#3 WATER® can help with kidney and bladder conditions, as well spinal disc problems.

#3 WATER® is one of the ‘Elementals,’ and is correlated with the acupuncturist’s “blue” Water Element. The organs/meridians associated with the Water Element are the Kidneys and Bladder.

Direct physical indicators for this remedy are associated with the urine, ear, hearing and bones. If the Water Element is unbalanced, the entire spine is also in jeopardy.

Some of the emotions associated with the Water Element are paralyzed will, fear, miffed, timid, inefficient and dread. Also think of #3 WATER® for dehydration and burning-type pain.