

# DIURETI-CLEANSE

Promotes Natural Excretion of Wastes\*



## ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES	
Dandelion leaf and root	( <i>Taraxacum officinalis</i> )	200 mg
Parsley leaf and root	( <i>Petroselinum crispum</i> )	108 mg
Juniper berry	( <i>Juniperus communis</i> )	134 mg
Fenugreek seed	( <i>Trigonella foenum-graecum</i> )	96 mg
Cascara Sagrada aged bark	( <i>Rhamnus purshiana</i> )	72 mg
Fennel seed	( <i>Foeniculum vulgare</i> )	16 mg
Bladderwrack fronds	( <i>Fucus vesiculosus</i> )	16 mg
Coriander leaf	( <i>Coriandrum sativum</i> )	14 mg

## DOSAGE

Liquid Phyto-Caps: 2 capsules,  
3 times daily

## DURATION OF USE

4-6 months

## BEST TAKEN

Between meals, with warm water

## HEALING PRINCIPLES OF VITALITY

Medicine today has its roots in herbal healing. Hippocrates, Aristotle and Galen are examples of herbalists who began the development of science in general. Pharmacy, pharmacognosy, and chemistry have roots with the men (and women) who collected healing information about the plants that grew around them. Herbal medicine has long been the medicine of the world, and was almost exclusively so until the advancement of modern science allowed for chemical isolation.

Historically, herbal healing is based on principles. One of the basic tenets is that of cleansing. All systems of healing, from Chinese to Native American, have some cleansing methods that play a significant role in the overall healing approach. The belief is that the vital essence of health is assisted when blocks to excretion are removed. (Now we recognize toxins as causing free radical damage to cells).

The Eclectic and Physio-medicalist practitioners of the late 19th and early 20th century refined the process of promoting the removal of wastes, generating the term "alterative" to define the process. For many years the term alterative has been defined as "blood cleansing" but this is somewhat misleading. While it is true that blood does carry the metabolites of various catabolic reactions, the organs of waste removal themselves are generally targeted by the plants. Botanicals may support liver, lymphatic, kidney, gall bladder, digestive, skin and/or lung function to achieve what we refer to as alterative activity. Indeed, it is specifically the support of the normal function of organs of elimination that results in efficient removal of waste from the blood.

Diuretic Cleanse is based on these ancient principles of healing. It is designed to support the organs of elimination. Additionally, many of these herbs provide many nutrients that help to build healthy tissue and provide the building blocks of various eliminatory pathways. While these actions are generally quite gentle, they may have profound effects on health and vitality. A build up of toxins can result in sluggishness both physically and mentally. Helping the body perform these processes can go a long way toward promoting health. Diuretic Cleanse is

designed to gently promote the normal excretion of waste from tissue and organs. As such, this formula can support general vitality in a significant way.

Dandelion root is both revered and despised. It is certain, however, that lawn-owners would reconsider the weed if they only understood its value. Dandelion leaves provide a complex of tasty nutrients, enjoyed all over the world when they are young. Interestingly, the root of dandelion is renowned for its support to liver function, while the leaves target kidney function. Another aspect of Dandelion's normalizing properties is the relatively high level of potassium it contains. Kidney activity tends to deplete potassium, so Dandelion is able to support the function of the kidney while providing valuable nutrients to further support its function. The 1950s-1970s generated a great deal of European interest in research on Dandelion, especially its constituent inulin. Much of this supported the traditional uses indicating promise for further study of this humble plant.

Parsley seed, leaf and root also find a place in both traditional healing and the kitchen. Traditional use of seed and leaf centers mainly on digestive support and promoting liver, lung and kidney function. It therefore results in an overall boost to elimination. Parsley has a significant essential oil content believed to be at least part of the active chemical profile. However, the essential oils can be irritating in large doses, so reason is required when consuming this food. There is little scientific research on Parsley yet; some preliminary studies indicate antioxidant activity.

Juniper berries are renowned for their effect on kidney health. Interestingly, though, they are included in the German Commission E Monographs for their use as an antispasmodic for the digestive system. Like Parsley, Juniper berries have significant essential oil content which can be irritating in large doses.

Fenugreek seed is an ingredient of curry powder. The seed contains a demulcent activity that soothes digestion and benefits the lungs. Like other plants, this food is nutrient rich. Additionally, Fenugreek seeds contain a great deal of fiber. The fiber aids in digestive function. Rich steroidal components

allow the seed to affect the structure and function of many systems in the body. Plant steroids are made from cholesterol like endogenous steroids. They tend to have a normalizing effect on structure and function. A good deal of research interest currently exists in Fenugreek. Investigations into its effect on the glucose system indicate potential for its use in normalizing blood sugar levels. While these studies are preliminary, there is plenty of good evidence on Fenugreek's role in maintaining vital health.

Cascara Sagrada bark is a traditional Native American remedy that has become a favorite around the world. The bark must age one year or be exposed to heat and aeration to destroy free anthrones, which will cause severe vomiting. Once the anthrones are destroyed, the plant is used to promote normal bowel movements. Its reputation and an understanding of the mechanism of action have earned Cascara Sagrada a place in the German Commission E as an approved herb. It is understood that beta-glycosides are converted into anthrones in the colon by bacterial enzymes. Anthrones are the metabolites that affect bowel function. Long term use is not advised.

Fennel seed joins the crowd of spices in this blend. It has a taste reminiscent of Licorice. It is also rich in essential oil. It enjoys a long history of use as a flavoring from everything from candy to pickles. Traditional healing use focused on its support to healthy digestion. Research on Fennel is still limited.

Bladderwrack fronds are eaten as food especially in the Orient. This seaweed is rich in nutrients, notably absorbable iodine and mucilage. The mucilage supports healthy function in the digestive system and lungs. Bladderwrack has a reputation of supporting thyroid function, which may be associated with its iodine content. The thyroid functions to regulate body metabolism, which will have an indirect effect on every elimination system.

Coriander leaf falls into the category of nutrient and oil rich seeds. It possesses digestive properties similar to those of Fenugreek and Fennel seeds.

## COMPLEMENTARY HERBS/FORMULAS

Anti-Oxidant Supreme, Cholesterol Vital Maintenance, Cleanse Maintenance, Diet Slim, Energy Vitality, Liver Health

### GENERAL REFERENCES

- Wren RC. *Potter's New Cyclopaedia of Botanical drugs and preparations*. Essex, UK: Saffron Walden; 1988.
- Bartram T. *Encyclopedia of Herbal Medicine*. Dorset: Grace Publishers; 1995.
- Leung A, Foster S. *Encyclopedia of Common Natural Ingredients*. NY: Wiley; 1996.
- Bradley P (Ed.). *British herbal Compendium*. Dorset: British Herbal Medical Assoc.; 1992.
- Mills S, Bone K. *Principles and practice of Phytotherapy*. New York: Churchill Livingstone; 2000.
- Ellingwood F. *American Materia Medica, Therapeutics and Pharmacognosy*. Portland: Eclectic Medical Publications; 1985.
- Tang W, Eisenbrand G. *Chinese Drugs of Plant Origin*. New York: Springer-Verlag; 1992.
- Huang KC. *The Pharmacology of Chinese Herbs*. Ann Arbor: CRC Press; 1993.
- McGuffin M, et al. Ed. *AHPA's Botanical Safety Handbook*. Boca Raton: CRC Press, 1997.
- Newall CA, et al. *Herbal Medicines: A Guide for Health-Care Professionals*. London: Pharmaceutical Press; 1996.
- Weiss R. *Herbal medicine*. Beaconsfield, UK: Beaconsfield Publishers; 1985.
- Felter H, Lloyd JU. *King's American Dispensatory*. Portland: Eclectic medical Publications; 1983.
- Duke J. *Handbook of Medicinal Herbs*. Boca Raton: CRC Press; 1985.

## SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy or lactation. Contraindicated in inflammatory kidney conditions, due to essential oil content of Parsley and Juniper Berry.

"Do not use this product if you have abdominal pain or diarrhea. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use."

## DRUG INTERACTIONS

Please see a physician if you are taking any pharmaceutical drugs.

## REFERENCES

- American Herbal Products Association. *Rediscovering The "Roots" of Medicine* [supplement]. Herbs for Your Health. 1992; Jan/Feb, S5-S8.
- Clark E. Monograph on *Taraxacum officinale* in *A Handbook of Plant Form*. Transl. Hobbs, Christopher. Portland: Eclectic Institute, 1985 (orig. 1904).
- Willard T. *The Wild Rose Scientific Herbal*. 1991; 106-109. Wild Rose College, Canada.
- Grases F, et al. Urolithiasis and phytotherapy. *Int Urol Nephrol* 1994; 26(5): 507-11.
- Newall C, et al. *Herbal Medicines: A Guide for Health-care Practitioners*. London: Pharmaceutical Press, 1996.
- Trautwein EA, et al. Dietary inulin lowers plasma cholesterol and triacylglycerol and alters biliary bile acid profile in hamsters. *J Nutr*. 1998 Nov; 128(11): 1937-43.
- Rowland IR, et al. Effect of *Bifidobacterium longum* and inulin on gut bacterial metabolism and carcinogen-induced aberrant crypt foci in rats. *Carcinogenesis*. 1998 Feb; 19(2): 281-5.
- Klees B, et al. Effects of inulin and lactose on fecal microflora, microbial activity, and bowel habit in elderly constipated persons. *Am J Clin Nutr*. 1997 May; 65(5): 1397-402.
- Nielson SE, et al. Effect of parsley (*Petroselinum crispum*) intake on urinary apigenin excretion, blood antioxidant enzymes and biomarkers for oxidative stress in human subjects. *Br J Nutr*. 1999 Jun; 81(6): 425-6.
- Adzamlı IK, Kim HO, and Sykes AG. Neutral complexes as oxidants for the reduced form of parsley (*Petroselinum crispum*) [2FE—2S] ferredoxin. Evidence for partial blocking by redox-inactive Cr (III) complexes. *Biochem J*. 1982, Jun; 43(2): 201-4.
- Fuata A, et al. Effect of *Trigonella foenum-graecum* (fenugreek) seeds on glycaemic control and insulin resistance in type 2 diabetes mellitus: a double blind placebo controlled study. *J Assoc Physicians India*. 2001 Nov; 49: 1057-61.
- Vats V, et al. Evaluation of anti-hyperglycemic and hypoglycemic effect of *Trigonella foenum-graecum* Linn, *Ocimum sanctum* Linn and *Pterocarpus marsupium* Linn in normal and alloxanized diabetic rats. *J Ethnopharmacol*. 2002 Jan; 79(1): 95-100.
- Pederson M. *Nutritional Herbology*. IN: Whitman, 1995.
- Mills S. *Out of the Earth: The Essential Book of Herbal Medicine*. England: Viking Group, 1991.

- Hoffman D. *The Holistic Herbal*. Moray: The Findhorn Press; 1984.
- Felter HW. *The Eclectic materia Medica, Pharmacology and Therapeutics*. Portland, Oregon: Eclectic Medical publications; 1985.
- Boon H, Smith M. *The Botanical Pharmacy*. Quebec, Canada: Quarry press; 1999.
- Mills S. *The Essential Book of Herbal medicine*. London: Penguin; 1991.
- Brinker, Francis ND. *Herb Contraindications and Drug Interactions*. Sandy, OR: Eclectic Medical Publications; 1997.
- Miller L. *Herbal Medicinals: Selected Clinical Consideration Focusing on Known or Potential Drug-Herb Interactions*. *Arch Intern Med*. 1998; 158: 2200-11.
- Newall C, Phillipson JD. "Interactions of Herbs with Other Medicines." Online. Internet. [4/26/00]. Available WWW: <http://www.ex.ac.uk/phytonet/phytojournal/>
- Bensky D, Gamble A. *Chinese Herbal Medicine: Materia Medica*. Seattle: Eastland, 1986.
- DeSmet PAGM. *Adverse Effects of Herbal Drugs*. Berlin: Springer-Verlag. 1993
- Bergner P. "Herb-drug Interactions." *Medical Herbalism*. 1997. Online. Internet. [5/20/99]. Available WWW: <http://medherb.com/92DRGHRB.HTM>
- WHO monographs on selected medicinal plants. Volume 1. Geneva: World Health Organization. 1999.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.