

Kidney Wellness Set

Improve:

Alleviates kidney deficiency caused by back pain, muscle strain, lumbar stiffness, weakness, rheumatism and joint pain, nocturia, insomnia, cold hands and feet, constipation, gynecological inflammation, and low immunity.

肾部套盒

改善:

肾虚、肾亏引起的腰酸背痛、腰肌劳损、腰部僵硬无力、风湿关节痛、夜尿、失眠多梦、手脚冰凉、怕冷、便秘、妇科炎症及性冷淡、免疫力低下、身体虚弱者。

按摩精油成份：姜、甜杏仁

刮痧精油成分：洋甘菊、肉桂、檀香、花梨木精油

肾部矿物泥精华成份：钙、镁、铜、锌、铝、钠、铁。。。。。

艾条成份：艾碳粉95%、粘合剂5%

刮痧板：砭石

Kidney Functions

Kidneys filter metabolic waste produced in the body and excrete it in the form of urine. The blood is cleansed and returned to the heart. In addition to the filter function, kidneys secrete hormones to maintain the balance of metabolism, such as blood pressure, blood and bone metabolism. The main functions of the kidneys can be as follows:

Perform body excretion

Excrete waste and toxic substances (such as urea, uric acid)

Balance body minerals (such as potassium, sodium, phosphorus)

Control blood pressure

Promote bone marrow hematopoietic

Maintain skeletal health

肾的功能

肾脏就像一个过滤器，将身体里经新陈代谢所产生的代谢废物过滤，并协助排出体外。血液经过肾脏的肾小球及肾小管，多余的水份及废物会浓缩并集中在输尿管，形成尿液，而已净化的血液则会经静脉流回心脏。除了过滤功能外，肾会分泌荷尔蒙来保持新陈代

谢的平衡， 如血压、 血液及骨骼的代谢。肾 的 主 要 功 能 如 下：

调 节 及 排 泄 体 内 水 份

排泄血液中的废物及有毒物质（如尿素、 尿酸）

平衡体内矿物质（如钾、 钠、 磷）

控 制 血 压

促 进 骨 髓 造 血

维 持 骨 骼 健 康