

## KIDNEY CLEANSE PROTOCOL

NAME: KST

BRAND: Kroeger Herbs (Boulder, CO)

PURCHASE: Online/Natural Grocers/Vitamin Cottage

### DIRECTIONS

- Use three fingers (thumb & two fingers) to pinch bulk herb (about ¼ cup)
- Boil one gallon H2O until a rolling boil
- Decrease heat by 50%
- Add herbs
- Cover (light boil, on low for 10 minutes, occasionally stirring)
- Turn off heat and uncover 10 minutes
- Drink then or allow tea to cool to room temperature and transfer to glass jars
- DO NOT Refrigerate!
- Drink one gallon in one day
- Repeat for 3 days
- Rest 7 days
- Repeat all the above 3x total



<http://www.hannasherbshop.com/shop/hanna/herbal-products/teas/kst-k-stone-tea.html>