

Daily Kidney Cleanse - Day ___

Morning (Prepare your tea for the entire day)

- Kidney flush drink
- Kidney tincture
- Juice
- Blood/lymph tincture
- Kidney/bladder tea
- Superfood
- Juice
- Water

Notes

Early Afternoon

- Kidney tincture
- Superfood
- Juice
- Kidney/bladder tea
- Blood/lymph tincture
- Juice
- Potassium broth (if desired)
- Water

Notes

Later Afternoon

- Kidney/bladder tea
- Superfood
- Kidney tincture
- Blood/lymph tincture
- Juice
- Potassium broth (if desired)
- Water

Notes