

Natural Diuretics

Watermelon

Watermelon has a very high water content of about 92%. It contains antioxidant flavonoids such as lutein, lycopene, beta-carotene, zeaxanthin and cryptoxanthin. The phytochemicals present in watermelon like lycopene and carotenoids can protect cells, tissues and proteins in the body from harmful free radicals.

In addition, citrulline an amino acid found in watermelon can relax blood vessels, an ability that can prevent fluids leaking out of those vessels and collecting in the surrounding tissues.

Overall, watermelon is cleansing, diuretic, alkalinizing and mineralizing. It also helps in promoting intestinal elimination and removal of toxic wastes from the body.

Therefore, watermelon is not only a diuretic but a detoxifier.

Tomatoes

Naturally, tomatoes have about 90% water content. They also contain antioxidant such as lycopene, beta-carotene, vitamin C and selenium.

These antioxidants prevent the damages caused by free radicals to body tissues leading to premature aging and many chronic degenerative diseases. When these free radicals damage the walls of the blood vessels, they can cause the leakage of fluids and therefor, local swelling.

They have low calories and low cholesterol making them unique for people watching their weights.

Cucumber

Cucumber contains a high water content which make it a good choice as a natural diuretic.

It is also known to contain high amount of silicon and sulfur.

Silicon and sulfur induce the kidneys for elimination of uric acids. This contributes to an efficient system of waste removal from body and relief from being overstuffed and bloated.

Cucumber gets rid of amassed pouch of old wastes and toxins from the body. Its action of uric acid removal makes it good for arthritis relief too.

Cucumber is a good example of potassium-sparing diuretic because it is also rich in potassium.

Cucumbers contain anti-oxidants such as beta carotene and alpha carotene, vitamins A and C, zeaxanthin and lutein, all of which reduce the effects of ageing.

Cranberry Juice

Cranberry juice is traditionally used to treat urinary tract infections. This is mainly because of its antibacterial and diuretic properties. One notable benefit the diuretic effect of cranberry is that it does not drain the body of potassium.

Carrots

Carrots are widely regarded as one of the most effective diuretic vegetables. This is as because of the vitamins, minerals and antioxidants they contain. Some of the phytochemicals in carrots are lutein, lycopene, carotenes, zeaxanthin and xanthophyll.

These phytochemicals can promote detoxification and increase the rate of metabolism and in the process discharge vitamins and minerals. Part of the detoxification achieved by these phytochemicals in carrot is done through diuresis.

In addition, the alkaline elements richly present in carrots can invigorate the blood and promote the right pH balance in the body.

Eggplant

There is sufficient evidence that suggests the diuretic importance of egg plant. Its high water content is an obvious example.

Eggplant improves the circulation of blood and reduces toxic heat. Its diuretic properties makes it useful in the treatment of hypertension and edema.

The major phytochemicals found in eggplants are flavonoids. They are also loaded with other antioxidants, fiber, minerals and vitamins.

Drinking eggplant water reduces bloating caused by high water and fluid being held up in the body. They are also recommended as weight loss foods for people who want to get rid of the band of fat found around the waist.

Artichoke

Artichoke is an excellent diuretic food. This vegetable is especially known to improve kidney functions.

Some of the phytochemicals found in artichoke are caffeic acid, cynarin and flavonoids. They are also a rich source of several nutrients, vitamins and minerals that help to drive normal bodily functions.

The overall antioxidant capacity of artichoke flower heads is one of the highest for vegetables.

The cynarin contained in artichoke improves the flow of bile which reduces the amount of excess fluids and consequently reduces swelling.

Artichokes should be eaten in raw form because heat destroys the cynarin contained in the artichoke.

Herbs made of leaf extract from artichokes have been used to improve bile release and for various liver problems.

Celery

Celery seed speeds up uric acid excretion and increases the rate of urine production. These are the means by which celery detoxifies the body.

When excess uric acid crystals collect in the joint, as in the case of gout, celery seeds can be particularly helpful. Therefore, celery is specially recommended for treating gout edema.

However, celery contains more sodium than most other vegetables. Fortunately, the sodium is counterbalanced by the high potassium it contains. Studies have revealed that the quantity of sodium in celery is not considerable even for the salt-susceptible individuals.

The major phytochemicals present in celery are coumarins. Studies reveal that coumarin compounds decrease blood pressure and improve the vascular system.

Celery is recommended for treating bladder disorders, cystitis and other kidney problems because of its diuretic actions.

Grapes

Grape has a high water content and it is also rich in potassium. Both of these properties make it an effective and unique diuretic food.

Phytochemicals found in grape include phenolic acids, flavonols, flavon-3-ols, myricetin, peonidin, flavonoids, resveratrol, and anthocyanins.

Due to their rich source of potassium and low level of salt, grape can remove toxins from the body through increased urine flow, and for this reason, it is traditionally used for treating kidney disorders.

Due to the fiber in the skin and seeds, grape has a cleansing effect. Grapes also help in the stimulation of liver functions and also bile secretion.

Asparagus

Asparagus packs low calories and contains a lot of vitamins and minerals such as folic acid, vitamin A, vitamin B and vitamin C. Glutathione, a phytochemical found in asparagus acts as an oxidant and has anti-carcinogenic properties.

Asparagine, an amino acid found in asparagus, is an efficient diuretic and has been known to treat swelling, arthritis, rheumatism, and PMS-related water retention.

The fiber in asparagus helps in cleaning out our gastrointestinal tract.

Lemon Juice:

When looking for a diuretic drink, citrus fruits are very popular. Put a bit of lemon juice into your water and you'll notice the diuretic effect pretty quickly.

Drink it when you wake up and you'll feel less bloated throughout the day.

Real lemons will take the enamel off your teeth; that's why I recommend using lemon juice

Apple cider vinegar

Has been used for hundreds of years as a treatment for urinary tract infections. It supports the health of both your kidneys and bladder, but its diuretic effects are only gentle.

Try adding a spoonful to a cup of water to help reduce bloating and flush out excess sodium from your bodily systems.

Coffee.

Highly caffeinated beverages like coffee and even tea will increase the number of visits that you take to the bathroom each day while also giving your body a temporary energy boost. This is an herbal diuretic that you should consume in moderation.

Coconuts and Coconut Water:

A great source of electrolytes, coconut is also great at flushing out your body.

You can add coconut water into your diet as a post-workout drink to recharge your body.

Diuretic Teas:

Green Tea: made from the leaves of *Camellia sinensis*, it has been used in China for years as a diuretic. The fresher the better.

Nettle Tea: Stinging nettle is a natural diuretic that can be boiled and made into tea. You'll want to make sure you boil it long enough so you can neutralize the sting!

Dandelion Tea: The leaves are a potent diuretic. The stems and flowers aren't as effective in this respect, but focus on the leaves and you'll be pleased with the results.

Lemon Tea: A popular diuretic that has become very popular among dieters for its anti-bloating effect.