

Kidney care essentials: Simple & smart tips to protect your filters

Detox daily - Gentle & effective



Your kidneys work hard to flush toxins: support them with natural detox habits.



Smart Tips:

- Start mornings with warm water with lemon or cumin seeds (jeera) to boost detox.
- Avoid fad detoxes or excessive supplements that strain kidneys.
- Include antioxidant-rich foods like berries, turmeric, and green tea.
- Limit processed foods and added sugars that increase toxin load.
- Practice mindful breathing or light yoga to reduce stress-related toxin buildup.