



**WORLDWIDE
HEALTH CENTER**
Natural Health Products & Remedies

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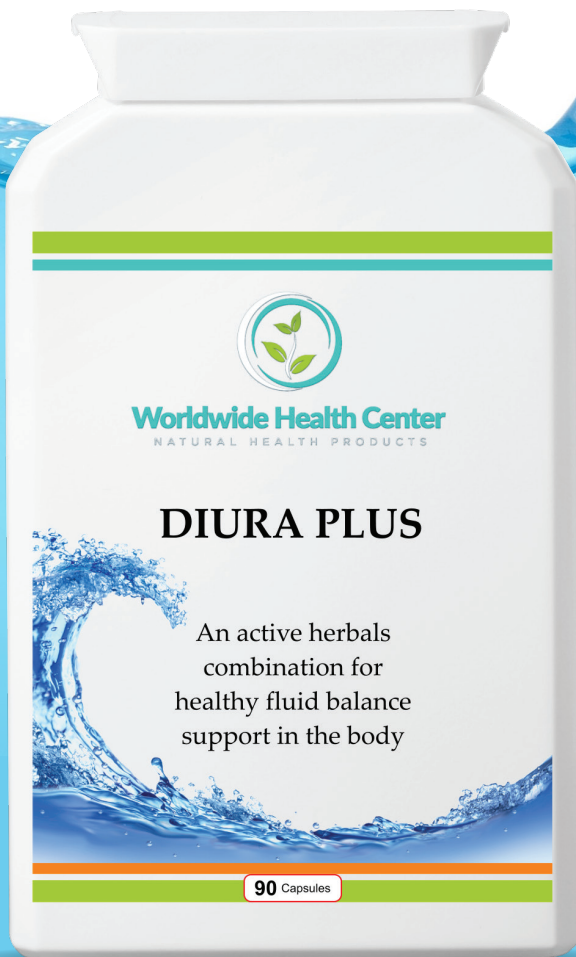
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Last updated: 10.10.16

DIURA PLUS

**Nutrient-dense herbal diuretic formula for
healthy fluid balance in the body**

**GENTLE &
EFFECTIVE**



Diura Plus is a gentle, yet effective and bioavailable combination of concentrated herbals, vitamins and other nutrients, designed to support healthy fluid levels in the body.

Many people, especially women, suffer with excess stored water (non-medical oedema). Many also find that during each monthly cycle, they experience uncomfortable bloating of the abdomen and puffiness of the fingers, eyes, knees and ankles, as a result.

This supplement encourages the body's natural elimination of stored water and waste via the kidneys.

Contributes to the **regulation of hormonal activity, electrolyte balance, muscle function**, energy-yielding metabolism and more...

As recommended by NOW magazine and Dr Mark Atkinson, as one of the best products to help the body rid itself of excess water

Beneficial for...

- Most cases of water retention / oedema
- Breast tenderness and swelling
- During the menopause
- Swollen ankles
- During a woman's monthly cycles (if water retention increases abdominal swelling and period pains)
- Healthy fluid balance
- Body detoxification
- Puffiness
- Kidney cleansing
- Hormonal balance and more...

Diuretic & kidney cleanser!

About the ingredients

Vitamin B6: A very well-known and effective **diuretic**.

Magnesium: A well-known contributor to correct **fluid balance** within cells (hence its diuretic effect) and for its vital role in muscular contractions.

Alfalfa: A very rich source of **vitamins and minerals**. It yields 10 times more mineral value than average grains. Contains **8 essential enzymes** for the correct digestion and utilisation of foods. Actions include **anti-cholesterol, anti-haemorrhagic, anti-anaemia** and **anti-coagulant**. To promote strong bones and teeth, and act against **dyspepsia, constipation, kidney** and **prostate** problems. The high mineral content creates a powerful **diuretic** effect.

Juniper berry: A very effective **diuretic** - in the 1500's a Dutch pharmacist formulated a new diuretic called gin. This drink caught on for obvious reasons (in combination with other ingredients). Juniper has been used for centuries as a remedy for **urinary-tract** problems including urinary retention, bladder inflammation and gallstones, as well as **gout** and **arthritis**.

Increases urine flow and destroys bacteria in the kidneys and bladder. Can prevent crystallisation of uric acid in the kidney, holding it in solution until passed in the urine. An excellent **blood cleanser** and can also strengthen a weak stomach and improve **digestion**. The British Pharmacopoeia lists juniper as a urinary tract disinfectant. The volatile oils in juniper berries destroy bacteria.

CAUTION: If taking lithium, juniper should not be used except under the supervision of a physician. High dosages of juniper berry products should be avoided by anyone suffering from kidney disease and by pregnant women.

Celery: Its actions include an **alkaline** reaction on the blood, **anti-rheumatic, urinary antiseptic, diuretic, anti-spasmodic, carminative**, tonic **digestive**, and it assists in the elimination of uric acid. Contains a chemical called 3-butylphthalide, which reduces blood pressure. Has been used by Chinese healers for centuries as a treatment for **blood pressure** and as a **diuretic** as it promotes the flow of urine through the kidneys.

Not to be taken in pregnancy.



About the ingredients cont...

Dandelion leaf: Contains carotenoids and sesquiterpene lactones. It is a **powerful diuretic** (the leaves are more effective than the root.), **bitter tonic, pancreatic regulator, galactagogue, cholagogue, anti-rheumatic, bile duct stimulant, mild laxative, urinary antiseptic, anti-eczema, detoxicant** and **choleretic**. Contains vitamins A, B and C and is rich in nutrient minerals. Promotes the elimination of plasma cholesterol. Used as a natural diuretic, for detoxification, against liver disorders, gallbladder inflammation and to stimulate bile flow.

Kelp: A seaweed which is high in **iodine** and many other **minerals** and **trace elements** (such as potassium, magnesium, calcium and iron). The iodine is used by the **thyroid gland** to produce hormones, responsible for normal metabolism in all body cells, energy levels and the elimination of waste matter from cells.

Uses: detoxification, energy production, weight management, cellulitis, obesity, fluid balance and overall health.

Nettle leaf: Nettle improves **kidney function**, neutralising **uric acid** and preventing its crystallisation, aiding in its elimination from the system and thus relieving **gout** and **arthritis** symptoms. Nettle is also high in **minerals** such as iron, potassium, calcium, sulphur, sodium, silica acid, copper, manganese, chromium, and silicon and is therefore also useful for **anaemia**. Also a **blood purifier** and assists in lowering **blood pressure**. The high mineral content may be the reason for nettle tea's ability to reduce the severity and occurrence of **oedema**, leg **cramps** as well as menstrual cramps, and its ability to support **strong bones**. Used as a general **detoxifying** remedy.

Parsley leaf: The leaves are used in cooking and to offset the odour of garlic on the breath. The fruit, or seeds, are rich in the minerals calcium, potassium and silica. Actions include **anti-microbial, laxative, diuretic, carminative, gastric** and **uterine tonic**.

Radish leaf: An excellent **diuretic, liver** and **bowel cleanser**. Reduces **gallstones** and **kidney stones**. Radishes are rich in ascorbic acid, **folic acid** and potassium. Also a good source of **vitamin B6**, magnesium, copper and calcium - nutrients which contribute to the correct **balance of fluids**, both in and outside cells.

Watercress: An excellent **cleanser of the liver, bile ducts** and **gallbladder**. Contains the **vitamins B, C, E**, folic acid and beta carotene. **Minerals** include: very high levels of sulphur, as well as calcium, iron, sodium, magnesium, phosphorous, potassium, choline and iodine. These nutrients work in combination to support **kidney function** and hence **fluid retention / oedema**. Useful in cases of **arthritis** and **gout**, and as a skin cleanser.

