

Kidney Stone Recipe:

- Raw Apple Juice (if you can find it or make it – the less processed, the better)
- Dandelion Root (capsule or tincture)
- Goldenseal Root (capsule or tincture)

To dissolve the stone, take 8 oz of juice and a capsule each or herb (or one dose of tincture) every hour that you are awake – and nothing else to eat or drink. (You won't be hungry anyway – this juice fills up the tummy, and kidney stones masks any other sensation.)

If it is not a stone, these herbs work to heal the kidney or maintain its natural health. There are no side effects or dangers.