in your body are expelled, your condition will improve and you will feel better in a day or two.
Q.37	I got tremendous benefit after one kidney cleanse but after a week's period, I am facing the same old problems.
A. 37	Sometimes the old problems manifest themselves again but if you monitor their frequency and intensity, they occur at much lower levels of intensity and frequency after the

It takes five years to learn when to operate  
and twenty years to learn when not to.





## Cure Yourself

	cleansing process. Second, you are continuing to live in the same polluted environment and eating cooked food, so do the cleanse again and you will improve further. You will notice instant improvement in backache, headache, general freshness level, the duration and quality of sleep, as well as the symptoms listed on page 31.
Q.38	What is the best time to do kidney cleanse?
A. 38	Kidneys get an opportunity to function more efficiently when the stomach is empty and the body is most relaxed in a lying down condition. This happens after midnight. I keep a litre of corn-silk (or any other kidney cleanse) tea near my bedside at night. If I happen to get up by chance at 2-4 am I drink this and go back to bed. This procedure results in the best effect for me.

Prevention is better than cure.