



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)holistic Healthcare

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Detoxifying the Kidney

HERBS	FOOD & FRESH JUICES	OTHER MEASURES
Artichoke Leaf	Artichoke	Drink Pure Water
Dandelion Root & Leaves	Asparagus	Spirulina <i>(pills or powdered supplement)</i>
Ginger	Carrot	
Goldenrod	Celery	
Horsetail	Cranberry	
Parsley	Cucumber	
Stinging Nettles	Grapes	
	Lime Juice <i>(watered down)</i>	
	Purple Cabbage	
	Radish	
	Spinach	
	String Beans	
	Watermelon	

Your AGING Body Can Talk, pages 131, ... and *Trash the Rest: Detoxing for Longevity*