

Herbal Liver, Kidney and G.I. Detox Protocol

I think the most effective way to detoxify the emunctories such as liver, kidney, colon, etc is through homeopathic drainage. However, accessing homeopathics can be difficult for many and it is better to provide your liver and kidneys with some level of support rather than nothing. I created this post to share the top herbal (non-homeopathic) supplements that can help support liver, kidney and colon health. The supplements recommended below can help to support the function and elimination of the colon, liver and kidneys and can help to improve symptoms of toxicity and inflammation. I use all the supplements below widely throughout my practice and have seen great results in my clients as a result of their use.

You can use one or more of the supplements listed below but I suggest choosing 1 liver detox supplement, one colon cleansing supplement, one kidney remedy and one digestive. This protocol can be done seasonally or on an as-needed basis. Always check with your practitioner before supplementing with ANY supplements. Do not take these listed supplements while pregnant. Follow bottle dosage and recommendations.

Use Puremarket.ca discount codes to save \$20 for the supplements below (found in the FORUMS)!!

Liver Supplements

[Genestra Liv Complex](#): Offers a combination of herbal extracts that help support normal liver function, including globe artichoke, milk thistle, dandelion, bupleurum, fringetree, and rosemary. This supplement can be done for several months and then stopped and continued seasonally for a month to maintain the health of the liver.

[Douglas Labs LVDTX](#) (Available to Canadian customers only): Comprehensive blend of synergistic nutrients that supports liver function. Choline, inositol, L-methionine and betaine are provided alongside turmeric, dandelion, milk thistle and globe artichoke extracts.

[Pure Encapsulations Liver GI Detox](#): Supports the function of the liver, an organ involved in detoxification, by providing nutrients and botanical extracts, such as milk thistle and methionine, Turmeric, broccoli, NAC, alpha lipoic acid and chlorella are also included.

Kidney Supplements

[Genestra Herbotox Capsules](#): Multi-botanical combination that contains dandelion, parsley, and uva-ursi, which are traditionally used as diuretic to help stimulate the body's elimination processes. Adults take capsules (single dose) at bedtime, away from food and other medications. Do not take longer than seven days (can do this spring and winter for 7 days for a seasonal cleanse).

Genestra Uri-gen: Symbiotic phytoembryotherapy combination of Silver Birch, Juniper and European Ash fresh bud and young shoot extracts to support kidney elimination and the elimination of uric acids (acidic toxins).

G.I. – Digestive Supplements

Genestra Ichole Plus: Digestive formula to help support liver and gallbladder function with a combination of choline, L-methionine, plus inositol, ox bile and beneficial herbal extracts. Take 2 caps 2x/day, a few hours away from taking other medications, supplements and food.

Genestra Herbal GI: A vegan formulation containing a synergistic blend of bromelain and papain, which act as digestive enzymes as well as peppermint, marshmallow root, star anise and clove to aid digestion and colon detoxification.

Pure Encapsulations G.I. Fortify: This is a bulk-forming laxative and contains a blend of high-impact fiber, herbs and nutrients. G.I. Fortify provides far-reaching support for constipation. Psyllium, or *Plantago ovata*, is a valued source of soluble fibre. Soluble fibre absorbs water to form a gel, increasing stool volume when taken with appropriate amounts of water to support larger and softer stools for healthy bowel movements. As the bulk moves through the intestine, it also helps to collect and eliminate other waste and toxins from the intestinal walls. Soluble fibre is fermented slowly in the colon by intestinal microflora, which further helps increase fecal mass. The fermentation process produces short chain fatty acids (SCFAs), which have protective effects for healthy colon cell function as they are extremely important energy sources for the colon and may regulate colonic transit. Furthermore, SCFAs keep the intestinal environment acidic, providing optimal conditions for a healthy intestinal microflora. Flax is an additional source of soluble fibre, and also contains fatty acids and lignans. G.I. Fortify also contains the amino acid L-Glutamine, plus a combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root. Additionally, it includes an equal proportion of three fruit extracts, *Terminalia chebula*, *Terminalia bellirica* and *Emblica officinalis*, which have a long traditional history of use in the Ayurvedic medicine Triphala, literally translated as “three fruits”.