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## DiureKal

*Box of 60 capsules*

Complex blend of plants that stimulates the diuresis process due to its invigorating and cleansing actions on the kidneys. It also supports the elimination of mineral salts and the evacuation of metabolic waste by-products

### **Some physiological basis:**

The body is composed of 65% of water. The major part of this water is used by our cells which need to bathe in slightly salted water in order to function. The remainder (the extra cellular liquid) is composed of blood (92% water), of the lymph and the interstitial liquid. In fact, the blood and lymphatic circuits allow the transport of the nutrients necessary to the operation of the organism. The other role of these circulating liquids is to drain the organism from the wastes resulting from cellular degradation and the metabolic activity all the way to the kidneys where they will be filtered before eliminating the wastes in the form of urine.

The water balance of our body is essential to its proper functioning. Thus the two litres that we eliminate on average each day are compensated by the water contained in the food and drinks. A loss of 5% of our body reserve of water would result in a weakening of our capacities by about 25%. The body regulates its own water balance with the hormones and the mineral salts: sodium chloride (with its property to retain water) and potassium.

Several factors can hamper the proper circulation of water in the organism and its elimination and consequently cause water retention.

### **Causes of water retention:**

**Poor or faulty kidney functions:** overworked or weakened (due to a dysfunction of another organ), they are unable to perform their filtering role and to eliminate wastes and toxins which will accumulate in the organism and the bodily tissues (cellulite). This in turn will constitute an obstacle to the proper circulation of the liquids in the organism.

**Food:** Overweight is also responsible for the water. When fat compresses the vessels it hampers the lymphatic circulation and favours the clogging of bodily tissues.

Salt, sodium chloride has the property to retain water. This attribute makes it an important component in the maintenance of the water balance of the body. Unfortunately salt is too abundant in our modern food and diet, its presence is 4 times higher than our needs (which are of approximately 3gr) and consequently it aggravates the water retention situation and its corollary hypertension problem (main cause of cardiovascular diseases and vascular cerebral accidents). Worsening fact, industrial foods are impoverished out of potassium, the only nutriment able to compensate for the harmful effects of sodium.

The chemical substances, ubiquitous in industrial processed food, are not recognized well by the body which, as a protective measure, produces sponge like molecules to isolate those substances, but being sponges they also retain water.

**Hormonal changes:** The water movements in the body being partially under the influence of the hormones, the hormonal upheavals (pregnancy, premenstrual syndrome, poorly adapted pills and menopause) are likely to cause water retention and swellings.

**The deterioration of the venous system:** When the veins are damaged or dilated, the venous return of blood is less powerful and efficient. Victims of gravity, water and blood stagnate, favouring the formation of oedemas and cellulite.

**Certain drugs and medications:** Anti-inflammatory drugs, cortisone, some laxatives, chemical hormone replacement treatment, unfit medication, etc.

**Certain diseases:** Hypothyroidism, renal insufficiency, heart condition, liver affections, diabetes and many other ailments are likely to be at the origin of oedemas. Note: In all the cases of water retention or oedema, it is important to correctly identify the origin of the problem and to refer to your physician.

### **Action of DiureKal:**

- Help to restore the degree of temperature favourable to the proper operation of the kidneys
- Stimulate the renal elimination of water, mineral salts and wastes.
- Invigorate the muscular cells of the various organs and tones the venous fabric

**Instructions:**

Take a capsule in the morning after breakfast; if necessary take another capsule after lunch.

**Caution:**

The prolonged or continuous use of diuretic is to be proscribed; it can cause the weakening of the organism and harm the renal functions.

**Advices:**

Drink one litre of water outside the meals, choose plain water very light in minerals and sodium, increase the intake of fresh fruit and vegetables for their content of water and potassium (avocados, celery, turnips, carrots, potatoes, lentils, bananas, apricots and raisins); replace salt by spices and garlic. Avoid the stock cubes, soy sauce, refined sugars, processed food, cold cuts and fatty food in general.

**Composition:**

Apium graveolens, Vicia sativa, Urtica dioica, Foeniculum officinale, Acacia xanthophloea - Plant origin capsules.

**Complementary Treatments:**

**DynOrgan:** Its invigorating action on the emunctory organs supplements and reinforces the diuretic action of DiureKal.

**TensioReg:** In the situation of high blood pressure due to sodium related water retention, the association of DiureKal with TensioReg can prove beneficial and complementary.

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