EDEMA aka Dropsy/Water Retention

Causes of Water Retention:

Standing in one position too long
Protein deficiency or imbalance
Drug medication (esp. for high blood pressure, heart disease)
High blood pressure
Thyroid problems
Adrenal problems
Liver problems
Kidney disorder
Pancreatitis
Heart Disease
Premenstrual Syndrome
Obesity
Varicose veins
Restrictive garments
Consuming excess salt
Sensitivity to warm weather
Food allergies (esp. wheat and grains)
Inadequate water supply or too much.

To help:

- **If you can eliminate the cause, that is the best solution.**
- **Best herb for edema is PARSLEY. Take a handful, pour over a cup of boiling water, steep 20 minutes, strain and drink 2 cups a day.**
- **Increase bioflavonoid intake (garlic, onions, chives, peppers, citrus, cherries)**
- **Eliminate food sensitivities**
- **Extra B1, B5, B6, Evening Primrose or Flaxseed oil, Iodine, magnesium, Vit. C are helpful.**
- **List of herbal diuretics can help: uva ursi, juniper berries, shavegrass, cornsilk, queen of the meadow, buchu, cranberries, watermelon seeds, horseradish, nettle, sassafras, parsley.**
- **Many people have overcome edema just by drinking 3-4 glasses a day of parsley tea for several months. Steep a handful of parsley in a cup of water for 20 minutes, strain and drink. Parsley tea is a natural diuretic.**
- **Improve lymphatic circulation with massage, exercise especially jumping jacks or using trampoline.**
- **If swelling in the ankles, you may need potassium.**
- **If swelling in the toes, you may need iodine (rule out gout)**
- **If swelling in ankles, feet or legs, you may need Vit. B1**
- **If swelling in hands and feet, check the kidney; probably need Vit. A, C, potassium, predigested protein concentrate.**
- **See information on how to take care of the kidneys, diet etc.**

Note: **diuretic drugs such as furosemide cause loss of potassium, magnesium, zinc and other trace minerals from the body. Many heart medications cause loss of potassium.**