

INTEGRATING  
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# KIDNEY BRITE

## WHAT IT IS:

- Herbal support for kidney health and detoxification

## WHY YOU NEED IT:

- Important for patients needing to deep clean the kidney, bladder, and sexual organs
- Targets patients feeling toxic and bloated
- Supports patients with kidney-related symptoms (Take quiz printed below)

## HOW IT HELPS:

The Chinese refer to the kidneys as the “Master Organ” because they regulate the usage, levels, pressure, and location of all of the body’s vital fluids. These fluids are used to transport waste from the body’s organs to the kidneys for processing, treatment and then excretion in the urine.

Your body also has to rid itself of gases, acids, oils, resins and all-matters of toxic sludge that we ingest, inhale and absorb. When the kidneys are toxic and overloaded, these waste products cannot be fully flushed from the body, and then must be stored in the body as bloat, fluid retention, and localized swelling.

The health of your kidneys is represented on your face in the half-moons that lie just under each eye. The left half-moon under the left eye represents the left kidney and the right half-moon represents the right kidney. Any skin darkness, discoloration, redness, puffiness, or wrinkling indicates that the respective kidney is unhealthy or toxic.

Here are some other facts about your kidneys:

- Two bean-shaped organs, one on each side of the backbone
- Represent about 0.5% of your total body weight
- 25% of your body’s total blood supply can be found in the kidney at any one time
- Cleanses the body’s entire blood supply about 300 times a day.

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These products are not intended to diagnose, treat, cure or prevent any disease.  
Always consult your doctor before taking any of these products.

- Continuously regulates the chemical composition of the blood
- The liver and kidney work together as the body's major balancing/cleansing organs

Still not sure if your kidneys are toxic and in need of attention? Take this quiz and give yourself one point for every YES answer.

1. Abnormal kidney blood or urine testing?
2. Low back pain, stiffness or soreness?
3. Tire quickly or sleepy from 3-7 P.M.?
4. Left shoulder pain, stiffness or soreness?
5. Sore ankles, calves or feet?
6. Swollen, stiff or sore wrists, knees or joints?
7. Sore, tingling or numb muscles?
8. PMS?
9. Low sex drive?
10. Bladder infections & frequent urination?
11. Tinnitus or vertigo (dizziness)?
12. High blood pressure?
13. Puffy, red or dark circles under the eyes?
14. Clear shapes in your field of vision?
15. Weak nails that chip or break?
16. Thyroid or lymphatic issues?
17. Scalp irritations, thinning hair, or gray hair?
18. Weakness or soreness on left side of your body?
19. Spleen, pancreatic or weight issues?
20. History of kidney issues or kidney stones?
21. Sexual organ issues?
22. Infertility?

Count your YES answers and score accordingly.

0-1 Healthy kidneys.

2-3 A slight problem that can be improved.

4-6 Chronic problems, may continue to worsen.

7 + Severe problems, seek help now.

Your diet can also help maintain and heal your kidneys. The kidneys hate: refined/white table salt, sugar, caffeine, prescription water pills, and alcohol.

The kidneys love: grapes (best food for the kidneys; use light colored grapes for minor kidney problems and dark colored grapes for significant kidney problems); tomatoes, cinnamon, mango, watermelon (very soothing for irritated kidneys), fresh cranberries only (for kidney stones), coconut water (helps kidneys filter waste), radishes (increases kidney circulation), cucumber (increases kidney energy), and onion (powerful blood cleanser).

When diet alone is not enough, nutritional supplements can help with the heavy lifting of detoxification. Kidney Brite is a blend of powerful, healing herbs to support kidney detoxification and health. Your kidneys need to be regularly cleansed for you to recover from illness and maintain optimal health.

Your goal is to take Kidney Brite at the highest possible dose that does not cause any side effects or detox reactions such as drowsiness, headache, fatigue, diarrhea, worsening skin rashes, etc. If you experience any of these “detox reaction” symptoms, then reduce the dose to the last effective amount that caused no side effects. Stay at this dose for one to two weeks before again trying to increase the dose.

Start with half of the recommended dose on the label and gradually increase (as tolerated) to the maximum dose by adding an additional tablet every three to four days.