



# Cleankidney Protocol

**The Cleanbody Program**

# Overview

## Cleankidney Protocol

The minimum time for this program is 3 weeks, but depending on the severity of your condition, this program may be repeated. This protocol consists of 3 components, which will be further explained in the next pages:

**Nutrition**

**Treatment**

**Cleankidney  
Lemonade**

## Before You Begin



### 1. Purchase Cleankidney Formula

This can be purchased at [www.cleanbody.health/store](http://www.cleanbody.health/store). This will be added to your Cleankidney Lemonade.



### 2. Purchase Cleankidney Lemonade Ingredients

What you'll need for the daily Cleanbody Lemonade are listed below. Ingredients should be organic and non-GMO.

- Fresh Lemons
- A pitcher or toxin-free (glass) container
- Sparkling water, like a lemon spritzer (optional)
- Organic stevia or raw honey, if desired.

# Nutrition

Throughout this protocol, continue following your Cleanbody Nutrition Plan and incorporate these guidelines to follow if you have kidney stones or want to prevent them:



## Limit Salt

Avoid adding excess salt in food or avoid salt completely. High sodium can promote calcium buildup. Read nutrition labels for sodium content.



## Minimize Animal Protein

Animal proteins increase uric acid production and reduces citrate in urine. Citrate helps prevent kidney stones. Consider a plant-based diet

### Alternative protein sources:

- Quinoa
- Chia seeds
- Legumes
- Hummus
- Beans
- Seeds



## Limit or Avoid High Oxalate Foods

Oxalates increase the formation of kidney stones.

- Chocolate
- Nuts
- Rhubarb
- Swiss chard
- Beets
- Tea
- Spinach

If you do eat these foods, be sure to eat or drink a calcium source.



## Reduce or Eliminate Added Sugar Intake

Added sugars include sugars and syrups that are added to processed foods and drinks. Added sucrose and fructose may increase risks of kidney stones. Read ingredient labels and look out for:

- Corn syrup
- Cane sugar
- Agave
- Crystalized fructose
- Honey
- Brown rice syrup



## Avoid Cola Drinks

Cola is high in phosphate which promotes the formation of kidney stones.



## Hydrate

Drink at least half your weight in ounces everyday, to flush out your kidneys and prevent kidney stones.

Avoid drinking anything that dehydrates you, such as alcohol. Dehydration can cause crystals to form.



## Drink Citrus Juices, Such As Lemon Juice

Citric acid from these juices and fruits inhibit stone formations and breaks down small stones.



## Eat a Calcium-Rich Food at Every Meal, At Least Three Times A Day

Calcium binds to oxalates during digestion, before they can reach your kidneys. Eating a calcium-rich meal can support decreased risk for kidney stones.

Food Sources High in Calcium		RDA For Calcium
<ul style="list-style-type: none"> <li>• Salmon, sardines, oysters, herring</li> <li>• Seaweed</li> <li>• Dark green leafy vegetables</li> <li>• Broccoli</li> <li>• Dried beans and peas</li> <li>• Nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Sprouts</li> <li>• Brewer's Yeast</li> <li>• Blackstrap Molasses</li> <li>• Whole Grains</li> <li>• Herbs: Borage, Lambs quarters, wild lettuce, amaranth, nettles, campion, burdock, and yellow dock leaves</li> </ul>	<p>800mg/day</p> <p>1200 mg/day Pregnant/ Lactating</p> <p><b>Optimal Levels:</b> 1000-1500 mg Therapeutic</p>

# Week 1



## Cleankidney Lemonade Recipe

Prepare a 32 ounces of the Cleankidey Lemonade. This mixture can be split up into 4 servings to have throughout the day:

- 1/4 cup (4 ounces) of fresh lemon Juice
- 28 ounces of cold water OR a 50/50 mixture of cold water and sparkling water (lemon spritzer)
- Sweetener to taste, if desired
- Cleankidney Formula (introduced slowly)

You can start with 8 ounces on Day 1 and increase by 8 ounces daily until you are consuming 32 ounces. On Day 3, start to slowly add the Cleankidney Formula as described on the right.

## Cleankidney Formula

The Cleankidney formula is an herbal formulation that includes herbs that protects normal kidney structure and function.

If this is your first time going through he protocol, add Cleankidney Formula to the Cleanbody Lemonade on Day 3 of the protocol. Start with 1 dropperful on day 3, and increase ups to 6 dropperfuls as tolerated. 1 dropperful = ~30 drops

Day 1	Day 2	Day 3	Day 4
• 8 Ounces Cleankidney Lemonade	• 16 Ounces Cleankidney Lemonade	• 24 Ounces Cleankidney Lemonade • <b>1 Dropperful of Cleankidney Formula</b>	• 32 Ounces Cleankidney Lemonade • <b>2 Dropperfuls of Cleankidney Formula</b>
Day 5	Day 6	Day 7	Day 8
• 32 Ounces Cleankidney Lemonade • <b>3 Dropperfuls of Cleankidney Formula</b>	• 32 Ounces Cleankidney Lemonade • <b>4 Dropperfuls of Cleankidney Formula</b>	• 32 Ounces Cleankidney Lemonade • <b>5 Dropperfuls of Cleankidney Formula</b>	• 32 Ounces Cleankidney Lemonade • <b>6 Dropperfuls of Cleankidney Formula</b>



## Cleangut Protocol

If your gut symptoms were severe when you started the program and you continue to have mild to moderate gut symptoms as you begin the Cleankidney Protocol, you may want to continue the supplements, treatments, and nutrition plan modifications from the Cleangut Protocol.

You will simply add the Cleankidney Protocol nutrition modifications, supplements, and treatments onto those in the Cleangut Protocol.

# Week 2-3

## Treatments

During these weeks, you can begin implementing treatments to support your healing.



### Abdominal Pulsed Electromagnetic Field Therapy (PEMF)

**10-20 minute PEMF session 2-7 times/week**

PEMF therapy can stimulate blood circulation to the urinary system and support healing of these tissues. Purchase a PEMF at [www.cleanbody.health/pemf](http://www.cleanbody.health/pemf).



### Infrared Sauna (IR Sauna)

**25-60 minute IR Sauna 3-7 times/week**

IR Sauna stimulate fat cells to release stored toxins and waste through sweat, which decreases the need for toxins to be filter through the kidney. This allows kidneys to heal. Purchase an IR sauna at [www.cleanbody.health/infraredsauna](http://www.cleanbody.health/infraredsauna).

# Week 4



## Re-Assess

**If you had an eGFR lab result that was below 60 when you first started this program:**

You should check your kidney function again before you move on to the next protocol. Your eGFR should be above 60 before moving on to the Cleanliver Protocol. You may need a Medical or Wellness Evaluation with Dr. Fong or your local naturopathic doctor to incorporate additional supplements or treatments to support increased healing of your kidneys.

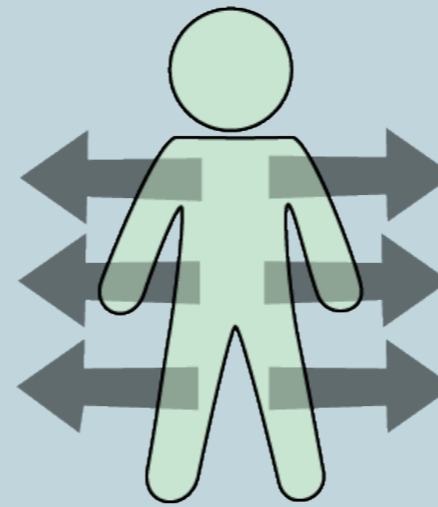
**If you had a GFR lab result that was above 60 when you first started this program:**

If you are not having severe kidney symptoms (severe urination issues, mid-back pain, etc.), you can move on to the Cleanliver protocol.



# Keep Calm. Breathe. Release.

As you go through this process, toxins will start to release and exit your body. As this release occurs, it is normal for certain symptoms to arise. If you experience these symptoms, stay calm and know that your body is releasing toxins and is making positive changes towards an improved health. Although rare, common symptoms you may experience are listed to the right. Continue reading below to find ways to alleviate these symptoms.



- Headache
- Nausea
- Rash
- Hives
- Canker sores
- Fever
- Fever blisters
- Runny nose
- Irritability/  
moodiness
- Insomnia
- Thirst
- Weakness
- Lethargy
- Loss of appetite
- Diarrhea
- Nervousness
- Body or muscle aches
- Joint pain

## What To Do

If you experience detox symptoms, here are some things you can do:

### Rest

Allow yourself to rest. This will be beneficial as your body works hard to push toxins out.

### Meditate

Meditation will help you calm and cleanse emotions you may experience during your Flush.

### Add Movement & Break a Sweat

Physical activity and sweating are good ways to support detoxification as it helps toxins exit out your body through your sweat.

### Increase Your Raw Intake

Raw fresh fruits and vegetables, and fiber can accelerate the removal of toxins.

### Drink Lots of Water

Drink at least half your weight in ounces per day and more if you exercise. This helps prevent dehydration symptoms, assists to flush out toxins, and naturally cleanses the kidneys.

### Schedule Additional Treatments

The following treatments may alleviate specific detox symptoms by supporting detox pathways and assisting toxins to exit:

- **Bio-Electric Lymphatic Drainage (BELD)**  
If you experience muscle pain, joint pain, and skin symptoms.
- **Nutritional IV**  
If you experience fatigue, headache, pain, and any inflammatory symptoms.
- **Ionic Foot Cleanse**  
If you experience headaches, and lower extremity joint pain.
- **IR Sauna**  
If you experience muscle pain, joint pain, and skin symptoms.
- **Colon Hydrotherapy**  
If you experience bloating, diarrhea, constipation, and GI symptoms.

### Take Supplements

- **Tox Bind**  
If you experience detox symptoms, take 2 capsules on an empty stomach 1-3 times per day for up to 3 consecutive days, as needed.
- **Nux Vomica 30c**  
If you experience detox symptoms, take 3-5 pellets under the tongue every 15 minutes for one hour, then every 1-2 hours as needed until symptoms subside.
- **Electrolytes**  
Electrolytes can help replenish some nutrients lost in your detox process. This may alleviate some symptoms.
- **Complete Liquid or Powder**  
Our multivitamin liquid or powder may help replenish lost nutrients from your detoxification process.

# FAQ

## How many times can I repeat this protocol?

You can repeat this 3 week cycle up to three times. If you are not improving, you may need to schedule a Discovery Consultation with Dr.Fong ([www.cleanbody.health/dc](http://www.cleanbody.health/dc)) or your local ND.

## If you Cannot Tolerate Lemon

Use an equivalent amount of lime or grapefruit juice in your lemonade.

## If you Cannot Tolerate Citrus or Prefer not to Drink the Lemonade

You can use citric acid capsules instead. The amount of citric acid in the Cleanbody Lemonade is about 5.9 grams.

You can purchase citric acid capsules at [www.cleanbody.health/store](http://www.cleanbody.health/store). Each capsule contains 600 mg of citric acid. You can start with 1 capsule twice daily and increase up to 2 capsules five times daily as tolerated. Make sure to drink at least 8 ounces of water with each dose. You can add 1-2 dropperfuls of the Cleankidney formula to each of these glasses of water to total 6 dropperfuls split over the course of the day.

## Why IR Sauna and not steam or other types of saunas?

IR Saunas are typically less toxic and can stimulate the fat cells more effectively than other sauna methods. Since toxins are stored in fat cells, the breakdown of the fat cells from the IR saunas are great for detoxing.

Learn more at <https://www.cleanbody.health/infraredsauna>

## Where to do Treatments

You can find a local wellness center to do the treatments or purchase your own PEMF and IR Sauna machines here:

- **PEMF:** [www.cleanbody.health/pemf](http://www.cleanbody.health/pemf)
- **IR Sauna:** [www.cleanbody.health/infraredsauna](http://www.cleanbody.health/infraredsauna).

## Pregnant or Breastfeeding

If you are pregnant or breastfeeding, please consult your physician or Dr.Fong before starting any new supplements. If you are not a patient of Dr. Fong and live in California and certain states, you can book a Discovery Consultation with Dr. Fong ([www.cleanbody.health/dc](http://www.cleanbody.health/dc)) to discuss your case.

## Pediatric Dosing

The calculation is the general rule of thumb for pediatric dosing or smaller/more frail adults. However, you should always consult with your physician or Dr. Fong before giving your child new supplements. Capsules can be opened up and administered if your child cannot swallow pills. Opened capsules and liquids can be administered in apple sauce, yogurt, smoothies, or other beverages.

## Calculation:

Weight in lbs divided by 150 lbs = fraction of the full adult dosage

*Example for 60 lb child:*

$$60/150 = 0.4 \text{ the adult dosage}$$

*Cleankidney Formula Example:*

$$1 \text{ Dropperful (~30 drops)} \times 0.4 = \\ 0.4 \text{ Dropperful (~12 drops)}$$

## Where to Purchase the Cleankidney Formula

You can purchase this at <https://www.cleanbody.health/store>

*Please note: The Cleanbody protocols provided are merely suggestive and are not medical advice, unless prescribed by Dr. Fong in a Medical Evaluation. You should always consult with an appropriately qualified health care professional before using any nutritional, herbal or homeopathic supplement or product or before beginning any exercise or diet program or starting any treatment for a health issue. Individuals are different and may react differently to different products. If you are not a patient of Dr. Fong, Cleanbody does not know your complete health history/current supplements and medications/or pre-existing conditions. You should always consult with an appropriately licensed healthcare professional about interactions between medications you are taking and dietary and herbal supplements and the appropriateness of any supplements for your health condition. If you are not a patient of Dr. Fong, all Cleanbody recommendations are based solely on results from the Cleanbody Assessment - an educational tool to help you uncover the factors that may be causing your detox funnel to get clogged. Cleanbody does not represent or warrant that any particular supplement is safe, appropriate, or effective for you. Additionally you should always read any information provided by the product manufacturer and any product label or packaging prior to use.*