

Too Much Liquid Stresses Kidneys

Website: [Healthy Christian Living - Living by the Blueprint](#)

SCIENCE says Too Much Liquid Stresses Kidneys EG WHITE said same thing 100+ years ago

'...CONSUMING TOO MUCH TEA AND JUICE 'RAISES YOUR RISK OF KIDNEY DISEASE BY PUTTING STRESS ON THE ORGAN'

<https://www.dailymail.co.uk/health/article-6557151/Drinking-sugar-sweetened-drinks-raises-risk-kidney-disease.html>

"...So much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys..." {CD 105.2}

We should not be encouraging the use of all these liquids such as vegetable juice, etc. It places a heavy burden on the kidneys and now Medical Science is saying that which was written for us over 100+ years ago.