DRINKS & SMOOTHIES

Use This 5-Ingredient Homemade Juice to Cleanse Your Kidneys and Improve Their Function

By bestfolkmedicine · 25/10/2018 · 1 min read

The kidneys are one of the most important organs in our body because they are in charge of the production of hormones, the absorption of minerals, blood filtration, and urine production.

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Sometimes, when their functioning deteriorates, they are unable to function 100 percent and there is a need to cleanse them from the toxic deposits and prevent serious health complications. Unfortunately, according to statistics, more than 26 million Americans suffer from kidney illness and 1 in every 3 American adults is at a high risk of developing it. Therefore, it is useful to know that this can be solved with the help of a homemade remedy made from powerful natural ingredients.

The Risk Factors for Kidney Disease

- Hypertension
- Diabetes
- Genetics
- Age *people older than 60
- Kidney stones
- Obesity
- Smoking

- Cardiovascular illness

The Recipe

Needed:

A cup of fresh cranberry juice

Two tsp of lemon juice

Half a tsp of turmeric powder

A tsp of ginger, grated

A cup of grape juice

Preparation and use: Mix the ingredients well in a bowl and leave it like than for an hour; then, strain the content into a tall glass. Drink it right away.

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The Benefits of the Ingredients

Lemons

They are rich in citric acid and have the capacity to break down and avert kidney stones.

Turmeric

This potent plant has the capacity to alleviate the inflammation in the kidneys and avert blood clots.

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Ginger

This plant has the ability to better the blood flow and encourage the removal of toxins from the blood.

Cranberries

They can dissolve kidney stones and protect the microorganisms from adhering to the bladder dividers.

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Grape juice

Fresh grape juice is rich in antioxidants and it is known to be a highly-effective cure in treating kidney disease.

Source:

THE SPIRITUALIST

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