

Stone Dissolve Tea

Ingredients in the Tea:

- Hydrangea root (*Hydrangea arborescens*)
- Gravel Root (*Eupatorium purpureum*)
- Marshmallow root (*Althea officinale*)
- Rosehips (*Rosa Damascena*)

Therapeutic Action:

This formula is famous for its action as a dissolvent for calculi. Used as directed, it can help dissolve stones in the kidneys and entire urinary tract. It can also assist in the removal of gallbladder stones. It is soothing to inflamed tissues and assists smooth and painless release of the stones.

For best results, though, combine with Stone Buster Formula, which is a stronger concentrate. Both formulas work synergistically together.

If you're going to dissolve stones slowly over time, this tea is recommended. If you're in a hurry, you'll need to dissolve stones faster and use the stronger, more concentrated Stone Buster Formula. When you dissolve stones faster, all kinds of toxins can come out of your body and make you feel uncomfortable. Because of this, I designed the Simplified Stone Cleanse to have extra herbs in there to absorb these toxins in the gut and stimulate their elimination.



Instructions for Making the Tea:

- Take 5 ounces of these combined roots, cut or powdered.
- Take two quarts of fresh squeezed apple juice (organic if possible, but it must be freshly squeezed). You can make the tea with just water if you cannot have apple juice
- Put half of the herbs (2.5 ounces) into **each quart** of fresh apple juice (any type apple). So, half of the herbs in the package go into one quart and half the herbs go into the second quart.
- Let sit overnight to allow the first phase of herbal extraction.
- In the morning, bring both quarts to a boil and then simmer for 15 minutes. Let cool. You can let the tea simmer for longer to get a stronger tea, but you will need to watch the pan closely and add water as the water gets low.

Consume only distilled water and freshly squeezed juices during this program, but only up to 1 additional quart the first day and up to 2 quarts the second and third days.

Additional note: this tea is sometimes recommended for inflamed joints, gynecological problems and prostate problems with different dosage instructions. This tea can also be drunk daily in smaller doses.

Contra-indications:

- ***Absolutely no other liquids are allowed, especially the following:***
 - Alcoholic beverages
 - Sodas
 - Any carbonated beverages (even the natural ones)
 - Black tea or herb tea unless prescribed
 - Coffee (decaf or regular)
 - Dairy products
 - Synthetic minerals.

Absolutely no smoking is allowed. Smoking increases the risk of gallstones and may interfere with the action of the herbs.

Minerals that occur naturally in foods are fine, such as the Essential Nutrients Formula and/or the Calcium From Herbs Formula. The synthetic minerals to avoid during this cleanse include your daily vitamin/mineral supplement and your calcium/magnesium supplement and any other synthetic mineral. Look at the labels on these products and if no food is given as the source of these minerals, then you have a synthetic mineral supplement in your hand – even if the label says “natural.” These synthetic supplements can contribute to kidney stones.

Daily Schedule:

1. Day One:

- a. Strain out the herbs from one of the quarts, and drink this entire quart during the first day.
- b. Consume about 2 fluid ounces per hour until you have finished the whole first quart.
- c. The first day, you should also drink an additional 32 ounces of distilled water.
- d. Let the second quart sit in a cool, dark place, such as your refrigerator, shaking it a few times this day.

2. Days Two and Three:

- a. The next morning, strain and drink this second quart, taking two days to do it at the rate of 1 fluid ounce per hour that you are awake. So, you're drinking half a quart on Day 2 and half a quart on Day 3
- b. On these 2 days, you should also consume 32 ounces of distilled water and 32 ounces of fresh juices.

3. Day Four:

- a. On the 4th day, a juice fast is suggested consisting of 64 ounces of distilled water and 64 ounces of fresh juices (for a total of 1 gallon of liquids). Do not drink this much water if you are on a fluid-restricted diet or are on kidney dialysis.

Food Program:

- The diet should be animal-free (Vegan) and best if the person fasts on fresh juices for the entire 3-day period.
- If fasting is not done, then a raw food diet is suggested consisting of only fruits, fruit juices, vegetables, and vegetable juices.
- Best juices are orange, distilled water with lemon and/or lime juice, cranberry, watermelon, and vegetable combination (with carrot, parsley, garlic and ginger root.). Do not drink orange juice if you have diabetes Types I or II.
- The K/B Herbal Tea may be drunk 2 to 6 cups a day, during this program.

What's Next:

- Usually only one time is necessary, but you may repeat this process at 1-week intervals until all stones are dissolved.
- If you didn't get them all, try using the entire Simplified Stone Cleanse or at least the Stone Buster Formula, which is stronger and more concentrated.
- You can also make the Stone Dissolve Tea stronger by simmering it for longer periods of time. (up to an hour, making sure you keep an eye on it to avoid running out of water and burning the pan. In Asia, they boil ginseng roots for up to 6 hours, adding more water to the pan as needed when it gets low).
- Remember, one large stone will dissolve more slowly than 20 small ones. In difficult cases, it may be necessary to repeat this routine 2 or 3 times.

Healing signs to look for:

- Urine stream starts more easily
- Urine doesn't burn as much when urinating
- Urine stream is stronger
- Reduction in pain in gallbladder
- Reduction of pain in mid-back area
- Reduction in joint discomfort
- Reduction in inflammation in the body
- Feel more energetic