

Healing by Design

Kidney Disease, Kidney Stones

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Care for your kidneys NOW! Don't wait until they stop working. The kidneys are crucial to human life because they keep the blood clean and filter fluid wastes out of the body. The Standard American Diet and the Pharmaceutical Industry has destroyed kidney function in millions of people.
2. What damages the kidneys includes: Too much ANIMAL MEAT AND DAIRY, complex grains and sugars, SODA, too much caffeine (coffee), ALCOHOL, all SOY, too many NUTS (especially pecans), chocolate, TABLE SALT, high oxalate foods like spinach and other leafy greens.
3. The best fruits and veggies for the kidneys includes: cucumber, celery, radishes, parsley, grapes, watermelon, pineapple, cranberries and all citrus such as lemons, limes, grapefruit and oranges. In general, think high water content and hydrating fruits and veggies. Avoid dried fruit.
4. Food grade baking soda heals the kidneys. It is powerful. Read the book by Dr Mark Sircus called Sodium Bicarbonate. A good drink is a combination of food grade baking soda, Bragg's Apple Cider Vinegar and lemon juice. Combine in a glass of water and drink 1-2x daily on empty stomach.
5. **Magnesium Chloride oil by Health and Wisdom** is crucial for kidney function. Epsom salts and other forms of magnesium will not heal and restore kidney function like magnesium chloride. Do the magnesium oil foot soaks at night before bed.
6. Don't force fluids. If you are urinating frequently and it is always clear you are not cleaning out your fluid systems. Your kidneys are either blocked or you are OVER-hydrated. Drinking fresh juices and eating fruits and veggies keeps you hydrated.
7. Try the **Spirit of Health Kidney Cleanse**. The information is free on our website. It has changed the lives of many people with high blood pressure, edema, diabetes and other health concerns.
8. Open kidney filtration with **castor oil packs by Heritage and cayenne pepper** (we use muscle and joint salve by Smoky Hills) or a kidney glandular like the **Pure Kidney by Professional Formulas**.
9. Book an iridology appointment with Spirit of Health. You can see kidney weakness in the eye. You can also see the level of congestion in your kidneys and lymphatic systems to know how serious you need to work on these issues. Acidity in human tissues leads to degenerative sicknesses and disease.
10. Try other healing therapies like walking, pilates, bike riding, hot/cold water therapy or massage.

*** The goal for your kidneys is filtration of waste! You know this by having dark, cloudy and stinky urine. If your urine is clear and you urinate frequently, you have work to do. If you check your pH, and your urine is alkaline, you have kidney problems. Acid waste should be leaving your body through your kidneys!**