



WHOLE HEALTH COLONICS

ANNE-LISE MILLER

A **Kidney Cleanse** can be applicable in conditions of **water retention**, abdominal bloating related to water balance, bladder problems, kidney and bladder **stones** and to **reduce blood uric acid levels**, thereby assisting inflammatory conditions such as gouty arthritis and other rheumatic diseases.

To do a Kidney Cleanse you need:

- "Anne-Lise's Kidney Cleanse herbal extract"*
A gentle formula containing herbal tinctures (please note the presence of small amounts of alcohol) which are renowned for their action on kidney and bladder disorders with a stimulant effect on renal function and soothing action on the mucous membranes of the tubules in the kidneys. The herbs are: **Quassia** used primarily as a tonic, although its properties as a digestive bitter and anthelmintic (destructive to worms) are a bonus; **Bearberry and Golden Rod** act as urinary antiseptics; **Gravel Root** is antilithic (dissolves sediment and stones) and is a soothing diuretic; **Marshmallow Root** soothes mucous membranes; **Cranesbill** acts as a urinary astringent, and the overall action is enhanced by **Ginger**.
- CherryActive. **Montmorency cherry juice concentrate** (available online and from most health food shops). Cherry juice is known for its alkalising and normalising effects on uric acid levels.



Mix the following:

- 10 ml of "Anne-Lise's Kidney Cleanse"*
- 30 ml of CherryActive
- 1 litre of pure water (filtered, distilled or spring)

Drink the above mixture throughout the day for 21 days

* "Anne-Lise's Kidney Cleanse" is available from:

Specialist Herbal Supplies

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To **enhance the effectiveness** of your “Kidney Cleanse” protocol an “**alkalising**” **diet** is recommended. This is achieved by increasing foods that promote certain minerals (potassium in particular) found especially in seasonal **fresh organic fruits and vegetables** either consumed raw or **juiced** or lightly steamed.

Good hydration is key during a Kidney Cleanse. Over-consumption of water is not a useful habit but equally make sure that you hydrate by drinking **electrolyte**-enriched water according to your needs (e.g. more on a hot day or/and if you sweat a lot). Vegetables and fruits, watermelon in particular) are all hydrating foods and can be counted towards your hydration quota.

The following are known to stress the kidneys and to contribute to a more acidic cellular environment. **Reduce or avoid** during the Kidney Cleanse:

- **Animal proteins** (in meat and fish products): Limit yourself to no more than two meals a week with poultry, two a week with fish, and no more than seven eggs a week
- **Any tinned products:** they may contain Bisphenol A known to be a contributor of kidney disease.
- Any products containing **preservatives, artificial sweeteners and colouring**
- **Most dairy products:** fermented goat's (or sheep's) milk is ok (unless you have an intolerance)
- **Black pepper:** use Cayenne pepper as alternative; spices and culinary herbs are generally considered useful
- **All gluten products:** you can eat oat, millet, brown rice, buckwheat, amaranth or quinoa. Green **Barley** juice does contain gluten but **has positive alkalising effect on the kidneys**
- **Refined salt:** use unrefined sea salt (Atlantic or Celtic) or Himalayan salt instead; use cold-pressed extra virgin olive or avocado oil, and apple cider vinegar for seasoning
- **Black tea, coffee:** reduce caffeine as much as possible and replace with herbal teas or green, white, matcha tea
- **Alcohol, fizzy drinks;** carbonated water is ok
- **Sugar,** confectionary and added sugar in biscuits, cakes etc.