



DR. STEPHANIE'S GUIDE TO IMPROVING YOUR KIDNEYS/ADRENALS & BLADDER

Kidney and adrenal problems affect many people. This may be a constitutional problem (weakness at birth) or it can happen gradually due to overwork and lack of rest. Acupuncture and Chinese herbal medicine can help you recover from kidney and adrenal fatigue. Here are some ways you can improve your adrenal and kidney function.

Symptoms associated with kidney/adrenal disorders include: low back pain, broken or dull hair, dark circles under the eyes, frequent urination, high blood pressure, knee pain or weakness, low libido, hair loss, poor memory, premature graying of hair, urinary problems, weak/brittle bones

FOOD THERAPY FOR KIDNEYS & ADRENALS

Add these foods in your diet to benefit your kidneys & adrenals:

- blackberries
- blueberries
- chives
- egg yolk
- fennel
- green beans
- kale
- kidney beans
- lamb
- lentils
- miso
- peas
- peanuts
- white rice
- raspberries
- sesame seeds
- string beans
- tangerines
- tempeh/tofu
- watermelon
- water chestnuts

Add these spices & herbs:

- cinnamon bark
- clove
- dill seed
- sea salt or himalayan salt



ESSENTIAL OIL THERAPY FOR THE KIDNEY & ADRENALS

When using essential oils, remember that less is more! Essential oils are very powerful and only a very small amount is needed to achieve a great effect. It is always important to dilute the oils in a few drops of carrier oil (olive oil, safflower oil, coconut oil, or sweet almond oil) to avoid potential skin irritation. You can choose one or a combination of the oils listed below. Always choose therapeutic-grade essential oils, as cheaper oils will not offer these benefits. To order single oils, visit our website: <https://yldist.com/newdirection/>. You may also purchase our custom therapeutic blend of the oils below, available in our pharmacy.

How to use:

When using essential oils to improve the kidneys and adrenals, I recommend applying them to the *kidney/adrenal area of the lower back or the inside the ankles*.

Top 3 essential oils to improve the kidneys/adrenals:

Nutmeg

- what it does:
 - supports the adrenals for increased energy, improves kidney problems, soothes muscle aches & pains, supports the nervous system, relieves arthritis, improves circulation

Basil

- what it does:
 - stimulates the adrenals, improves kidney ailments, relieves mental fatigue, improves concentration, alleviates aches & pains, for nervous depression

Juniper

- what it does:
 - increases circulation through the kidneys, promotes excretion of uric acid and toxins, treats urinary infections, improves energy, eases aching muscles, breaks up kidney stones, improves water retention/edema, reduces acne

Essential oils for hormonal imbalance:

Geranium

- what it does:
 - regulates hormones, alleviates menopausal symptoms, eases hot flashes, improves fertility, stops sweating

Clary Sage

- what it does:
 - alleviates hot flashes & night sweats, balances hormones, alleviates PMS



TEAS & DRINKS FOR IMPROVING THE KIDNEYS & BLADDER

Always choose organic teas when possible to avoid chemicals and pesticides.

Teas for the kidneys/bladder:

- **parsley tea**
 - helps to flush out harmful bacteria in kidneys & bladder, mild diuretic, antiseptic, prevents kidney stones
- **nettle tea**
 - improves kidney function, powerful diuretic, stimulates healthy urination, improves prostate health, reduces benign prostatic hypertrophy (BPH), increases testosterone, prevents kidney stones
- **marshmallow root tea**
 - calms irritated urinary tract, aids in the passage of kidney stones without pain, diuretic, pain reliever
- **uva ursi tea**
 - disinfectant and astringent for kidneys, treats urinary tract infections, clears infection of kidney/bladder/urethra, stops pain with urination
- **cranberry tea**
 - dissolves calcium deposits in the kidneys, treats kidney stones, antibiotic

Drinks for the kidneys/bladder:

- organic cranberry juice (no sugar added)
- blueberry juice
- aloe vera juice