

Chanca Piedra (*Phyllanthus niruri*)

Common Names: Quebra pedra, phyllanthus.

Location: This herb is native to South America.

Description: The tops of the plants are all used medicinally.

Properties: This herb is used to release kidney stones.

Uses: You can use chanca piedra to treat diabetes, high blood pressure and kidney stones.

Doses: Chanca piedra can be found in tincture and tablet form.