



Chinese Kidney Activator

(formerly K-C)

Stock #1872-5 (100 capsules)

TCM - Stock #1040-0 (30 capsules)

Chinese Kidney Activator is designed to help strengthen and support kidney and urinary tract health. Chinese Kidney Activator contains a blend of herbs that help relieve fluid retention, soothe inflammation, alleviate pain and swelling, promote circulation, relax muscles cramps and spasms, and combat infection. In addition, several herbs are known to help relieve pain and stiffness in the back and joints.

Chinese Kidney Activator can be used for arthritis, lower back pain, cramping pain in the hands and feet, diarrhea, edema (fluid retention), headaches, muscle spasms (especially in the legs), nephritis (kidney inflammation), rheumatic pain, swollen joints, painful urinary dysfunction, and urinary difficulty (scanty urine).

Hoelen (*Poria cocos*) has long been used as a diuretic and sedative in Traditional Chinese Medicine. Hoelen promotes urination, soothes inflammation, and is used to relieve problems resulting from the accumulation of "moisture" such as diarrhea, edema due to stagnation of fluids or dampness, feelings of heaviness throughout the body, lung congestion and swollen joints. Hoelen is also used to correct urinary imbalances, including painful urinary dysfunction and urinary difficulty or scanty urine. In addition, hoelen contains a substance called pachyman, which has demonstrated antinephritic—a substance that counteracts kidney disease—effects in rats. Furthermore, hoelen has been shown to inhibit urogenital *Chlamydia trachomatis*—the most commonly reported bacterial sexually transmitted disease (STD) in the United States.¹⁻⁷

Sileris (*Ledebouriella seseloides*) is a slightly warming that exhibits analgesic (pain-relieving), antispasmodic, antimicrobial, antirheumatic, and diaphoretic (promotes perspiration) properties, and has demonstrated an inhibitory effect against some influenza (flu) viruses. Sileris is said to expel "wind dampness" associated with symptoms such as stiff, painful or numb joints; stiff back and neck muscles; rheumatic pain; spasms in the hands and feet; and headaches. Sileris is often used in the early stages of infection to treat body aches, chills and headache associated with the common cold and influenza. Sileris has also been shown to have a moderate antipyretic (fever-reducing) effect.^{1-3,8}

Chaenomeles (*Chaenomeles lagenaria*), a commonly used herb in Traditional Chinese Medicine, is especially effective on rheumatism. Chaenomeles promotes circulation, relaxes the muscles and tendons, and exhibits anti-inflammatory and antispasmodic effects. Chaenomeles is particularly helpful for severe, cramping pain and weakness in the lower back and lower extremities. Chaenomeles also relieves cramping of the calves, leg edema, and arthritic and rheumatic conditions, especially of the legs.^{1,2,9}

Morus (*Morus alba*) has demonstrated analgesic, diuretic, hypotensive (blood pressure-lowering) and sedative effects in animal studies, thus lending some support to its clinical applications in Traditional Chinese Medicine. Morus promotes urination and has been used to reduce edema, swelling of the extremities, urinary difficulty, and more recently, high blood pressure. Research has confirmed the anti-inflammatory, hypotensive and immunomodulating (altering, suppressing or strengthening the immune system) effects of various substances in morus.^{1,10-13}

Astragalus (*Astragalus membranaceus*) acts as a diuretic to promote urination to reduce edema and swelling of the extremities, even in paralyzed limbs. Animal studies have shown that astragalus exerts a therapeutic effect on nephrosis—a type of nephritis (kidney inflammation) that is characterized by low serum albumin, large amounts of protein in the urine, and swelling. Astragalus has also demonstrated therapeutic effects on sodium and water retention in experimentally-induced heart failure in rats, perhaps through its ability to improve cardiac and renal (kidney) functions. In addition, astragalus has been shown to exert anti-tumor activity against bladder tumors and renal cell carcinoma (kidney cancer).^{1-3,14-16}

Psyllium seed (*Plantago asiatica*) promotes urination and clears heat and inflammation. Psyllium seed is used for any type of edema or painful urinary dysfunction due to damp-heat, including painful urinary dysfunction caused by yeast infections of the urinary tract. By promoting urination, psyllium seed also helps solidify the stool to relieve diarrhea. In addition, psyllium seed is used for blood in the urine, stemming from urinary difficulty. Furthermore, a hot water extract of psyllium seed has been shown to have significant inhibitory effects on the proliferation (growth) of lymphoma and bladder, bone, cervix, kidney, lung and stomach cancer cells.^{1,2,8,17}

Alisma (*Alisma plantago aquatica*) exerts its effects on the kidney and urinary bladder to promote urination and prevent the stagnation of fluids associated with problems such as diarrhea, edema and urinary difficulty. Alisma is an

effective diuretic and has been shown to facilitate diuresis (increased urine excretion) in healthy subjects. Alisma's rich source of potassium is one of the factors contributing to its diuretic effect. In addition, alisma contains several triterpenes (alisol A, alisol B, etc.) that demonstrate anti-inflammatory activity.^{1-3,18,19}

Peony (*Paeonia lactiflora*) acts as an analgesic, anti-inflammatory and antispasmodic, and is used to relieve painful abdominal spasms, cramping pain in the hands and feet, and abdominal pain associated with diarrhea or dysentery. In Traditional Chinese Medicine, peony is combined with licorice to treat muscle spasms, especially of the calf. Peony is also combined with ledebouriellae and atractylodes for painful diarrhea. Several constituents in peony (paenol, paeoniflorin, monoterpenoids, etc.) have been shown to exhibit antispasmodic activity. Peony also contains an acidic polysaccharide that exhibits immunological activity. In addition, peony increases the activity of SOD (superoxide dismutase)—one of the body's most important and powerful antioxidants.^{1-3,20-23}

Atractylodes (*Atractylodes lancea*) is used in Traditional Chinese Medicine to expel "dampness" from the body and relieve pain and swelling associated with edema, rheumatism, sore and swollen joints, and painful swelling in the hands and feet. Atractylodes also helps induce sweating and is recommended in the early stages of infection to relieve body aches, headache, absence of sweating and oozing sores. Research has confirmed atractylodes' diuretic effects, as well as the presence of active constituents that exhibit anti-inflammatory activity, specifically COX-1 (cyclooxygenase-1) inhibitory actions—COX-1 inhibitors reduce inflammation by blocking the action of the COX-1 enzyme. Such research supports many of the traditional uses for atractylodes.^{1-3,8,24,25}

Magnolia (*Magnolia liliflora* and *officinalis*) enhances the movement of energy through the body and removes stagnation, which helps to reduce and eliminate bloating and feelings of fullness, particularly due to excess. Magnolia also demonstrates antimicrobial activity against various types of infections, including streptococcal infections, staph infections, shigella (responsible for dysentery), viral hepatitis (liver inflammation) and amoebic infections. In addition, magnolia bark contains the active ingredient magnolol, which exhibits anti-inflammatory and analgesic effects, while other constituents such as caffeic acid and kaempferol provide diuretic effects.^{1,3,26,27}

Polyporus (*Polyporus umbellata*) is a diuretic used in Chinese herbal formulas to relieve abdominal bloating, edema, cloudy and painful urinary dysfunction, cystitis (bladder inflammation), diarrhea, difficult urination, genitourinary infections, kidney inflammation and stones, urinary retention, and vaginal discharge. Polyporus also exhibits antibacterial, anti-inflammatory, anti-tumor and immunomodulatory properties. In fact, polyporus has been shown to inhibit urogenital *Chlamydia trachomatis*—the most commonly reported bacterial sexually transmitted disease (STD) in the United States. Furthermore, polyporus contains the active constituent ergosterol, which has shown a strong inhibitory effect against the promotion of urinary bladder tumors in rats.^{1-3,6,8,28-30}

Cinnamon twig (*Cinnamomum cassia*) is used in Japanese herbal medicine to energize the kidneys and warm the "gate of vitality" at the kidneys, which relieves frequent urination, impotence, cold kidneys, weak back and aversion to cold. Cinnamon twig is also one of the most important circulatory herbs in Chinese herbal medicine and is used to enhance the circulation of blood and promote urination. Cinnamon twig exhibits analgesic, antipyretic, astringent, diaphoretic and stimulant activity and is recommended for abdominal cramps and pain, arthritic and rheumatic conditions, cold extremities, diarrhea, edema, fatigue, lower back pain, muscle spasms and numbness. Cinnamon twig also demonstrates antibacterial activity against *Bacillus cereus*, *Escherichia coli*, *Salmonella infantis* and *Staphylococcus aureus*, all of which can cause food poisoning. In addition, an extract of cinnamon twig has been shown to inhibit the activity of xanthine oxidase (XO), an enzyme that plays a crucial role in gout.^{1-3,31-35}

Citrus peel (*Citrus aurantium*) is a warming herb that normalizes the flow of energy through the body, moving congested water and phlegm and releasing pathogens (disease-causing organisms) that have become stagnant. Citrus peel also demonstrates antibacterial and anti-inflammatory activities.^{2,3}

Ginger (*Zingiber officinale*) has been used in the Far East for what may be thousands of years to treat various inflammatory diseases. Ginger demonstrates analgesic, anti-inflammatory and antiedematogenic (a substance that prevents edema or swelling) properties. Paradol, a natural component of ginger, has been found to be a potent COX-1 inhibitor. In addition, ginger extracts have been shown to provide a statistically significant effect on reducing symptoms of osteoarthritis of the knee; to provide varying degrees of relief from pain and swelling among arthritis patients; and to provide pain relief in patients with muscular discomfort. Furthermore, the naturally occurring essential oil in ginger has demonstrated antimicrobial activity against both Gram-positive and Gram-negative bacteria, as well as yeasts and fungi.^{1,3,36-43}

Typhonium (*Typhonium flagelliforme*) is a warming herb that relieves pain and inflammation, including joint pain, and relaxes spasms. Typhonium is also used for lymphatic swellings. In addition, research has identified a substance in typhonium with significant antihepatotoxic (protecting the liver from toxins) activity.^{1,44-47}

Licorice (*Glycyrrhiza uralensis*) is used in Traditional Chinese Medicine to clear heat and relieve fire toxicity, and to relax muscle spasms and alleviate pain. Thus, licorice is recommended to treat acute symptoms in the early stages of infection, to reduce fever, to relieve inflammation and swelling, and to alleviate painful spasms, especially in the abdomen or legs. Licorice is regarded as an effective anti-inflammatory with action similar to that of cortisone—a potent anti-inflammatory drug. Licorice contains the active ingredient glycyrrhizin (glycyrrhizic acid), which exhibits a number of pharmacological effects, including anti-inflammatory, antioxidant, anti-viral, hepatoprotective (liver-protecting) and anticarcinogenic (cancer-preventing) activity. Glycyrrhizin is also one of the leading natural compounds used in clinical trials of chronic active viral hepatitis. Furthermore, licorice has been shown to inhibit prostate cancer cell growth and down-regulate prostate-specific antigen (PSA)—an important marker for the diagnosis of prostate cancer.^{1-3,8,48-51}

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