

## QUICK REFERENCE SHEET

# KT

*(Formerly Kidney Toner)*

Juniper Berries, Marshmallow, Mullein Flower,  
Mullein Leaf



1.00 Juniper Berries  
1.00 Marshmallow  
1.00 Mullein

**Total Herbs 3.0 oz**  
**Tincture Ratio - 1:15**  
**Glycerin Ratio 1:15**

This is a mild and healing diuretic (without the side effects of drugs). This is a formula that I have relied on for years with my own badly damaged kidneys. It is one of the most helpful formulas in my repertory, for myself and others.

I have found that uric acid crystals play a part in a great many chronic diseases, Parkinson's and Multiple Sclerosis to give just two examples. Regular use of the KT formula alleviates many of the associated symptoms of these chronic conditions. KT is helpful as a kidney support during any illness and when doing any kind of cleanse.

The addition of 0.25 part of Slippery Elm makes this formula even more emollient and soothing.