



Totally Natural Kidney Solution

The Kidney Disease Solution™ by Duncan Capicchiano N.D.

The Kidney Disease Solution

**A Proven Natural Program for Regaining
Kidney Function and Living a Normal Healthy Life**

By Duncan Capicchiano

The Kidney Disease Solution

While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, this guide, make no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning, body type, and the specifics of the actual kidney disease presentation, successes will vary. If you are taking any medications, you should consult with your physician, health care professional or health care provider before making any changes in your health maintenance program or profile.

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Cure sometimes, treat often, prevent always.
(Anonymous)

Contents

Contents	3
Introduction – Welcome!	7
Chapter 1 – Let’s Open the Hood	8
What Is Kidney Disease?	8
What Exactly Are The Kidneys And What Do They Do?	9
Interesting Facts	11
What Causes Kidney Disease?	11
Chronic Kidney Disease	12
Diabetes	12
High Blood Pressure	12
Glomerulonephritis	13
Acute Kidney Failure	14
1. Pre-Renal: where blood supply to the kidneys is affected. Examples include:	14
2. Renal: where damage to the kidneys is direct. Examples include:	14
3. Post-Renal: where clearance of urine away from the kidneys is obstructed and responsible. Examples include:	14
I Heard There Are Different Levels Or Stages Of Kidney Disease – What Are They?	15
Whom Does It Affect?	15
How Can You Tell If You Have Kidney Disease?	15
What Tests Can Be Used To Confirm Kidney Disease?	17
Urine tests	18
Blood tests	18
Scans	19
Tissue	19
Chapter 2 – Western Treatment Model	20
Early Stages of Kidney Disease – Treatment	20
Kidney Failure (< 15 GFR) – Treatment	21
1. Dialysis	21
(a) Hemodialysis	21
(b) Peritoneal dialysis	22

2. Transplantation.....	22
Chapter 3 – The Natural Way.....	23
Kidney Disease - So What Is Really Going On?.....	24
Chapter 4 – The Kidney Repair Tools	28
Herbal Medicine	37
The Ancient 5000-Year-Old Healing Tradition	38
More Kidney Healing Herbs	40
Herbs to Avoid with Kidney Disease	47
Chapter 5 – The Treatment Plan	48
The Kidney Disease Treatment Plan	48
Phase 1 – The Essentials	49
Phases 2 & 3 – The Specifics (Treat Your Cause & Symptoms)	50
Phase 2 – Treat Your Cause.....	52
1. Is your kidney disease caused by diabetes? If so, treat accordingly.....	52
2. Is your kidney disease caused by IgA nephropathy (Berger’s Disease)? If so, treat accordingly.....	53
3. Is your kidney disease caused by physical trauma? If so, treat accordingly.	53
4. Is your kidney disease caused by heavy metal overload? If so, treat accordingly.....	54
5. Is your kidney disease caused by antibiotic use? If so, treat accordingly.	54
6. Is your kidney disease caused by an infection? If so, treat accordingly.....	54
7. Is your kidney disease caused by loss of blood flow and oxygen to the kidneys? If so, treat accordingly.	55
8. Is your kidney disease caused by high blood pressure? If so, treat accordingly.	55
9. Has an autoimmune disease (e.g. Lupus SLE) caused your kidney disease? If so, treat accordingly.	56
10. Is your kidney disease caused by polycystic kidney disease? If so, treat accordingly.....	56
11. Is your kidney disease caused by Pyelonephritis? If so, treat accordingly.	57
Phase 3 – Treat Your Symptoms.....	57
1. Do you have blood in your urine (hematuria)? If so, treat accordingly.	57
2. Do you have kidney inflammation? If so, treat accordingly.	58
3. Do you have uremia (urea, azotemia)? If so, treat accordingly.....	58
4. Do you have high creatinine? If so, treat accordingly.....	59
5. Are you fatigued? If so, treat accordingly.	59
6. Do you have a lowered immune system? If so, treat accordingly.	60

7. Are you on dialysis? If so, treat accordingly.	60
8. Do you have anemia? If so, treat accordingly.....	60
9. Do you have high homocysteine levels in your blood? If so, treat accordingly.	61
Chapter 6 – Kidney Stones	62
Chapter 7 – The Foundations	64
Chapter 8 – Food Glorious Food	65
Alkaline Diet in Depth	66
Alkalisng Recipes	71
Buckwheat Crepes with Honey.....	72
Butternut Pumpkin Soup.....	72
Char Grilled Calamari	73
Red Cabbage, Carrot and Sesame Salad	73
Asparagus Crepes with Hollandaise Sauce.....	74
More Recipes.....	75
Notes For A Healthy Diet	79
Beneficial Foods	79
Foods to Individualize with your Doctor or Dietician	79
Reduce Foods	80
Kidney Calm Hydration Technique	81
Chapter 9 – The Tea	82
Chapter 10 – Juicing	84
Chapter 11 – Lifestyle	89
Chapter 12 – Good Vibrations	91
Exercise – The Guiding Principles.....	93
Guiding Principle 1.....	93
Guiding Principle 2.....	94
Guiding Principle 3.....	95
Guiding Principle 4.....	96
Guiding Principle 5.....	97
Guiding Principle 6.....	98
Chapter 13 – Relaxation	99
8 ‘Easy As Pie’ Relaxation Techniques	99

Meditation Exercises	101
FAQs – Frequently Asked Questions	105
Resources	108
Supplements – To get you started straightaway!	108
Online Information, Organisations & Associations	110
Other Useful Sites.....	110
Have You Enjoyed The Kidney Disease Solution Experience?	111

Introduction – Welcome!

Congratulations! I commend you on taking action in joining many others and me on this healing journey. You have taken your health into your own hands and decided, **“That is enough! I want more from life and I’m just going to get it!”**

You are now holding a program that is not only supported by science, but also has real world advice, tried and tested the world over by people just like you who believe that **“there must be another way”**.

I also want to congratulate you on being one of the **top three percent** of people suffering from this condition who are seeking answers. Seriously, only three percent of the population dares to take this type of opportunity. Why, I am not sure. I can only imagine that a fear within them stops them taking a chance to create a better life. That’s silly if you ask me, but who am I to judge? I’m scared of bugs!

You can use this guide in a number of ways. You can skip the ‘pre-information’ sections and direct yourself straight to the treatment protocols, or you can first educate yourself on the whys and hows of this condition. It is my belief that those with a better understanding of why and how things happen progress more easily and rapidly to their desired outcomes because they can see why they need to complete the necessary treatments. The power to change your life is essentially up to you. I cannot help you any more than you can help yourself. I cannot take the supplements for you, walk for you, or eat for you. However, this is the beauty of this type of healing and self-application format: the program empowers *you*. In addition, the sense of success and completion that you will experience after you have healed your kidney disease will be entirely to your credit! I am simply an observer of your health success. No one can give that to you, nor can anyone take it away from you once you have achieved it. I wish you the most incredible healing journey. I have no doubt that you will reclaim your life, and once again experience the ‘loves’ in your life that you enjoyed so often.

Yours in great health,

Duncan Capicchiano

Chapter 1 – Let's Open the Hood

What Is Kidney Disease?

Kidney disease is an umbrella term used for any dysfunction involving the kidneys. For the purposes of this book, we include any disease that causes a diminishment in kidney function, which is most. This diminished kidney function can also be called chronic kidney disease, diminished kidney reserve, kidney insufficiency, or kidney failure (which technically is end-stage kidney disease). Like you, I wish the medical community would decide on one term and stick to it, as it certainly would make life easier for the both of us! Therefore, the focus of this book is to provide a treatment program for those suffering from a loss of kidney function at any of the varying stages of kidney disease e.g. mild, moderate and severe kidney function loss (kidney failure). Read on for further details to restore, maintain and preserve kidney function, as well as to aid, support and heal the kidneys. My other focus in offering you this book is to help improve the quality of life for those of you who are on dialysis and in need of transplantation.

Now for the sake of simplicity I am mainly going to be referring to any loss of kidney function as Kidney Disease in order to best keep the flow of this book and this program. However, because Kidney Failure is the extreme outcome of chronic kidney disease, I will use this term when necessary.

Kidney failure (or stage 5 kidney disease) is when the kidneys are functioning at only 15% (or less) of their maximum potential. Kidney failure can be divided into two subcategories: acute kidney failure, which is sudden and normally a transient condition, and chronic kidney failure, which has developed slowly over time.

What Exactly Are The Kidneys And What Do They Do?

The kidneys are two bean-shaped organs that are situated towards the back of the abdominal cavity, just above your waist. A trick to find them is to place your hands on your hips. Your kidneys are just below where your thumbs are located. Kidneys are bigger than most people realize. They are the size of your fists. On the other hand, for computer freaks, they are about the size of a conventional computer mouse. Of course, this size varies between individuals, so the range is 10 to 13 cm (4 to 5 inches) long and about 5 to 7.5 cm (2 to 3 inches) wide and about 3 cm (1 ¼ inches) deep. A kidney weighs approximately 150 grams (5.28 ounces). The key role of the kidneys is to filter the blood by recognising (through special sensors) imbalances within the blood and determining what stays and what does not.

The kidneys are key components to one's health, unlike some other organs that we can still survive without (e.g. the gallbladder and spleen). The kidneys are absolutely crucial for our survival and overall health, yet they are probably our most ignored organ. Kidneys provide the following functions and benefits for our body.

Remove - As a generalisation, the kidneys are your body's 'removal' tool. They act as a filter to remove harmful substances such as metabolic by-products, hormones, drugs, toxins, and water from the body via the blood. Once filtered, the resulting urine is taken via the ureters (thin tubes) and collected in the bladder, ready for urination.

Regulate - Regulation is the way the body keeps itself in balance. With all the external and internal changes (e.g. foods, beverage consumption, external heat and cold, internal metabolic processes, drugs, etc.) that are being applied to the body, it needs to keep itself in balance (aka homeostasis). One of the ways in which the kidneys do this is by regulating the natural balance of chemicals (e.g. water, amino acids, glucose, fatty acids, salt, potassium, phosphorus, acid, and many other

components) within the blood to cope with the varying demands and stressors. The kidneys separate what is necessary and what is not necessary to best aid the body.

If this intricate balance is disturbed in any way – if the body is unable to self-adjust and regulate the changes – a disease process will initiate. The body is very particular about its blood composition; there it is not a large window for fluctuation. The body analyses and detects its status with mind-blowing accuracy. If anything is even just a smidgen out, the body will get the kidneys to clear it out, kind of like a bouncer at a dance club. The bouncer allows a certain number of people in, and a certain type of people in. If the body (bouncer) is not happy with someone in the dance club... you guessed it... they get booted out.

Regulation occurs on many levels:

- Blood pH
- Electrolytes
- Blood pressure
- Excretion of wastes and toxins
- Reabsorption of glucose and amino acids

Make - Did you know the kidneys also produce four hormones and a nutrient? Well, they do. One such hormone is erythropoietin (aka EPO), which stimulates the bone marrow to make oxygen-carrying red blood cells. Vitamin D, which is involved in the absorption of calcium in the intestines, is also produced in its most active form, Calcitriol. You will also find anti-diuretic hormone, Renin and Aldosterone, being produced by the kidneys.

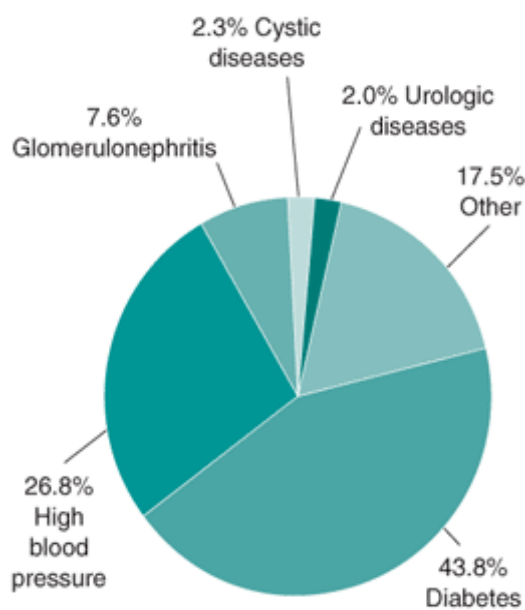
Interesting Facts

- Kidneys filter your entire blood 60 times per day
- Kidneys filter 120ml of blood a minute
- Kidneys filter a total of 180 litres of blood a day
- Kidneys excrete approximately 1 litre of urine per day
- Chronic kidney disease occurrence has increased by 16% over the last decade – this mainly due to an aging population and the increase of diabetes, hypertension and obesity.
- 2005 cost the tax payers of the USA \$32 billion in care for those with kidney failure
- The kidneys are fantastic at compensating – a loss of 75% of kidney tissue equates to a fall in glomerular filtration rate (GFR) of only 50%

What Causes Kidney Disease?

As mentioned previously, there are two types of kidney disease: (1) Acute Kidney Failure, and (2) Chronic Kidney Disease (which can lead to Chronic Kidney Failure). Each has its own causes.

Causes of Kidney Disease



Source: United States Renal Data System. *USRDS 2007 Annual Data Report*.

Chronic Kidney Disease

Diabetes

As you can see from the image above, diabetes is the number one cause of kidney disease, present in a staggering 43.8% of all cases! This is something that needs urgent attention, and scarily the number of people developing diabetes each year is only growing... enormously.

The way diabetes causes kidney disease is threefold.

1. Damaged Blood Vessels – High sugar levels within the blood of diabetics causes the tiny blood vessels within the kidneys to become narrow and clogged, essentially cutting off the blood supply to the kidneys and causing death of tissue.
2. Damaged Nerve Supply - In this instance, high blood sugar levels cause the nerve supply to (but not limited to) the bladder to become weakened and incommunicative with the rest of the body. Therefore, as the kidneys begin to excrete urine and the urine begins to accumulate within the bladder, the nervous system's messenger system gets confused – it does not tell the brain that the bladder is full. This creates a back-up of pressure in the bladder, which in turn places added stress on the kidneys.
3. Urinary Tract - High blood sugar causes an increased likelihood of urinary tract infections, as sugar is the favourite food of bacteria. Urine with a high concentration of sugar in it becomes a breeding ground for infections. This can later develop into infections to the kidneys.

High Blood Pressure

Not too far behind diabetes is high blood pressure as a cause of kidney disease. With the added stresses that we are bombarded with each day, with our lifestyles becoming less and less harmonious, and with our diets containing more 'artificial' foods than real ones, it is no wonder that our bodies are developing cardiovascular disease.

The mechanism by which high blood pressure causes kidney disease is simple. The kidneys work by filtering blood via tiny vessels. If high blood pressure is present, the 'pressure' at which the kidneys

need to filter the blood increases, in most cases making the kidneys work harder because they are filtering too much blood. The blood is literally forced upon the kidneys to be filtered. A blood pressure reading of 130/80 is ideal. A blood pressure reading of 140/90 or higher needs attention.

Glomerulonephritis

A fancy name to describe inflammation of the kidneys is Glomerulonephritis (aka glomerular nephritis). More specifically, Glomerulonephritis is inflammation of the glomeruli, the filtration units of the kidney. The most common cause of Glomerulonephritis is a condition called IgA nephropathy (Berger's disease). IgA nephropathy is distinguished by deposits of the IgA antibody in the glomerulus essentially blocking up the filtration system.

Other lesser causal factors include (but are not limited to):

- Alport's Syndrome
- Auto-immune diseases e.g. Lupus
- Connective tissue disease
- Drugs
- Hardening of the arteries
- Heavy metals
- Infection
- Kidney stones
- Liver cirrhosis
- Oxalate deposits
- Polycystic Kidney Disease
- Prostate Disease
- Reflux nephropathy

Acute Kidney Failure

Acute Kidney Failure can be divided into three damage sites:

1. Pre-Renal: where blood supply to the kidneys is affected. Examples include:

- Blockages in the arteries that supply the kidneys with nourishing blood
- Dehydration
- Low blood volume due to blood loss
- Medication

2. Renal: where damage to the kidneys is direct. Examples include:

- Cancer of plasma cells
- Excess Protein: caused either by muscle breakdown, diet or cholesterol-lowering medications
- Inflammation of the filtering system of the kidneys (Acute glomerulonephritis). Many conditions can cause this inflammation such as Lupus, Wegner's granulomatosis, and Goodpasture syndrome.
- Medications e.g. antibiotics, anti-inflammatories, lithium, and iodine-containing medications used in radiology
- Whole-body infection that literally shuts down the entire body (also known as Septicemia)

3. Post-Renal: where clearance of urine away from the kidneys is obstructed and responsible. Examples include:

- Enlarged prostate or prostatic cancer growth
- Kidney stones
- Tumours

I Heard There Are Different Levels Or Stages Of Kidney Disease – What Are They?

Kidney disease can be broken down into five different stages, each with a reference to an acronym known as GFR. GFR stands for Glomerular filtration rate, and describes the flow rate of filtered fluid through the kidney. For further details, please refer to the table below. Note that normal GFR is 120-125 ml/min.

Stage	GFR	Description
1	90+	Slight kidney damage with normal or increased filtration
2	60-89	Mild decrease in kidney function
3	30-59	Moderate decrease in kidney function (now considered the beginnings of kidney failure)
4	15-29	Severe decrease in kidney function
5	14 or less	Kidney failure requiring dialysis or transplantation. Also known as End-Stage Renal Disease (ESRD)

Whom Does It Affect?

- Every year 100,000+ people from the USA are diagnosed with kidney failure
- 60 years plus is the most common age bracket to have kidney failure
- Hispanic, African American, Asian, Pacific Islander, and Native American people are more susceptible.
- 1 in 6 adults have kidney disease

How Can You Tell If You Have Kidney Disease?

Unfortunately, kidney disease and kidney failure can sneak up on people, a silent killer. In the early stages of development, kidney disease is asymptomatic (without symptoms). Eventually a day of critical mass occurs when enough of the slowly progressing disease initiates bodily signs and symptoms. Your body has tried to cope for some time, but now it is all too much and it begins to show physical signs and symptoms such as:

- Anemia
- High blood pressure – BP rises due to excess fluid retention, which in turn causes fluid in the lungs. Not only does this cause breathing difficulties, but can also lead to congestive heart failure.
- Decrease in mental function and possibly coma
- Fluid retention/swelling
- High acidity in the body (metabolic acidosis) due to the inability of the body to produce bicarbonate. This will change oxygen and enzyme metabolism, leading to organ failure.
- High potassium levels in the blood (hyperkalemia): is related to heart arrhythmias.
- High urea levels in the blood (uremia): can affect brain health, increase tissue inflammation and reduce muscular function
- Lethargy
- Loss of appetite
- Shortness of breath
- Weakness

Other symptoms include:

- | | |
|--|---------------------------------------|
| • Abnormally dark or light skin | • Excessive thirst |
| • Agitation | • Frequent hiccups |
| • Blood in the vomit or in stools | • General ill feeling |
| • Breath odour | • Generalized itching (pruritus) |
| • Decreased alertness, including drowsiness, delirium | • Headache |
| • Decreased sensation in the hands, feet, or other areas | • Increased or decreased urine output |
| • Easy bruising or bleeding | • Muscle twitching or cramps |
| • Excessive night-time urination | • Nail abnormalities |
| | • Unintentional weight loss |
| | • White crystals in and on the skin |

Acute kidney failure, on the other hand, is pronounced, obvious, and has a rapid progression:

- Abdominal pain
- Body swelling
- Confusion
- Decreased urine production
- Diarrhoea
- Fatigue
- Lethargy
- Metallic taste in the mouth
- Nausea, vomiting
- Problems concentrating
- Seizures and coma may occur in very severe acute kidney failure

Health: More than the absence of disease, health is the state of physical, mental and social wellbeing, a state in which a person feels at every moment of living a joy and zest for life, a sense of fulfilment, and an awareness of harmony with the universe around them.

(World Health Organisation Definition)

What Tests Can Be Used To Confirm Kidney Disease?

The series of tests and exams one can undergo to assess, track and diagnose kidney disease are endless. The list below concentrates on the key tests that your doctor may use to monitor your health.

As mentioned earlier, kidney disease could already have fallen upon you largely before you even develop symptoms. Sad, but true. Therefore, anyone over the age of 50 or 60 should have a routine health check-up each year to assess their overall health, including kidney analysis. Naturally, those with increased risk of kidney disease (due to genetics, lifestyle, medications, etc.) should also have at the very least a yearly check-up and begin their kidney assessments much earlier in life e.g. age 40.

Please note that all tests have their limitations. Therefore, it is recommended that you have a number of tests performed to assess kidney health. What one test may miss, another will detect.

Tests may be divided up into 4 different categories: Urine, Blood, Scans & Tissue

Urine tests

Glomerular filtration rate (GFR) - The GFR is the benchmark test to assess kidney disease. The rate for a normal healthy male ranges between 100-125 ml/min, and for a normal healthy female, it's between 90-115 ml/min. As kidney disease advances, GFR falls below 90 and continues to fall.

GFR is measured by intravenously injecting special markers that, once excreted, tell a story of the health of the kidney being tested. Patients can be placed into five separate categories depending on the results of this test, as mentioned previously on page 15.

Urinalysis: Urinalysis can be described as a 'pre-screen' and is seen as a basic test that can quickly and effortlessly pick up markers that reflect a dysfunction in the kidneys. Urinalysis uses a dipstick that has a number of little reagent patches. Once in contact with a urine sample, they immediately begin to change colour to indicate the result of glucose, albumin, pH, ketones, leucocytes, blood, specific gravity, nitrate, bilirubin and urobilinogen. However convenient this test maybe, it still has only a small place in the assessment of kidney disease. Elevated markers such as albumin, blood, glucose and pH all point to kidney dysfunction.

Twenty-four-hour urine tests: This test calls for urine to be collected continuously for 24 hours. This test is a lot more accurate than urinalysis. The following key points are analysed to assess the degree of kidney disease, urea, nitrogen and, creatinine.

Blood tests

Creatinine and urea (BUN) in the blood - The BUN test (Blood Urea Nitrogen) and creatinine is the most widely used blood test to assess kidney disease and its progression. These naturally occurring chemicals are by-products of the daily processes of the body. High levels of all of these chemicals indicate an under-functioning kidney.

Estimated GFR (eGFR) - The estimated GFR is worked out by your doctor from the results gained by analysing your blood.

Electrolyte levels - Because the kidney can no longer perform its normal function of keeping what the body needs and removing what it does not, abnormal levels of electrolytes begin to develop. The main electrolytes that become a problem in kidney disease are potassium, phosphorus, and calcium. High potassium (hyperkalemia) is of most concern.

Blood pH – Kidney disease also affects the delicate balance of the body's pH, mostly due to the imbalance of electrolytes .

Blood cell counts – These are important not only from a diagnosis perspective but also as a general health check. It is important to make sure that when kidney disease develops, anemia does not set in. The kidneys produce the hormone erythropoietin (a blood-building hormone) and this declines as the progression of disease begins to take hold. As this declines, you will find that so too do your haemoglobin levels.

Scans

Ultrasound is best utilised to scan for any urinary obstruction, such as kidney stones.

Tissue

Biopsy – This test involves taking a small sample of the kidney via a needle and then having it analysed. It is used to find the cause of the kidney disease and to see if the cause is reversible (from a Western medical viewpoint).

Chapter 2 – Western Treatment Model

“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”

(Thomas A. Edison)

The main premise of Western Medicine’s Treatment Model is to treat the symptoms. This doctrine is in stark contrast to Natural Medicine’s aim to heal the kidneys at their source (as well as treating the symptoms).

Early Stages of Kidney Disease – Treatment

Diuretics - Taking diuretics eases the pressure from the kidneys by taking a load off. However, this medication may be the cause of your kidney disease – as a result of taking too many diuretics in the past. If this is you, please avoid this treatment. Always ask your doctor before taking any medication.

Diabetes medication – As discussed earlier, diabetes is the most common cause of kidney disease. Doctors will therefore make sure your blood sugar is in a healthy normal range through drugs and insulin.

Blood pressure medication – Medication is sometimes necessary to reduce your hypertension quickly and can slow down the rate at which kidney disease progresses. Always check with your doctor as to which is the most suitable medication for you, as they may complicate your condition even more.

Erythropoietin – This replaces the hormone that the kidneys once produced so easily. Erythropoietin helps production of red blood cells in the bone marrow and prevents anemia.

Alfacalcidol or Calcitriol – These are forms of Vitamin D, which need replenishment in kidney disease, as the kidney is no longer able to produce its own.

Phosphate binders – These provide benefits by inhibiting the absorption of too much phosphate by the gut. When phosphate absorption is high compared to calcium, as is often the case in kidney disease, bone abnormalities occur.

Bicarbonate tablets – Acidosis (acidity in the blood) is a normal state when one has kidney disease. Taking bicarbonate tablets will help alkalise the blood.

Kidney Failure (< 15 GFR) – Treatment

The two main groups of kidney failure treatments are as follows:

1. Dialysis

For treatment of Stage 5/End-Stage Renal Disease, the amazing advancements in medicine have allowed machines to replace kidney function. This is not to say this state of affairs is ideal, as the goal in mind is to prevent this type of treatment entirely. However, for those of you who are currently receiving this type of treatment, you can surely attest to its importance and absolute necessity in the treatment of kidney failure.

There are two types of dialysis (a) Hemodialysis and (b) Peritoneal dialysis.

(a) Hemodialysis

As mentioned previously, a machine takes over the role of the kidney when on 'dialysis'. Hemodialysis circulates the recipient's blood through the machine to remove excess water, by-products, wastes,

toxins and other 'bodies' within the blood. The machine also cleverly normalises the pH level and balances the concentrations of electrolytes such as potassium and sodium before returning the blood back to the body. Hemodialysis is required for 3-5 hours a day, three days a week, and for a fortunate few takes place at home under the care of a professional or family member.

(b) Peritoneal dialysis

Peritoneal dialysis uses the abdominal lining as a thin membrane to filter and remove waste products from the blood. Ingenious, I say! A catheter placed into the abdominal wall is operated manually or by a machine. The benefit of this procedure is the freedom it brings with the possibility of treatment taking place entirely at home. However, as with any treatment, there are always pros and cons, so it is best to speak to your doctor or specialist about your own needs, abilities and circumstances before making any medical decisions. I hope this book is in your hands before you reach this stage. The main goal of this book is the prevention and reversal of your kidney disease/failure so that this never happens! For those of you who are reading this book now and are currently receiving treatment via a dialysis machine, fear not. This book will also benefit you, allowing a greater response and quality of life even if dialysis is a necessity in your life.

2. Transplantation

For those experiencing kidney failure (Stage 5), kidney transplantation will offer you the best result possible, quite possibly a quality of life that is similar to what you experienced before any of this ever happened. Unfortunately, not everyone is a suitable candidate for a transplant. Not everyone is able to receive a transplant, and not every transplant 'takes'. Having said that, a large number of people receive kidney transplants every day with great success. Those with diabetes would also do well to receive a pancreas transplant at the same time.

Chapter 3 – The Natural Way

Natural medicine is, I believe, crucial, not only for the prevention of kidney disease, but also for its ability to offer a better quality of life for those who have reached a level where dialysis or transplantation is required. Western medicine cannot (yet) 'heal' the kidneys nor can it claim close to zero side effects. Natural medicine is a complete holistic strategy to bring the body back into harmony with itself and its surroundings. I gravitated towards embracing Natural Medicine (the study of the healing powers of nature) and becoming a Naturopath through the realisation that we are more than a collection of parts; we are a living breathing, fully integrated being with a body, mind and soul. I hope you too can appreciate the gifts given to us. For every conceivable disease, there is always an answer waiting for us in nature.

**“Natural forces within us are the true healers of disease.”
(Hippocrates, ‘the father of medicine’ – 460BC-370BC)**

As you may have noticed from the list given earlier, there are a seemingly unlimited number of causes for kidney disease – everything from diabetes to dehydration, to heavy metals to high blood pressure, each case requiring individualised treatment for your ROOT cause. In an effort to simplify matters, I have systematised this treatment program to match the style of how I would treat my clients in a clinical environment – as if you were right here in front of me. Not only will I bring a broad range of known kidney ‘healers’ to the table, but I will also correct the root causes of your condition. For example, if diabetes was the root cause of your kidney disease, then it follows that your diabetes needs to be addressed as well. Let us start our journey...

Kidney Disease - So What Is Really Going On?

Natural Medicine's Take on Kidney Disease

The following lists the "little known causes of kidney disease":

Stress - The kidneys are very susceptible to all forms of stress. In today's society, we suffer more from emotional and mental stress than physical stress. Stress is not just all in someone's head; it is physiological, as seen by the effects exerted on the kidneys. When we experience stress, the kidneys are literally in the thick of things and exposed to the harmful effects of stress.

The kidneys have a close working relationship with the adrenal glands; in fact, the adrenal glands literally sit on top of the kidneys. The adrenal glands are our stress glands, which is to say that when stressed they go to work producing hormones to help combat the imminent danger that the mind perceives. Though not a sabre-toothed tiger anymore, the danger recognised in that stressful relationship, that uninspiring job, that overactive mind, can turn any daily chore into a nightmare. When stress triggers your adrenal glands to release adrenalin and cortisol throughout your entire body, the process stimulates a cascade of events:

1. Your pancreas stimulates your body to release glucose into the blood stream so that you have an active energy source to burn.
2. Your heart begins to pump more blood around your body.
3. Your body directs the blood away from your digestive system and sends it to your muscles so you can run or fight.
4. Your liver releases cholesterol as another source of energy.
5. Your brain switches off its logical thought processes and memory storage to allow more blood and energy to your muscles.

Now that you have this physiological response, you can run or fight (I suggest running in response to a sabre-toothed tiger!). When the stress is gone, the body turns off production of large amounts of

adrenaline and cortisol, returning your bodily functions to 'normal'. Now think again what happens when we are *constantly* in a state of stress:

1. Elevated levels of blood glucose in our blood stream. Interestingly, this is what happens in Type 2 diabetes. There is too much glucose in our blood and insulin levels cannot keep up. What is the number one cause of kidney disease again? Oh, that's right, diabetes!
2. Elevated blood pressure. This increases the pressure directly on our kidneys, literally forcing blood onto them, causing them to work harder. Worse still, the pressure forces larger particles of matter through the filtration system than it was designed to fit – tearing holes as they go through. High blood pressure is a factor in heart disease, which is one of the leading causes of death in our modern world! Are you suffering from high blood pressure or know someone who is? Do you remember what the second most common cause of kidney disease is? That's right, high blood pressure.
3. Blood is directed away from our digestive system. Irritable bowel syndrome, colitis, food intolerances, bloating, gas, reflux, and hernias are all results of stress and the body being in a chronic state of stress.
4. Cholesterol levels rise to provide an energy source. How many of you have high cholesterol? This is another major cause of heart disease in our modern world and a leading cause of death.
5. Your brain ceases memory function. This causes you to suffer from short or long-term memory loss, foggy brain and more.

Long-term stress has other devastating effects on our bodies, including suppression of the immune system, insomnia, decreased sex drive, chronic fatigue syndrome, rapid heartbeat, anxiety, irritability, depression, lowered immune function, susceptibility to infections, exaggeration of allergies, greater muscle tension, and back problems. In addition, it can lead to cancer, poor digestion, poor absorption of nutrients leading to nutritional deficiencies, skin disorders, the

formation of extra free-radicals that can damage body tissues, making us age faster, and changes in the composition of the blood, making it more prone to clotting.

Oxidation - The dangers of oxidative damage are well known. We are now told that we need plenty of anti-oxidants daily to minimize the effects. However, seeing as the kidneys are one of the elimination channels for these 'oxidants', you could conclude that high amounts of oxidants actually cause kidney disease, and that reducing the levels of oxidants in the body would thereby reduce the strain on the kidneys. I love common sense, don't you?

Liver Function - An organ that probably does not jump to mind when exploring the causes of kidney disease is the liver. The liver is responsible for the filtration and breakdown of many unwanted molecules in the body. In addition, as mentioned earlier, if there is a problem with hepatic (liver) blood flow, this can cause kidney disease. The kidneys and the liver work closely together to neutralise and excrete toxins from the body. The liver first takes a toxin, puts it through a process called Cytochrome P450 and oxidises it. Now this may sound funny, because all we know that oxidants are not good for the body, but oxidation is a necessary step that allows the body to make the toxin water-soluble so that the kidneys can excrete it. This is done in stage two of the Cytochrome P450 pathway.

Malnourished – All biochemical processes in the body require certain vitamins and minerals in order to carry out their functions. You cannot make a chocolate cake without chocolate. However, you also cannot make it without flour, butter, milk, and sugar, now can you? You need all the ingredients to get the best results.

Next is a list of vitamins, minerals and amino acids that heal, protect, aid or enhance kidney function, either directly or indirectly.

- Acetyl-L-Carnitine
- Alanine
- Bromelain
- Coenzyme Q10
- Fish Oil (EPA/DHA)
- Folic Acid
- Glutathione
- Iron
- Lipoic Acid
- Malic Acid
- Quercetin
- Selenium
- Taurine
- Chitosan
- Chromium
- Cysteine
- D-Mannose
- Glycine
- L-Arginine
- Magnesium
- Multivitamin
- Secoisolariciresino
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- Zinc

Environmental Factors - Heavy metals and chemicals, particularly mercury, lead and cadmium, destroy the tissues of the kidneys. The unfortunate thing is that it is easy to encounter these types of heavy metals. Sources include canned foods, various paints, hair dyes, vaccines, tyres, car fumes, solder, cigarettes, synthetic baby formulas, batteries, tooth fillings (amalgam), cosmetics, plastics, fluorescent lights, confectionery, cola drinks and margarine.

Other Causes of Kidney Disease Include:

- Sedentary lifestyle
- Electromagnetic radiation (e.g. computers and electrical devices) can cause DNA alterations within the body.

Chapter 4 – The Kidney Repair Tools

Nutrition – The basic building blocks of life

Nutrition can be seen as the basic building blocks of life. It is quite logical when you think about it. If we take a step back and assess what we really are, we will realise that we are essentially a trillion cell neatly packed together. Amazing so far, right? Well, then, let's grab one of those itsy-bitsy cells, dissect it and observe. What do you see? Nutrition!

A cell is essentially made up of fat, protein, water, carbohydrates, cholesterol (yes, cholesterol is good for us too) and sprinklings of vitamins and minerals. No alien metals, no kryptonite elements here (sorry to disappoint). It is good old-fashioned nutrition. As they say, "You are what you eat".

Therefore, it is necessary to consume a vast, broad and diversified diet rich in natural organic compounds (i.e. vitamins & minerals) found in fruit and vegetables each day. No one vitamin or mineral has the answer. Health is complete; health is holistic, not one mineral taken on its own.

The following nutrients have been shown to both prevent and heal kidney disease. They have even wider practical applications, and several of them also treat the illnesses that act as precursors to kidney disease, or those that are often present at the same time.

Technological accomplishments of modern science... It is because of the accomplishments of modern science that we can now enjoy these nutritional building blocks of life with great ease and in the quantities necessary for vibrant health. What we now take for granted has never been enjoyed in any other point in our history. With precision, we can now extract potent natural chemicals (e.g. vitamins and minerals) to aid our health and wellbeing. Furthermore, we have the technological capabilities (lab tests, clinical studies and so forth) to put these ingredients to the test. One such

natural chemical that is offering some of the biggest breakthroughs in the treatment of kidney disease is Alpha Lipoic Acid.

Alanine

Therapeutic Dosage: 200mg-600mg daily

Kidney Benefit: Helps protect against damage when there is a complete absence of oxygen (mainly caused by a lack of blood flow in and to the kidneys). Alanine together with Glycine helps the structural integrity of the tubes found within the kidneys.

Food Sources: (in no particular order) - Most protein sources, beef, lamb, pork, cucumber, watercress, dandelion greens, carrot, celery, spinach, wheat germ, turnip, fennel, almonds.

Recommended Daily Intake: – Not applicable

Fact: The body can make its own alanine by converting glutamic acid.

Alpha Lipoic Acid (also known as Lipoic Acid)

Therapeutic Dosage: 100-600mg daily

Kidney Benefit: Lipoic acid is the *key* kidney-healing nutrient. It helps increase cellular kidney energy for healing. In clinical studies, lipoic acid showed the ability to prevent Angiotension-II-induced glomerular and vascular damage in the kidneys and completely prevented the development of albuminuria. However, the benefits do not stop there. Lipoic acid reduces blood glucose levels, prevents and reverses diabetic neuropathy, increases energy, assists detoxification from heavy metals, can be used in the treatment of cardiovascular disease and much more.

Food Sources (in no particular order): Liver, potato, broccoli, brewer's yeast, spinach.

RDI: Not applicable

Fact: Lipoic acid helps recycle *used* vitamins and minerals so that they can be used once more in the body.

Bromelain

Therapeutic Dosage: 300-1600mg daily

Kidney Benefit: Bromelain is a fantastic enzyme that reduces levels of inflammation. Bromelain is also effective in digesting large proteins that may be clogging up the kidneys, thereby allowing the flow of blood to be smooth once more.

Food Sources: Pineapple; highest concentrations on in the centre of the fruit.

RDI: Not applicable

Fact: Bromelain has many other great uses. For example, it relieves the symptoms of hay fever, and as a digestive enzyme (taken with meals) it breaks down protein.

Chitosan

Therapeutic Dosage: 500-6000mg daily

Kidney Benefit: Chitosan supplementation in clinical studies reduced urea levels in the blood, increased haemoglobin production and reduced cholesterol levels in patients with chronic kidney disease.

Food Sources: Back bone of squid, supplementation.

RDI: Not applicable

Fact: Chitosan is most widely used and known for its weight loss benefits.

Chromium (Cr)

Therapeutic Dosage: 100-1000µg daily

Kidney Benefit: Chromium is the master mineral in stabilizing and reducing blood sugar levels. If high blood sugar is a problem for you, this is another nutrient that treats the root cause of your condition, thereby halting at the source the progression of any further disease. Chromium works by facilitating the action of insulin, whether it is naturally produced by the body or taken as insulin injections.

Food Sources (in no particular order): Whole grains, beef, mushrooms, legumes, brewer's yeast, liver, molluscs

RDI:

- Adult: 50-100µg a day
- Infant: 10-40µg a day

Fact: The highest concentrations of this nutrient are found within the liver, spleen, bones and kidneys.

Caution: If diabetic, always consult your doctor before beginning any chromium supplementation.

Co Enzyme Q10

Therapeutic Dosage: 100-600mg daily

Kidney Benefit: This enzyme helps increase cellular kidney energy for healing. In a small study, half the patients received Coenzyme Q10 and the other half received a placebo. After four weeks, the patients receiving Coenzyme Q10 showed a significant reduction in blood creatinine and urea levels, and excreted higher concentrations of creatinine levels too. The Coenzyme Q10 trial also lowered

the rate of those on dialysis; only 36.2% of Coenzyme Q10 patients were receiving dialysis compared with 90% in the placebo group.

Food Sources (in no particular order): Chestnuts, organic meats, salmon, almonds, broccoli, sardines, hazelnuts, and mackerel

RDI: Not applicable

Fact: Coenzyme Q10 is also great at healing bleeding gums, heart disease, lowering blood pressure and increasing energy.

D-Mannose

Therapeutic Dosage: 2500-5000mg every four to six hours

Kidney Benefit: Helps treat patients with urinary tract infections by preventing the troublesome bacteria sticking to the lining of the urinary tract.

Food Sources (in no particular order): Red currants, blueberries, blackcurrants, gooseberries, peaches, apples, soybeans, capsicum, eggplant, aloe vera, cabbage, and tomatoes

RDI: Not applicable

Fact: The molecular structure of D-Mannose is similar to that of Glucose.

Fish Oil

Therapeutic Dosage: 3000-10000mg daily

Kidney Benefit: Reduces inflammation, high blood pressure, proteinuria and decreases cholesterol

Food Sources: Deep sea fish e.g. tuna, mackerel, anchovies, salmon, sardines

RDI: Not applicable

Fact: Fish are now becoming high in toxic metals, so be sure to purchase good quality fish and fish oil supplements that have been filtered for these impurities.

Caution: Do not use if taking warfarin.

Glutathione

Therapeutic Dosage: 100-500mg daily

Kidney Benefit: Helps protect against damage when there is a complete absence of oxygen (mainly caused by a lack of blood flow in and to the kidneys)

Food Sources (in no particular order): Eggs, garlic, tomatoes, spinach; and cysteine and n-acetyl cysteine supplementation together.

RDI: Not applicable

Fact: The following substances reduce tissue stores of glutathione in the body: alcohol, tobacco, aspirin, excessive unsaturated fat, and the oral contraceptive pill.

Glycine

Therapeutic Dosage: 4-30grams daily

Kidney Benefit: Glycine together with alanine helps the structural integrity of the tubes within the kidneys. Glycine also protects against loss of oxygen.

Food Sources (in no particular order): Animal products, wakame (sea vegetable), gelatine, soybeans, and avocado

RDI: Adult - 3-5grams

Fact: Glycine is involved in more biochemical processes than any other amino acid in the body.

Iron

Therapeutic Dosage: 15-50mg daily

Kidney Benefit: Provides necessary iron supplementation, as most kidney disease patients suffer from anemia (due to kidney disease).

Food Sources (in no particular order): Red meats, oysters, mussels, liver, enriched cereals, molasses, green leafy vegetables, tomato paste, dhal, dried apricots.

RDI :

- Adult: 10-20mg
- Infant: 6mg

Fact: Only 15% of digested iron is absorbed.

L-Arginine

Therapeutic Dosage: 400-6000mg daily

Kidney Benefit: This is especially good when your kidney disease has been caused by physical trauma.

Food Sources (in no particular order): Spirulina, lobster, liver, almonds, cashews, chicken, pork, duck, lamb, chocolate, peanut butter, prawns, halibut, dairy.

RDI: Not applicable

Fact: Is also used for relief of erection problems.

Caution: Do not take when you have an active cold sore, as it will cause it to flare and heal much slower.

Magnesium

Therapeutic Dosage: 300mg-1000mg daily

Kidney Benefit: Helps lower blood pressure, relaxes stiff and sore muscles, and helps regulate calcium and potassium.

Food Sources (in no particular order): Millet, whole grains, green leafy vegetables, muesli, almonds, cashews, and legumes

RDI:

- Adult: 300-400mg
- Infant: 40mg

Fact - Magnesium is the most biochemically important mineral in the body, being involved in over 300 fundamental enzymatic reactions.

Malic Acid

Therapeutic Dosage: 300-1200mg daily

Kidney Benefit: Helps increase the cellular energy of the kidney to facilitate healing.

Food Sources (in no particular order): Most fruits, apples, peaches, raspberries, passionfruit, cherries, grapes, limes, pears, plums, tomatoes, plums, and nectarines

RDI: Not applicable

Fact: Malic Acid is used by many chefs to enhance the flavour of foods.

Quercetin

Therapeutic Dosage: 300-3000mg daily

Kidney Benefit: Helps reduce inflammation; helpful when kidney disease is due to physical trauma, heavy metal toxicity, and lack of blood flow and coagulation of blood.

Food Sources (in no particular order): Elderberry, blackcurrants, grapes, cranberry, onions, fennel, kale, spinach, green tea, and lettuce

RDI: Not applicable

Fact: Like Rutin, Quercetin is a bioflavonoid.

Secoisolariciresino

Therapeutic Dosage: 50-300mg daily

Kidney Benefit: As soon in clinical trials, Secoisolariciresino has the ability to moderate proteinuria and preserve renal function.

Food Sources (in no particular order): Berries, legumes, rye, seeds, broccoli, pumpkin, garlic and zucchini

RDI: Not applicable

Fact: Secoisolariciresino may also help in the treatment of male pattern baldness.

Selenium (Se)

Therapeutic Dosage: 200-600µg daily

Kidney Benefit: Helps reduce inflammation; helpful when kidney disease is due to physical trauma or heavy metal toxicity and provides anti-oxidant support.

Food Sources (in no particular order): Brazil nuts, poultry, whole grains, shellfish and fish, molasses, cashews, eggs, and organic onion

RDI:

- Adult: 50-200µg
- Infant: 10µg

Fact: Brazil nuts contain an average of 25µg per nut, which are equivalent to some selenium supplements!

Taurine

Therapeutic Dosage: 250-2000mg daily

Kidney Benefit: Helps reduce inflammation, shields against the development of diabetic nephropathy (inflammation of the kidney nephrons), helps heart function and lowers blood pressure.

Food Sources - Fish, meat, dairy, organ meats, and seafood

RDI: Not applicable

Fact: Use taurine to treat many diseases, such as macular degeneration, pancreatitis, muscle cramps, depression, asthma, and many more.

Vitamin C (Ascorbic Acid)

Therapeutic Dosage: 250-10 000mg daily

Kidney Benefit: Helps reduce inflammation, helps when kidney failure is due to physical trauma or heavy metal toxicity, provides anti-oxidant support, helps with bacterial infections, helps protect from damage caused by loss of blood supply, and helps reduce coagulation of the blood within the kidney.

Food Sources (in no particular order): Guava, red capsicum, citrus juice concentrate, papayas, kiwi fruit, blackcurrants, mangoes, strawberries, lychees, oranges, sprouts.

RDI:

- Adult: 30-75mg
- Infant: 40mg

Fact: Once you have passed the threshold of your body's maximum daily dosage of Vitamin C, you will experience something known as bowel tolerance. Bowel tolerance is Vitamin C induced diarrhoea. Stop for a few days and reintroduce Vitamin C at a lower dose, which will correct this condition.

Vitamin D

Therapeutic Dosage: 400-1600 IU daily

Kidney Benefit: Essential for those with kidney disease because the body can simply no longer produce Vitamin D itself. The kidneys help produce the body's Vitamin D stores. Vitamin D is also beneficial to the immune system.

Food Sources (in no particular order): Cod liver oil, herring, mackerel, salmon, sardines, eel, milk, liver egg and butter.

RDI:

- Adult: 400iu
- Infant: 300iu

Fact: In most commercial health supplements, Vitamin D comes from lanolin, the oil from sheep's wool.

Vitamin E (Tocopherols, Tocotrienols)

Therapeutic Dosage: 100-800mg daily

Kidney Benefit: Helps reduce inflammation, helps when kidney disease is due to physical trauma or heavy metal toxicity, provides free-radical protection, helps protect from damage caused by loss of blood supply, and helps reduce coagulation of the blood within the kidney.

Food Sources (in no particular order): Wheat germ and wheat germ oil, soybean oil, almonds, sunflower seeds, cashews, avocado, brown rice.

RDI:

- Adult: 30mg
- Infant: 10mg

Fact: Natural forms of Vitamin E are twice as effective as synthetic forms. To distinguish between the two, a D in front of the Vitamin E type (d-alpha-Tocopheryl acid succinate) equals natural, and a DL in front of the Vitamin E type (dl-alpha-Tocopheryl acid succinate) equals synthetic.

Zinc

Therapeutic Dosage: 10-75mg daily

Kidney Benefit: Zinc enhances the immune system and assists with tissue repair.

Food Sources (in no particular order): Oysters, shellfish and fish, red meat, popcorn, sesame seeds, sunflower seeds, pepitas, almonds, muesli, dhal, wheat germ, whole grains, tomato sauce and paste.

RDI:

- Adult: 15mg or 0.09mg/lb (or 0.2mg/kg)
- Infant: 5mg

Fact: Processing grains (e.g. wheat flour) loses up to 80% of the natural zinc content in foods. Eat whole grains where possible.

Herbal Medicine

The body sometimes forgets what to do and needs a helping hand. Herbal medicine has the ability to retrain the body and facilitate natural bodily processes. Therefore in disease, when the body completely shuts down or becomes confused, herbal medicine is the answer.

Herbal medicine is used in treatment the world over (in fact, herbal medicine is the most widely used form of medicine today). In many cases, it provides the same degree of therapeutic value as drugs (if not better), with virtually no side effects. Herbal medicine, and I am stating the obvious, is of course natural, growing everywhere, every day. There is no need for laboratories, lab rats and various other 'technologies' to create life-giving drugs. They have already been provided by nature.

Herbal medicine is so powerful that it is estimated that 30% of the drugs out on the market today are based on natural substances found within plants!

Here are just a few examples:

Drug Name	Medical Action	Plant Name/Source
Digoxin	Cardiotonic	Digitalis purpurea (foxglove)
Codeine	Analgesic, antitussive	Papaver somniferum (poppy)
Demecolcine	Antitumor agent	Colchicum autumnale (autumn crocus)
L-Dopa	Anti-parkinsonism	Mucuna species (nescafe, cowage)
Glasiovine	Antidepressant	Octea glaziovii
Quinine	Antimalarial	Cinchona ledgeriana (quinine tree)
Rotundine	Analgesic, sedative, tranquiliser	Stephania sinica

The Ancient 5000-Year-Old Healing Tradition

It was while studying Traditional Chinese Medicine – The Ancient 5000-Year-Old Healing Tradition – that I came across several ‘breakthroughs’ in the treatment of kidney disease. For thousands of years, these wise people have been administering ‘magical’ herbs. They simply ‘knew’, deep within their being, about the life-giving effects of these herbs on the kidneys. Thankfully, all of this has been noted, documented and proven in today’s medical world.

The four main herbal pillars of Traditional Chinese Medicine that help heal the kidneys are:

1. Dan Shen
2. Astragalus
3. Rehmannia
4. Tienchi Ginseng

Dan Shen (*Salvia miltiorrhiza*)

Other names: Salvia, Red sage

Part used: Root

Actions:

- Kidney tonic
- Protects kidneys
- Helps heal scarring
- Lowers blood pressure
- Heart tonic
- Prevents heart attacks
- Anti-coagulator
- Thins the blood
- Cardiovascular tonic
- Anti-bacterial

Dose: 1.5-3g a day

Cautions & Contraindications: Avoid in patients with bleeding propensities. Avoid taking with warfarin and other anti-platelet medication. Do not use during pregnancy.

Astragalus (*Astragalus membranaceus*)

Other names: Milk vetch, huang qi, oqi

Part used: Root

Actions:

- Kidney tonic
- Balances immune system
- Immune enhancer
- Cardiovascular tonic
- Diuretic
- Energy tonic
- Adrenal gland tonic
- Lowers blood pressure

Dose: 2-4g a day

Cautions & Contraindications: Avoid with influenza.

Rehmannia (*Rehmannia glutinosa*)

Other names: Sheng di huang (uncured), Shu di huang (cured), Chinese foxglove

Part used: Root

Actions:

- Protects kidneys
- Stops problematic bleeding
- Anti-inflammatory
- Lowers fever
- Balances immune system
- Energy tonic
- Adrenal gland tonic
- Anti-anemic

Dose: 2-4g a day

Cautions & Contraindications: Caution during pregnancy.

Tienchi Ginseng (*Panax notoginseng*)

Other names: Tienchi

Part used: Root

Actions:

- Kidney tonic
- Stops problematic bleeding
- Cardiovascular tonic
- Lowers blood pressure
- Lowers cholesterol
- Energy tonic
- Adrenal gland tonic
- Anti-inflammatory

Dose: Acute dose: 2-4g three times a day. Maintenance dose: 1-2g once or twice a day

Cautions & Contraindications: Avoid during pregnancy.

More Kidney Healing Herbs

Traditional Chinese Medicine does not have all the answers, so it is important to use a highly effective collection of herbs alongside those listed above to get the best outcome possible for *you*.

Buchu (*Barosma betulina*)

Other names: No others

Part used: Leaves

Actions:

- Antiseptic
- Mild diuretic

Dose: 1.5-2g a day

Cautions & Contraindications: Avoid during pregnancy.

Bupleurum (*Bupleurum falcatum*)

Other names: Sickle-leaved hare's ear

Part used: Root

Actions:

- Beneficial in kidney disorders
- Anti-inflammatory
- Liver tonic
- Balances immune system
- Protects liver

Dose: 1.2-2.8g a day

Cautions & Contraindications: May cause or aggravate reflux. Do not use in pregnancy.

Codonopsis (*Codonopsis pilosula*)

Other names: No others

Part used: Root

Actions:

- Balances blood sugar
- Stops problematic bleeding
- Energy tonic
- Anti-inflammatory
- Adrenal gland tonic
- Anti-anemic

Dose: 2-4g a day

Cautions & Contraindications: None known

Corn Silk (*Zea mays*)

Other names: No others

Part used: Styles and stigma of corn

Actions:

- Soothes the urinary system
- Mild diuretic
- Anti kidney stones

Dose: 1.5-3g a day

Cautions & Contraindications: None known

Couch Grass (*Agropyron Repens*)

Other names: No others

Part used: Rhizome

Actions:

- Soothes the urinary system
- Mild diuretic

Dose: 1.5-3g a day

Cautions & Contraindications: None known

Crataeva (*Crataeva nurvala*)

Other names: No others

Part used: Bark

Actions:

- Bladder tonic
- Anti-septic
- Anti kidney stones
- Anti-inflammatory

Dose: 3-6.5g a day

Cautions & Contraindications: None known

Echinacea (*Echinacea angustifolia*; *Echinacea purpurea*)

Other names: Purple flower cone

Part used: Root (preferred), whole plant

Actions:

- Immune-modulator
- Anti-inflammatory
- Anti-autoimmune disease
- Immune enhancer
- Lymphatic tonic
- Blood cleanser
- Anti-microbial
- Anti-infections

Dose: 2.5-5g a day

Cautions & Contraindications: Use the root preparation if allergic to the Asteraceae flower family; however, if very allergic, do not use at all. Avoid with immunosuppressive drugs

Fenugreek (*Trigonella foenum-graecum*)

Other names: No others

Part used: Seed

Actions:

- Lowers blood sugar
- Anti-diabetic
- Lowers cholesterol
- Nutritive

Dose: 1-2g a day

Cautions & Contraindications: Avoid during pregnancy and may aggravate reflux.

Goat's Rue (*Galega officinalis*)

Other names: No others

Part used: Aerial parts of plant (above ground)

Actions:

- Lowers blood sugar
- Anti-diabetic

Dose: 2-4g a day

Cautions & Contraindications: Monitor blood glucose levels if on insulin.

Golden Rod (*Solidago virgaurea*)

Other names: No others

Part used: Bark

Actions:

- Kidney tonic
- Anti-septic
- Mild diuretic
- Anti-inflammatory

Dose: 2-2.6g a day

Cautions & Contraindications: Avoid if known allergy to Golden Rod.

Gymnema (*Gymnema silvestre*)

Other names: 'Sugar destroyer'

Part used: Leaves

Actions:

- Balances blood sugar
- Lowers blood sugar
- Pancreas healer
- Anti-diabetic
- Lowers cholesterol

Dose: 4-16g a day

Cautions & Contraindications: Monitor blood glucose levels if on insulin. May aggravate reflux.

Hawthorn (*Crataegus monogyna*)

Other names: No others

Part used: Berries or leaves (leaves are slightly more active)

Actions:

- Lowers blood pressure
- Heart tonic
- Cardiovascular tonic
- Dilates blood vessels
- Cardio protector
- Anti-oxidant
- Anti heart arrhythmia

Dose: 3-4g a day

Cautions & Contraindications: Caution with digoxin, as may lower blood pressure even more.

Horsetail (*Equisetum arvense*)

Other names: No others

Part used: Aerial parts (above ground parts)

Actions:

- Astringent
- Stops bleeding
- Anti-inflammatory
- Styptic
- Mild diuretic

Dose: 1.5-3g a day

Cautions & Contraindications: None known

Lavender (*Lavandula officinalis*, *Lavandula angustifolia*)

Other names: No others

Part used: Flowers

Actions:

- Relaxant
- Calming
- Anti-depressant
- Muscle relaxant

Dose: 1-2g a day

Cautions & Contraindications: Avoid in known allergy to lavender.

Marshmallow (*Althaea officinalis*)

Other names: No others

Part used: Root

Actions:

- Soothes the urinary system
- Diuretic

Dose: 1.5-3g a day

Cautions & Contraindications: None known

Lime Flowers (*Tilia cordata*, *Tilia platyphyllos*, and *Tilia x europeae*)

Other names: Lime tree, Linden

Part used: Flowers

Actions:

- Lowers blood pressure
- Dilates blood vessels
- Relaxant
- Muscle relaxant
- Heart tonic

Dose: 1-2g a day

Cautions & Contraindications: Avoid during pregnancy. Do not take at the same time as iron supplementation; wait 1 hour before taking.

Nettle (*Urtica dioica*)

Other names: No others

Part used: Aerial parts (above ground parts)

Actions:

- Anti-anemic
- Astringent
- Diuretic
- Lowers blood sugar
- Nutritive
- Stops bleeding

Dose: 1-3g a day

Cautions & Contraindications: None Known

Siberian Ginseng (*Eleutherococcus senticosus*)

Other names: Eleutherococcus

Part used: Root

Actions:

- Adrenal tonic
- Energy tonic
- Assists recovery from sickness
- Increases immunity
- Immune modulator
- Adrenal gland tonic

Dose: 2.5-6g a day

Cautions & Contraindications: Avoid with influenza.

Valerian (*Valeriana officinalis*)

Other names: No others

Part used: Root & Rhizome

Actions:

- Relaxant
- Anti-stress
- Sedative (safe during day)
- Anti-anxiety
- Muscle relaxant
- Lowers blood pressure
- Nervous system tonic

Dose: 2-6g a day

Cautions & Contraindications: None known.

Withania (*Withania somnifera*)

Other names: Ashwaghanda, winter cherry

Part used: Root

Actions:

- Energy tonic
- Anti-inflammatory
- Stops muscle breakdown
- Balances immune system
- Anti-anemic
- Adrenal gland tonic
- Anti-stress
- Nervous system tonic

Dose: 3-6g a day

Cautions & Contraindications: None known

Yarrow (*Achillea multifolium*)

Other names: No others

Part used: Aerial parts (above ground)

Actions:

- Stops abnormal bleeding
- Lowers blood pressure
- Anti-microbial
- Anti-inflammatory

Dose: 1-2g a day

Cautions & Contraindications: Avoid if known allergy to Yarrow. Avoid during pregnancy.

Herbs to Avoid with Kidney Disease

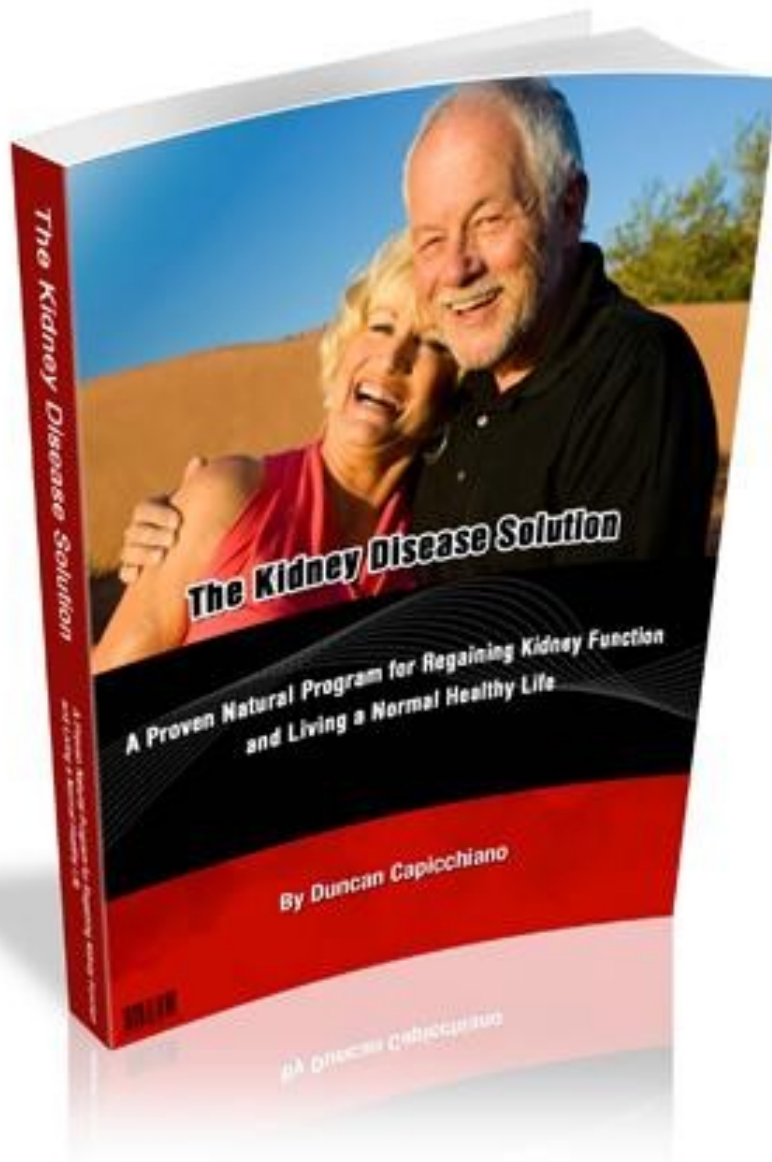
They may be OK for short-term use, but it is best to err on the side of caution. Please avoid the following herbs with kidney disease:

- Licorice (aka liquorice)
- Bearberry (aka Uva ursi)
- Celery seed – celery in diet is fine

***"If I'd known I was going to live so long,
I'd have taken better care of myself."***

(Leon Eldred)

end of free chapters



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