

King Bio's Water Retention

by Frank J. King, ND, DC

Water retention can range from a nuisance to a serious problem. Diuretics can help, but they only treat the symptom and not the cause. Also, diuretics can result in a diversity of side effects and negative drug interactions including the loss of important minerals, such as magnesium and potassium, resulting in additional stresses to the body.

King Bio's Water Retention™ offers fast relief of common water retention and edema in the face, hands, feet, legs, ankles and trunk of the body. It is a natural diuretic without the problems of standard diuretics. Instead of chemically forcing the body to eliminate excess fluids, King Bio's Water Retention works to activate our body's healthy metabolism of water. King Bio uses key homeopathic ingredients to help our body better manage the healthy flow of water from the inner cellular functions to the primary organ and glandular controls of water balance within the body.

Water gets into the system by the foods we eat and the liquids we drink. Water gets out of the system through the circulatory system, kidneys, bowel, lungs, lymph, and skin. Body weight may vary three to five pounds a day, when our control systems are not functioning fully.

Diet plays a part in retention. Vegetables, fruits, and carbohydrates have more water in them than fats and proteins. The amount of salt you use affects water retention since it causes your body to retain water. Physical activity makes a difference also, since the more active you are, the more water you get rid of.

An abridged summary of the ingredients in King Bio's Water Retention™ (as researched through FDA accepted Homeopathic Materia Medica and Repertory.) follows:

Aceticum Acidum: Specific remedy for relief of swelling in feet and legs; varicose swellings.

Apis Mellifica: For general soreness and sensitivity to touch. Puffing up of various parts, edema, red, rosy hue, stinging pains, soreness and intolerance of heat

Apocynum Cannabinum: Powerfully efficient remedy for general body edema and abdominal bloating.

Berberis Vulgaris: Natural remedy for pain in region of kidneys. For relief of frequent urination. Provides relief for puffy sensation in head and frontal headache.

Cahinca: For relief of bloating, dry skin, general fatigue, and pain in region of kidneys.

Digitalis Purpurea: For symptoms of great weakness, sinking of strength, faintness and coldness of skin. Useful for swelling of feet and for fingers that go to sleep easily. Used for coldness of hands, feet and joint pains.

Helleborus Niger: Effective remedy for general muscular weakness. Greatly relieves the abdomen of swelling and tenderness. Useful for swelling of skin. Relieves bladder distention.

Hydrocotyle Asiatica: Effectively frees the skin from intolerable itching, thickening and profuse sweating.

Natrum Muriaticum: Research has shown this remedy to have great influence on effects of prolonged use of excessive salt to bring the body into proper balance naturally.

Oxydendrum Arboreum: Specific remedy for abnormal accumulation of body fluid. Useful for people with suppressed urination and bladder irritation.

Plumbum Metallicum: Reduces pain in muscles of thighs, cramps in calves, stinging and tearing in limbs and swelling of feet.

Sambucus Nigra: Extremely effective for relief of profuse sweating, swelling in legs and feet.

Solidago Virgaurea: Useful in providing backache relief when associated with painful, sensitive, congestive kidneys.

Strophanthus Hispidus: (Kombe-seed) Great diuretic and safe for elderly. Restores tone to brittle tissue. Increases contractile power of striped muscles.

Complementary King Bio formulas you might want to consider include:

- Constitutional Enhancer™
- Appetite & Weight Control™
- PMS Relief™
- Menstrual Cramps & Irregularities™
- Arthritis & Joint Relief™
- Gout Symptom Relief™
- Menopause™

- Constipation Relief™
- Detox & Drainage remedies

And remember, each and every day, to consume lots and lots of pure water!