

Formula for making the Kidney Tea.

All parts are by volume.

The Kidney Tea

2 - Parts Juniper Berries (Mono Sperma is best)

- - - - -

1 Part of each of the following:

- Uva Ursi Leaf
- Dandelion Leaf
- Corn Silk
- Parsley Leaf
- Horsetail Herb
- Goldenrod Flowers
- Orange Peel (or Lemon Peel)
- Peppermint Leaf
- Hydrangea Root
- Gravel Root

Much love,

Doc

Ian "Doc" Shillington
505-772-5889