

Kidney Tea

Kidney Tea is a combination of three herbs:

1. **Gold Coin Grass.** Also known as *Lysimachiae Herba*, *Herba Desmodii Styrachifolii*, or *Jin Qian Cao* in Chinese medicine. It is a perennial herb with spade-shaped green leaves. In traditional Chinese medicine, it is considered “sweet and neutral”, and is associated with the liver and kidney meridians.
2. **Corn Silk.** Also known as *Zea mays*, or *Yu Mi Xiu* in Chinese medicine. Corn silk is the thin brown thread-like material found at the end of a corn husk. In traditional Chinese medicine, it is considered “sweet and neutral”, and is associated with the gallbladder and liver meridians.
3. **Eucommia Bark.** This is the bark of the *Eucommia Ulmoides* “hard rubber” tree, and the bark is known as *Du Zhong* in Chinese medicine. This tree is native to China and it is becoming rare because its habitat has been heavily encroached upon by human settlement, but its bark is harvested *without* killing the tree, by taking small amounts at a time. In traditional Chinese medicine, eucommia is considered “yang”, and is associated with the liver and kidneys.

Directions

Step 1: Take 10 to 15g of eucommia bark, 15 to 30 grams of GCG, and 15 to 30 grams of cornsilk. In case you do not have an accurate kitchen scale, it should look roughly like the picture at right (notice the plastic spoon and the quarter, which are included to show scale). The GCG is the green leaves on the left, the eucommia bark is the flat brown square in the middle, and the corn silk is the clump of thin thread-like fibres on the right.



Step 2: Add all three ingredients to a pot, then add 6 to 8 cups of water and boil for 5 minutes, then let simmer for 20 more minutes.

Step 3: Drink all of the tea during the day, preferably between meals so as not to take it on a full stomach.

Step 4: GCG and corn silk are diuretics, so they can deplete your fluids and potassium. Therefore, you may wish to drink extra water, and take potassium supplements or eat potassium-rich foods.

Special Instructions/Interactions

- If you are taking blood thinners such as Warfarin, you may want to avoid taking corn silk, since corn silk may counteract the effect of the Warfarin.
- If you are on any blood pressure medications, you may wish to consult with your health care provider before taking eucommia bark.