



Frequent urination? □ Frequent UTIs? □ Water retention? □ High creatinine levels? High blood pressure? □ Renal failure?

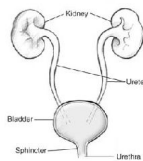
Infection, high urea, high creatinine levels, swelling and/or high blood pressure results from congestion, inflammation and/or depletion of the kidneys.



Rejuvenating the kidney is essential for optimum health!

The risks

Kidney Problems Can Be Unnoticeable



A person can have damaged blood vesicles or congestion with blockage in the kidneys without realizing it. As layer upon layer are formed, kidney stones get larger and larger until they finally produce symptoms. People who are especially at risk are those who take antibiotics for UTI's since antibiotics simply kill bacteria, but do not remove their old residues and mucous strands on which kidney stones form.

Herbal treatments fight infection and clear out congestion to avoid kidney stone accumulation and kidney disease.

Chronic Kidney Disease (CKD)- The Silent Killer

People suffering from diabetes, heart disease, high blood pressure and those who are older than 60 years old are more prone to this kidney disease. Most will have chronic kidney disease for years without realizing it as the early signs can be very subtle and it can take many years to go from chronic kidney disease (CKD) to kidney failure.

Herbal treatments not only help avoid kidney failure later in life but improve cardiovascular health, lower blood pressure and even help stabilize blood sugar levels. A herbal kidney cleanse is recommended to most individuals with high blood pressure as part of the treatment protocol.

The cause

Poor Circulation Leads to Urinary Tract Toxicity

Many people suffer from poor circulation. When the circulation is poor, usually the more delicate and fine arteries that run through the kidneys are affected first. When circulation to the kidneys decreases, the rate of toxic buildup in the kidneys increases. This in turn eventually leads to kidney stones.

Medications Cause Silent Damage

Many medications cause undetectable damage to the kidneys. This includes antibiotics. Over time, these medications can build up and leave toxic accumulations in the urinary tract, and especially in the kidneys. Other medications that commonly cause damage to the kidneys are given for arthritis pain, headaches, and for other types of inflammation. (This is a well-known side effect of taking anti-inflammatory medication on a regular basis).

Note: Based on my research long-term use of high doses of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) -prescription painkillers, that contain ibuprofen (Advil®, Motrin®), naproxen (Aleve®), or acetaminophen (Tylenol®), has a harmful effect on kidney tissue and structures, causing shrinkage of blood vessels in the kidneys. Diuretics (urine enhancers) medications may also cause excessive water loss, straining the kidneys.

Additionally, processed foods contain genetically modified ingredients to increase plant's pest resistance, immunity to herbicides, or improve crop yields. Studies have shown that these foods create a state of hepatorenal (liver and kidney) toxicity.

The signs

Toxicity, congestion or dryness in the kidneys and bladder or the supporting pathways can cause one or any combination of the following symptoms:*

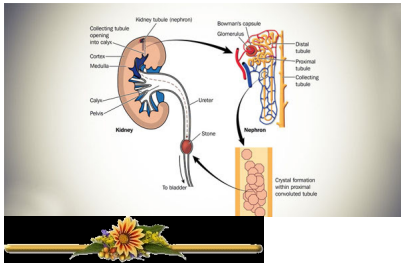
Frequent UTI's	High blood pressure	Gouty arthritis
Rheumatoid arthritis	Bladder stones	Kidney stones
Kidney tumor(s)	Cyst on kidney	Frequent nighttime urination
Low back pain (sometimes)	Difficulty starting urine stream	Kidney failure
Incontinence/bedwetting	Decreased force of urine stream	Start to urinate more frequently
Foul odor to urine	Dark urine	Blood in urine
Pain when urinating	Bladder pain	Inability to urinate
Can only urinate small amounts	Having to get up at night to urinate	Leaking urine when laughing coughing or sneezing
Reddish, pinkish or brownish urine	Having to strain to eliminate urine	Urine stream stops in the middle of urinating
Taking most types of antibiotics (passage from kidneys)	Medications (aspoising)	
Bladder polyps	"Bags" under the eyes	Problems with water retention

Many degenerative conditions are also the direct result of a body chemistry that is too acidic. Since the kidneys are responsible for regulating the acid-base balance, any problems with kidney function can cause many diseases associated with an overly acidic body chemistry. These include osteoarthritis, rheumatoid arthritis, cancer of all types, artery disease, skin diseases, high blood pressure, atherosclerosis and heart disease.*

About Kidney stones

Different stones in the body have different chemical make-ups. For example, gallstones are primarily formed from cholesterol, bile salts, and proteins. Pancreatic stones are formed from fatty acids, calcium, and proteins. And kidney stones themselves vary significantly. There are four types:

- **Calcium stones** are composed of calcium that is chemically bound to oxalate (calcium oxalate) or phosphate (calcium phosphate).
- If the acid level in the urine is high or too much acid is excreted, the uric acid may not dissolve and **uric acid stones** may form.
- **Infection stones** develop when a urinary tract infection alters the chemical balance of the urine causing stones to form from ammonium, magnesium, phosphate.
- In rare cases, there is a condition that results in large amounts of cystine in the urine, which causes the formation of **cystine stones**.



A Natural Kidney/Bladder Cleansing Program **A 7-day individualized herbal protocol with support.**

This program can be provided privately in Ojai or remotely by phone/Skype with herbal remedies mailed to you.

The program consists of herbal formulas designed to cleanse away accumulated waste products, toxins and residues in order to restore healthy kidney and urinary tract function. The program can be extended for those with failing kidneys or rotated with the [Liver/Gallbladder Program](#) for best results.

How It Works:

Ayurvedic herbal formulas and teas are provided which are taken throughout the day to dissolve stones and congestion, reduce excess mucous or resolve dryness, and fight infection. As needed, these herbal products together will provide the following actions:

- Stimulating to renal tissue
- Anti-inflammatory
- Soothing to urinary tract tissue
- Anti-nephrotoxic
- Antiseptic (infection killing)
- Diuretic (water removing)
- Anti-lithic (stone breaking, if needed)

In a case of **kidney stones** or **kidney disease** a "short short-term fast with a suitable diuretic herbal tea can effectively remove infection, calcification, uric acid and congestion as well as strengthen kidney function. Note: Diuretic herbs can be stimulating, hyragogue (raising blood pressure such as coffee) and refrigerant (washes out the kidneys). After the treatment

rejuvenating tonic herbs (those that regenerate cells and tissue) with affinity to the urinary system are provided to allow the kidneys to recover and strengthen.

In the case of **kidney failure**, specific Ayurvedic herbs and recovery protocol can be provided but results are varied and depend on the individual.

Dietary guidelines are also provided to support healthy kidney and bladder function based on your dosha (Ayurvedic body-type) and type of kidney stones if present.

Typical herbal products provided:



Ayurvedic Kidney stone formula - 4 oz

Kidney / Bladder Tea - 2 oz

Rencure Formula 2 Bottles (Total 60 Capsules)

Mutrakrichantak Churna 1 Pack (200 Grams)

Punarnava Mandur - 2 Bottles

An Ayurvedic herbal formula known to dissolve kidney stones and improve kidney function. Taken once

To be taken 3 times during the day to flush and cleanse the kidney-bladder pathway.

Rencuare formula is a combination of herbs described in ancient texts as an effective alternative remedy

Benefits

- **Beneficial changes in blood pressure***
 - Eliminates excess water from the body*
 - **Flushes out kidney stones***
 - **Eliminates recurring urinary tract infections**
 - **Improves overall kidney function**
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The program requires private consultations (in Ojai, CA or by Skype) plus herbal products.

For appointment details see [Fees](#) .

To set an appointment see [Schedule](#)

To get started or discuss your health issues with Khabir please submit [Online Health Assessment](#) .

Success stories

"Khabir embodies the true model of healing. I had great success with one of his herb tea's that balanced my kidneys relieving so many symptoms and his consistent loving support through a colon cleanse added to my healing." Sarah Uma, Santa Barbara

"When I first contacted Khabir I was in extreme pain caused by a kidney stone. This kidney stone was ¼ by ½ inch long, making it the largest of nearly two hundred stones I have passed in the last thirty five years. I have been on many different diets and have tried western medicine, acupuncture, herbs, and other remedies during that time. With Khabir's guidance and other herbal remedies I have used in the past, I brought my pain down to a more manageable level and was able to pass the stone on my own at home. I have incorporated his diet plan into my life, and have lost twenty eight pounds. I feel more energetic and have a more positive outlook on life. Khabir is both knowledgeable and professional. Anyone looking for a healthier lifestyle and an alternative to western medicine can benefit from his advice." Jeff Hoffman, Oak View, CA.

"I first sought out Khabir's help as I was feeling effects that often coincide with over exposure to heavy metals. I was feeling dizziness, lightheaded, metallic tastes, slight depression and disruption in sleep. We completed a full detox of the liver, gallbladder and kidneys. I can say that since completion, the symptoms are gone. I'm sleeping better and my focus is back and sharp." John Whyte, Ojai, CA.

[More testimonials](#)



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