



Kidneys & Liver

Wormwood

Traditional western herbalists have prescribed wormwood as a treatment for liver and kidney diseases especially in the form of “liver flushes”. However the consumption of wormwood in the form of essential oil can cause kidney failure.

Buckler Sorrel

A cooling drink made from a few grams of chopped root can be used as a diuretic and laxative to help treat liver disorders and to dissolve kidney stones.

Pennyroyal

The number of pennyroyal plants in Britain has quickly decreased over the last 50 years and has therefore led to the plant being put on the protected plant species list. In folk medicine this plant has been used to treat liver complaints however in large proportions the plant can be toxic and cause severe liver and kidney damage.

Clary Sage

Clary sage can help alleviate complaints of many illnesses in particular liver trouble and liver congestion and kidney trouble. The best way to take sage other than in food is through a sage herbal tea.

Chicory

Chicory root has been providing support to liver problems for a long time. Ancient Romans used the herb to cleanse the blood and Egyptians used chicory in large amounts to help purify liver and blood. Chicory root can help increase the flow of bile which aids digestions; consequently fats can be broken down easier, optimizing blood composition. Chicory is therefore often recommended for anyone seeking to achieve optimal liver.

Herb Robert

Herb Robert has been used in the past to improve liver function, reduce swelling of kidney and prevent formation of stones in the kidney, however it is now not used as much as in the past.

Golden Rod

It is believed that goldenrod acts like a diuretic and is often used to treat urinary tract inflammation and prevent of treat kidney stones. Therefore it is often found in teas to help “flush” out kidney stones and prevent further inflammation of the urinary tract.

Vipers Bugloss

Vipers Bugloss is a herb that can stimulate kidney functions and ease pains in the kidney. However over a long period of

time it can cause irreparable liver damage due to alkaloids which on ingestion are toxic to the liver.

Meadowsweet

The gentle antiseptic or sterilizing action of meadowsweet makes it a useful medication for treating kidney problems. There are also salicylate salts in the herb which are useful for making softer deposits in the body including mitigating kidney stones.

Betony

This plant has been particularly used in France as a treatment for liver complaints. It is particularly useful with regards to liver issues as it is a blood purifier.

Milk Thistle

Lots of medical research has been carried out on milk thistle and it has been proven to be effective in protecting the liver from damage. Consequently it has been recognised as the number one recommended natural herb for liver health. It has even been used to treat drug and alcohol induced liver damage.

Self-Heal

Traditional Chinese medicine has used self-heal as a cooling herb which is useful against liver and kidney disorders as it acts as a stimulant. It is normally taken in the form of a tonic.

Hemp Agrimony

As well as treating viral infections, hemp agrimony can be used to aid liver and biliary disorders as well as stimulating excretion of toxins through the kidneys.

Asparagus

As well as being a popular food, asparagus also has many beneficial medicinal properties including preventing kidney stones as it is a natural diuretic. It is also great for the liver.

Field Eryngo

The roots of field eryngo are considered good in curing obstructions in the liver as they operate as a diuretic and a good restorative.

