

Let it Heal

Pain & Detox Clinic

Kidney Instructions

For the next 2 weeks, include a bit of raw beet in your diet every day. Get a small to medium fresh beet, peel the outer layer away, then use about a 1/4" slice. You can grate it onto a salad or in a bowl of soup, put it on a sandwich, or eat it plain with a squeeze of lemon. You will find it is quite sweet and delicious. It will turn your urine and stools red; so do not be alarmed! The beet acts as a blood purifier to tone the kidneys and liver. Drink at least 2 litres of steam-distilled water, 1/2 cup at a time, each day during this 2-week period.