

Diuretics - What are they, What are the Benefits?

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

What are Diuretics?

The term diuretic refers to any substance that helps to rid the body of excess body fluids and salts through urination.

These can take the form of prescription or over-the-counter drugs, homeopathic and [Herbal Remedies](#) or certain foods with diuretic qualities that promote urine formation.

Whatever the source, diuretics help to prevent or treat a number of conditions including [Fluid Retention](#) (edema), [High Blood Pressure](#), and glaucoma.



How do Diuretics Work?

Diuretics work by making your [Kidneys](#) excrete more sodium in the urine. The body then tries to balance out this increased amount of sodium [Concentration](#), by adding more water to the urine from the blood stream during the process of urine formation.

By expelling the excess water in the urine there is now a decreased amount of fluid flowing through the blood vessels and pressure on the walls of the arteries is reduced.

What are the Benefits of Diuretics?

Diuretics are commonly used to treat [Hypertension](#) and heart problems related to [High Blood Pressure](#). In addition, certain diuretics can be used to prevent, treat or relieve symptoms of a variety of medical conditions.

Ailments for Which Diuretics May Be Effective

- Congestive heart failure
- [Hypertension](#)
- Edema
- Polycystic ovary syndrome



[Elderberry Syrup](#)
Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal

- Certain kidney disorders
- [Liver Disease](#)
- [Diabetes insipidus](#)
- Osteoporosis
- Glaucoma
- [Urinary Tract Infection](#)

What Kinds of Diuretics are Available?

Diuretics can be found in a variety of food sources, prescription medications and [Natural Remedies](#).

Synthetic Diuretics

There are different types of over-the counter and prescription diuretics that work by affecting different parts of your [Kidneys](#) and hence have different side-effects and precautions. When taking synthetic diuretics it is important to do so under medical supervision so that you take one specific to your condition and current health status.

Examples include Hydrochlorothiazide, Furosemide (Lasix), and Spironolactone (Aldactone). We recommend that you thoroughly research any prescription medication and its side-effects before beginning drug therapy.

Food Sources of Diuretics

For those who only require minimal fluid reduction, and who don't have major health conditions, certain foods are natural diuretics and may be a better alternative to drug-based diuretics.

Examples of natural diuretics are [Cranberries](#), [Celery](#), [Parsley](#), asparagus, artichoke, melon, watercress, apple cider vinegar, coffee and other caffeinated beverages. It also helps to reduce salt and carbohydrate intake and to drink plenty of water when on a diuretic diet.

Natural Remedies and Diuretics

Natural [Herbal Remedies](#) are often used as a preferred alternative to synthetic diuretics and can provide the same benefits without the negative side effects. Taraxacum officinale ([Dandelion](#)) and [Buchu](#) are two well-known [Herbs](#) which are natural diuretics and have been shown to provide great relief from [High Blood Pressure](#) and [Water Retention](#).

While natural diuretics are far healthier than prescription and over-the-counter alternatives, they too should be used in a moderate and sensible manner as they are highly effective and extra precaution should be taken if used in combination with allopathic diuretics.

[Natural Remedies](#) such as [Aqua Rite](#) can help support routine water balance in body cells and organs of the body and support healthy energy levels and feelings of well-being.

[Aqua-Rite](#) may also aid in the recovery from [Hypertension](#) by toning the heart and



[Mushroom Glyco Nutrients](#)
NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergie Immunity, Citrus](#)
Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)
Germ Defense Lozenges are dietary supplements used to boost your immune sys

[Cardiovascular](#) system, and helping promote adequate pressure on vein & artery walls.

Taking Caution With Diuretics

Because urine formation is boosted, increased urination is an expected side effect of using any diuretics, other side effects may include dizziness, impotence, dehydration and, depending on the type of diuretic, an imbalance in potassium levels or a drastic decrease in sodium levels.

There are a number of types and sources of diuretics so it is important to be clued up on the various side effects and precautions, especially when taking synthetic diuretics.

Related Products

[Aqua-Rite](#) - Proven [Natural Remedy](#) for [Hypertension](#) and blood pressure control

For [Guaranteed, Effective, 100% Natural Herbal Remedies](#), please visit [Native Remedies](#)

For additional support and answers you need to improve your health, we have a qualified team of experts who personally supervise our popular [Ask Our Experts](#) service!

[Xtend-Life](#) - Micro-Nutriments - The elite of natural [Supplements](#). Love life, Live Longer!




[Mountain Rose Herbs](#) is where NHH recommends you purchase all of your bulk [Herbs](#), [Spices](#), [Teas](#) and single oils!

Are you looking for quality [Vitamins](#), diet aids and health [Supplements](#)? Visit the [Health Supplement Shop](#) - highly recommended by NHH!



Great Health Sites

- [Natural Holistic Health Blog](#)
- [Natural Herbs & Remedies](#)
- [Akobi Natural Health Database](#)
- [Natural Pet Health Blog](#)
- [Anxiety Depression Info](#)
- [ADHD Info](#)
- [Mom's Blog](#)
- [Natural Men's Health](#)
- [Men's Health Zone](#)
- [Women's Health Nurse](#)
- [Avatrim - Natural Weight Loss w/Green Tea](#)
- [Melatrol Insomnia Relief](#)
- [Breast Actives](#)
- [Cellulite Solution](#)
- [Cushy Lips Lip Plumper](#)
- [Enlast Male Enhancement](#)
- [Deer Antler Plus](#)
- [Bowtrol Colon Cleanse](#)
- [Eazol Natural Pain Relief](#)
- [Herbal Health Buy](#)
- [HGH Energizer](#)
- [Hypercet for Blood Pressure](#)
- [Menozac - Natural Menopause Relief](#)
- [NicoCure Stop Smoking Aid](#)
- [Prostacet for Prostate Health](#)
- [ReloraMax - Stress, Anxiety and Weight Loss](#)
- [Thyromine for Thyroid Health](#)
- [Venapro Hemorrhoids Treatment](#)
- [ZetaClear Nal Fungus Relief](#)
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- [Hair No More Removal Cream](#)
- [Hoodia Diet Review](#)
- [Acnezine Acne Treatment](#)

 <p>Nutra-Mune Nourish your defense system with Nutrapathics Nutra-Mune!</p>	 <p>Kidshield Immune Spray KidShield by Symbiotics has a delicious Tutti Frutti flavor children love.</p>	 <p>Family Defense Immune Spray Enhances immune activity. This immune balancing action is important for your family!</p>	 <p>Colostrum Plus Immune Symbiotics Multi-Nutrient Immune Formula provides extra support when your body is under stress.</p>
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Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
- [Immune System](#)
- [Respiratory](#)
- [Detox & Cleansing](#)
- [Embarrassing Conditions](#)

- [Digestion](#)
- [Infections, Cuts & Bruises](#)
- [Pain & Recovery](#)
- [Addictions](#)
- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.