



KB-C

“The Herbal Chiropractor”—Strengthening the Kidneys and Bones

KB-C is a traditional Chinese herbal combination, which strengthens the kidney “chi” or energy. This combination has three major benefits. The first benefit is its ability to improve kidney function where the kidneys are in a weakened or under-active condition. It acts as a non-irritating diuretic to increase the flow of urine without stimulating the kidneys. It also improves the ability of the kidneys to filter waste (and particularly waste acids) from the blood.

The second benefit of KB-C is its strengthening effect on the structure of the body. In Chinese medicine the kidney energy builds the bones, so KB-C also rejuvenates and strengthens the bones (especially the spine) and the connective tissues. It is helpful for low back pain, neck pain, weakness of the knees and ankles and stiff and aching joints. It helps to maintain proper structural alignment and helps chiropractic adjustments to hold, earning it the nickname “the herbal chiropractor.” KB-C can also be helpful for arthritis, rheumatism, gout and osteoporosis.

A third, benefit of KB-C is that it acts as a tonic to the sexual organs. In Chinese medicine, the kidney chi is also linked with sexual energy. It improves sexual vitality and energy, promoting a healthier urogenital system.

Here is a breakdown of the ingredients in this formula.

Eucommia is the key herb of KB-C. It strengthens kidney energy. It has been used to treat backache, painful urination, impotence, muscular weakness and osteoporosis.

Cistanche supports eucommia by enhancing urinary flow. It has been used to treat impotence and frequent urination.

Rehmannia Root is a bitter, astringent herb. It reduces inflammation and strengthens capillaries. It has been used to treat infertility.

Morinda (also known as Noni) aids in the regeneration of tissues. It has been used to treat arthritis, impotence, backache, joint aches and osteoporosis.

Drynaria strengthens connective tissue by strengthening capillaries. It has been used to treat arthritis, backache, joint pain, broken bones and osteoporosis.

Achyranthes increases the production of urine and relieves pain. It promotes menstruation. It has mucilaginous compounds that soothe inflamed tissues. It has been used to treat backache, muscle aches and painful urination.

Hoelen is a bitter sedative that increases urine flow. Its energy is neutralizing. It has been used to treat swelling, insomnia, frequent urination and water retention.

Dipsacus is a bitter root that enhances the production of urine. It has been used to treat joint pain, arthritis, rheumatism, uterine bleeding and backache.

Lycium Fruit promotes the regeneration of liver cells. It has been used to treat backache and impotence.

Dioscorea (or wild yam) is an expectorant that also speeds healing. It has been used to treat nocturnal emission and frequent urination.

Ligustrum Fruit relieves pain, tones the heart, increases the flow of urine and strengthens immunity. It has been used to treat lower back pain, urinary tract infection, colds and flu.

Cornus Fruit promotes the flow of urine, shrinks swollen tissues, lowers blood pressure and increases immune response. It has been used to treat swollen tissues and urinary difficulty.

Dong Quai relieves smooth muscle spasms (especially in the uterus), promotes menstrual flow, reduces pain and inflammation. It has been used to treat female complaints, arthritis and headaches.

Panax Ginseng is an energy tonic. It improves mental capabilities and physical stamina, stimulates the endocrine system and reproductive organs and extends life span. It is adaptogenic. It has been used to treat impotence, forgetfulness, fatigue and gynecological problems.

Astragalus has a slightly warm energy. It increases the flow of urine and immune response. It has been used to treat fatigue, debility, urinary tract infections, edema, inflammation of the kidneys and night sweats.

Epimedium increases the flow of urine. It has been used for impotence, back pain and arthritis.

Liquidambar is a bitter herb which promotes the movement of Chi (vital energy) and increases the flow of urine. It has been used to treat pain and stiffness of lower back and knees.

Atractylodes is a general tonic and digestive aid. It has been used to treat loss of energy, bloating and arthritis.

Usage: KB-C works best in fairly substantial doses. Take 2-3 capsules three times daily. Also drink plenty of pure water.

Selected References

Chinese Herbal Medicine by Dan Bensky and Andrew Gamble

An Illustrated Dictionary of Chinese Medicinal Herbs by Wee Yeow and Hsuan Keng

Nutritional Herbology by Mark Pedersen

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing.

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