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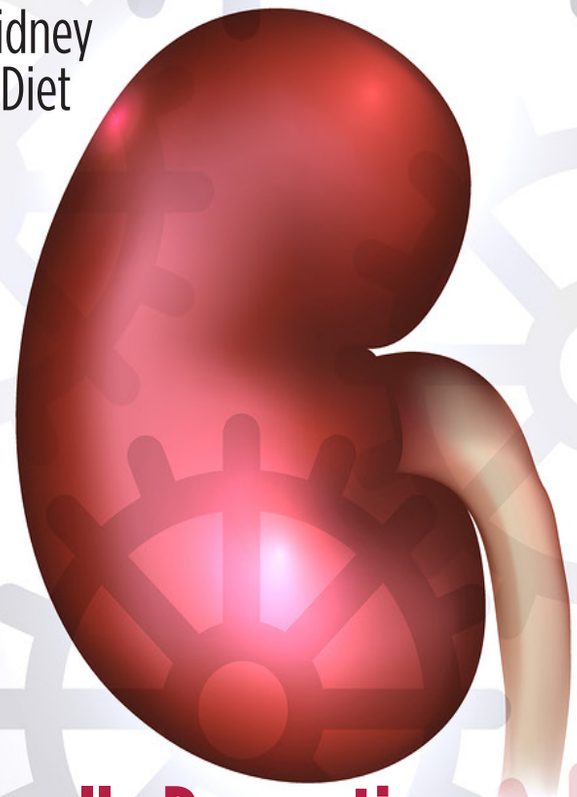
The Kidneys and How They Work

4 Natural Ways to Filter Metabolic Waste from the Blood

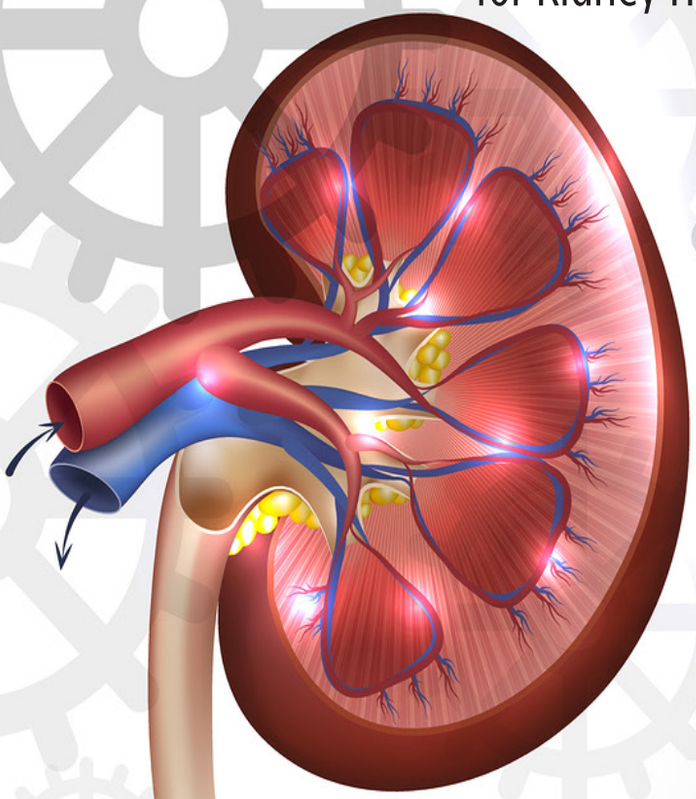
Kidney Cleanse for Ultimate Renal Health

The Kidney Flush Diet



How to Naturally Protect Your Kidneys

Innovative Strategies for Kidney Health



How Regular Exercise Can Prevent Kidney Disease

6 Tips for Getting Started on an Exercise Program

Naturally Preventing and Dissolving Kidney Stones

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Keeping Your pH levels balanced

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Letter from the editor

Twenty six million Americans are currently living with kidney disease. Most just don't know it yet. Kidney disease is a silent threat – most symptoms don't appear until nearly all kidney function is lost. Untreated, it usually worsens to end stage renal disease, requiring dialysis treatments or transplant.

But chronic kidney disease can be prevented, detected and treated to slow its progression. So take a few minutes to learn if you or your loved ones are at risk.

- High blood pressure and diabetes are the two biggest causes of kidney failure.
- Nutrition plays an important role in keeping kidneys healthy. Bad dietary habits like processed foods, soda and sodium can lend to developing kidney disease.

What can you do for your kidneys today? *Home Cures That Work* has the following articles to reduce the risk of developing kidney problems and give your body what it needs for optimal kidney health:

- A diet of sufficient amounts of electrolytes and the proper acid or alkaline foods can help prevent kidney problems.
- Regular exercise to help prevent and improve CKD if you already have it.
- Powerful supplements that could help you steer clear of the most common types of kidney problems.
- A powerful cure sitting in your kitchen if you're serious about avoiding kidney stones.
- The kidney cleanse to prevent hidden health concerns for virtually every part of your precious body.
- A simple, inexpensive look at your urine to check for poor kidney function.

Protecting these vital organs – our body's very own "washing machines" – is necessary to maintain overall long-term health. Don't wait to give your kidneys the healing attention they deserve. *Home Cures That Work* has written a stunning issue on kidney health. Read on to learn more...

Cheryl Ravey
Editor, *Home Cures That Work*

by Dr. Scott Saunders, M.D.

HOW TO NATURALLY PROTECT YOUR KIDNEYS

Innovative Strategies for Kidney Health

Ray was 56 years old and facing dialysis. A recent diagnosis of type 2 diabetes had him in a downward spiral of blood sugar issues, pain in his feet, and now kidney failure! Leading up to this, Ray's pre-diabetes and nearly "normal" blood sugar allowed his kidney damage to go unrecognized.

Even when diabetes is not full blown, high sugar levels in prediabetes can cause problems throughout the body.

One of the main organs damaged by high blood sugar is the kidney. Over time, the high levels of sugar in the blood damage the millions of tiny filtering units within each kidney. This eventually leads to kidney failure.

The heart, and nerve cells are also sensitive to fluctuations in blood sugar because they don't store any form of energy. Diabetes cannot turn the sugars you eat into useful energy. The consistently high levels of sugar cause a constant supply of oxygen free-radicals that result in gradual damage to the nerves and blood vessels. When the blood vessels in the kidneys are injured, your kidneys cannot clean your blood properly.

Most of the time, those who experience kidney failure already have signs of it before they are even diagnosed with diabetes. In fact, the most common cause of kidney failure is diabetes mellitus (type 2 diabetes).

Since Ray already had signs of renal failure, we immediately started him on intravenous alpha lipoic acid. Alpha lipoid acid is a super nutrient and turns "used" antioxidants into "available" antioxidants for your body to use for making energy.

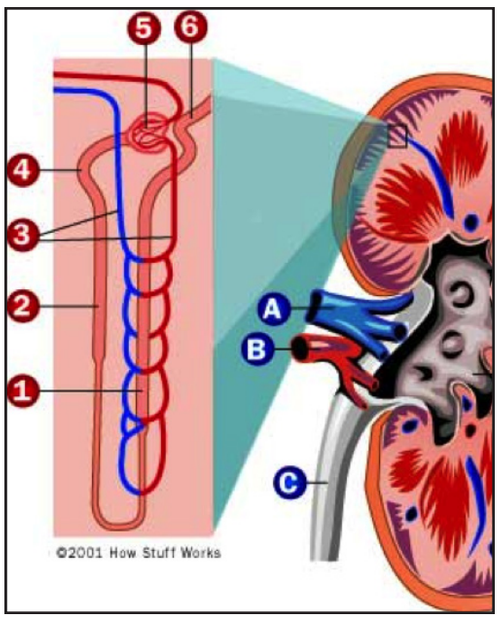
At the same time, we recommended dietary changes such as eating fewer carbohydrates, and drinking water instead of soda. He also needed to give up beer and ice cream.

How Your Kidneys Work

Protecting your kidneys is so important. Our kidneys are the constant filter of the body. Healthy kidneys maintain all the things our

cells need to function in the blood, while letting go of waste and toxins. The design is amazing!

- Blood runs through a filter (5)
- Filtered water goes down the tube (4)
- Blood, protein stay in vessels (3)
- Water and nutrients leak out into the kidney tissue (2)
- Nutrients that the body wants are re-absorbed into blood vessels (1)
- Waste is sent to the bladder (6)



First, there are millions of filters called the glomeruli. These tiny filters let fluid out of the blood, but keep cells and proteins. The glomeruli function very much like a coffee filter. Whatever is dissolved in the water of your blood goes through the filter, but particles stay in the blood. Then, the fluid goes through tubes where sodium, potassium, amino acids, water, and so forth, are re-absorbed into the blood. Your kidneys will release them to return to the body when the need arises.

All that is left is a little water and filtered wastes, which then move down to the bladder and are released into the toilet (or wherever☺) as urine.

Essentially, each of your glomeruli acts like a sieve that helps keep normal proteins and cells in your bloodstream and allows wastes, excess fluid and other substances to pass. In this way, your kidneys regulate your body's level of these substances.

The remarkable nature of this system is that it allows the body to keep all the nutrients it needs, while allowing any sort of waste or toxin to be washed out of the body. The kidneys don't have to know what is bad, only what is good – waste is whatever is not wanted.

It is essential that we consider the health of our kidneys. According to CDC data, since 1999, the age-adjusted death rate for kidney disease has increased by 11.5 percent, compared to downward trends for heart attacks and strokes.[1] Of course, most of these are due to the increasing rate of diabetes, but there are many with renal failure who don't have diabetes.

Another Cause of Kidney Failure

Sometimes the filters (glomeruli) don't work for other reasons. Josie came in with swelling of the legs and feet. She had been to several doctors and was told she had Nephrotic Syndrome: damage to the clusters of small blood vessels in your kidneys that filter waste and excess water from your blood. This damage allows protein normally kept in the blood to leak into the urine in large amounts, which reduces the amount of protein in your blood. Since the protein in the blood helps keep fluid in the bloodstream, some of this fluid leaks out of the bloodstream into your tissues, causing swelling.

Imagine using coffee filters that had little pinholes in them so you keep finding sediment in your coffee. The "pinholes" in the glomeruli of the kidneys are generally caused by what we think are "immune complexes" or autoimmune disease. Antibodies against either the kidneys or other cells can "poke holes" in the filters, causing them to leak.

The problem with kidney failure is that there are no symptoms until about 80% of normal kidney function is lost. This means that, unfortunately, many people never realize they have a kidney problem until a symptom such as back pain or blood in the urine appears. By then, it's usually too late to restore normal function.

Thus, the key to avoiding kidney disease is PREVENTION!

We had to work with Josie to calm down her immune system and stop the leaks. Then, we restored kidney function just enough so she no longer has swelling. She still loses a little protein in the urine, but the liver can make enough to keep up with it.

The glomeruli are the most important part of the kidney to

protect. Like Ray and Josie, most kidney problems are from the waste filters. Protection of your kidneys is not hard, and doesn't take a great deal of time. You don't have to think about it, just follow good health practices.

How to Naturally Protect your Kidneys

Two of the most important functions of your kidneys are:

1. To maintain a balance of electrolytes, such as sodium and potassium.
2. To maintain the acid-base balance of the body.

It is essential to maintain balance because your muscles, nerves and cells require a proper amount of electrolytes to function. And the enzymes only function well in a very narrow range of pH.

This is one of the keys to keeping your kidneys working well: a diet of sufficient amounts of electrolytes, and the proper acid or alkaline foods.

Electrolytes

We are told that salt (sodium) is bad for us, and that we should avoid putting salt on our foods. Many prepared foods have labels across them that say "LOW SODIUM" to indicate that it's healthy. The reality of this is that a normal kidney can reasonably tolerate as much as 40 grams of salt per day. That is over ten times the recommended amount! Low salt diets actually have little effect on heart disease, congestive heart failure, and strokes. [2]

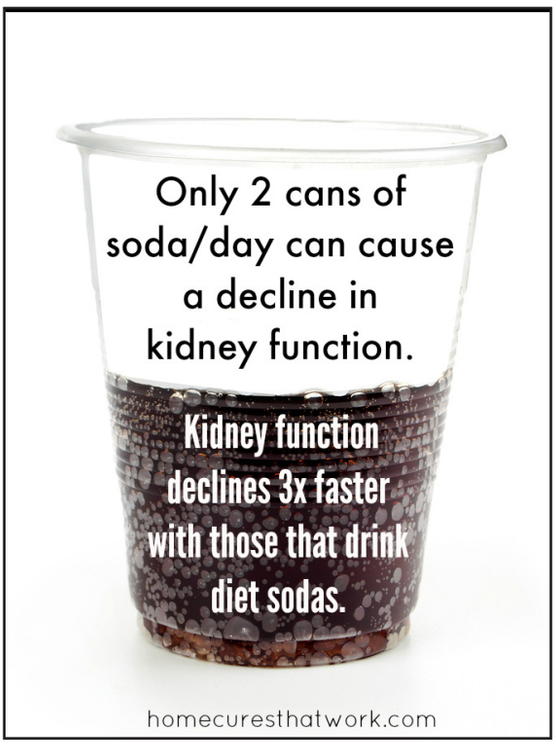
Moreover, a low salt diet actually increases insulin resistance.[3] An article in the Journal of the American Medical Association also indicates that low salt diets seem to cause early death.[4]

Participants in the low salt study developed insulin resistance in just seven days when they were subjected to a diet with a pinch of salt! Insulin resistance is an alarming situation that indicates a strong probability of developing type 2 diabetes.

Considering that 80% of adults older than 25 years already are obese in the United States, the FDA limits for salt

content in food may introduce most of the population at great risk for early death.

So, if avoiding salt doesn't lessen disease, but can lead to premature death, then



why all the recommendations for sodium restriction?

The problem is that early studies on salt intake only looked at blood pressure results and not final outcomes. Salt's modest impact on blood pressure is outweighed by not having enough sodium. Additionally, the initial problem wasn't from too much sodium, but rather a lack of potassium, which lessens the effects of sodium. The kidneys must balance these two electrolytes.

Acid or Alkaline

Another major function of the kidneys is the acid-base balance. Diets that produce acid cause a more rapid decline in kidney function.

Because your body favors an alkaline state, it pulls calcium and other mineral salts from the bones in order to return you to that alkaline state. This calcium can form calcium oxalate kidney stones.

A good alkaline diet helps protect the kidneys from harm.

Healthy Kidney Diet

- Eat foods high in potassium such as, beans, dark leafy greens, potatoes, squash, yogurt, fish, avocados, mushrooms, and bananas.
- Salt your food to taste. Don't be afraid to eat sodium, as long as you have enough potassium to balance it.
- Alkaline foods will help your kidneys keep the right level of pH in the blood.
- Examples of alkalizing

vegetables: Beets, Broccoli, Cauliflower, Celery, Cucumber, Kale, Lettuce, Onions, Peas, Peppers, Spinach
- Examples of alkalizing fruits: Apple, Banana, Berries, Cantaloupe, Grapes, Melon, Lemon, Orange, Peach, Pear, Watermelon

NO SODA

If you have a penchant for drinking sugary sodas, you might be raising your risk for kidney disease, new research suggests. A Japanese study found that only two cans of soda per day were enough to cause a decline in kidney function.[5]

They thought it might be because of the fructose. However, the Nurses' Health Study indicated worse damage with diet sodas. They found that kidney function declined three times faster in those who drank diet sodas, compared to those who didn't.

Top Kidney Protector Supplements

If you have kidney disease you can add a few kidney health and function:

- R-Lipoic Acid: (a powerful antioxidant with few known side effects) 600 mg per day for 60 days, then 600 mg per week
- Thiamine (to decrease in urinary albumin excretion): 100 mg daily for 60 days, then 100 mg per week
- L-carnosine (protects kidney cells from the effects of high glucose levels): 1500 mg per day for 60 days, then the same dose once per week

The kidneys are very important so make an effort to protect them. There is no reason your kidneys have to take a beating. They don't re-generate like the liver.

While there are machines to take the place of kidney function, and many advances in transplants, these are really only adequate for survival. The best plan is to keep your own kidneys functioning well.

Your body's tight control of water and mineral flow, and its role in maintaining healthy blood pressure and mineral balance, rely on the optimally functioning and healthy kidney. These safe, low-cost, natural interventions have the potential to dramatically improve both quality of life and survival from kidney malfunction.

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Kidney Cleanse for Ultimate Renal Health

by Amanda Box, N.D.

The Kidney Flush Diet

The 2011 U.S. Renal Data Systems Report found that 15.1% of Americans over the age of 20 have chronic kidney disease (CKD) at varying levels. This adds up to more than 26 million people with CKD![1]

Kidney function declines with age, but you can take good care of your kidneys to prevent the risk of developing kidney problems.

The kidneys are among the most vital organs of our body. In fact, a well functioning renal system is essential for many aspects of our body's daily functions! Most people attribute kidneys merely to the formation of urine, but they do far more. Your kidneys:

- Normalize blood pressure
- Stimulate red blood cell production
- Regulate water balance in the body
- Filter wastes from the blood
- Regulate sodium and electrolyte levels
- Balance the body's pH
- Process vitamin D

When the kidneys aren't functioning properly, the body can become extremely out of balance; sickness and disease follow.

High blood pressure is one of the most common results from a weak renal system.

Unbalanced blood electrolytes can also occur from poor kidney function. Maintaining electrolytes, such as sodium and potassium, within a normal range is absolutely crucial. Electrolytes generate electricity, contract muscles, move water and fluids within the body. Even the slightest change in electrolyte levels from kidney malfunction can result in heart arrhythmias, nerve dysfunction, muscle weakness and even death!

Wastes and toxins that would normally be removed from the bloodstream continue to circulate throughout the body causing problems.

But I have good news! Just as there are natural preventive and treatment measures for heart disease, cancer, and diabetes, there are also safe all-natural methods for keeping your kidneys healthy!

Signs of Weak Kidneys

Your kidneys work extremely hard as part of your body's inherent detoxification system. Every day the kidneys filter 180 liters of plasma! This incredible job is not easy and over time, sediments can build up, which can eventually form painful kidney stones. Bacteria, viruses and parasites can also accumulate in the kidneys causing infection and damage to the kidneys.

Your body will often tell you when something is out of balance. However, many symptoms of kidney impairment or weakness go unnoticed or are attributed to other things. Some little known of signs of kidney impairment include:

- Tinnitus
- Low back pain
- Loss of balance or equilibrium
- Infertility
- Low sex drive
- Thin skin and nails
- Foggy thinking
- Bladder issues

Edema, which is an accumulation of water in the body's tissues, is a telltale sign of weak kidneys. If you notice swelling in your feet or legs, or you have accumulated fluid in other areas of your body, then give your kidneys some TLC to help your body recover.

Kidney Cleanse Basics

A kidney cleanse is one of the best remedies for kidney health. A cleanse provides plenty of beneficial fluids, which flush out unneeded toxins and wastes from these vital organs. The foods and drinks consumed during this week-long kidney cleanse also supply nutrients needed to help maintain the delicate balance of blood electrolytes and keep hypertension at bay.

Because toxins can affect your entire body, there is no question that supporting your kidneys is crucial for keeping your overall health in check. Every adult could benefit from taking the time to nourish and restore their kidneys. Nonetheless, those with hypertension, chronic electrolyte imbalances and edema desperately need this kidney cleanse to improve and reverse these conditions.

Cleansing the kidneys is a simple process and doesn't require an exhaustive supply of tools or ingredients to work. There are 3 foundational principles of this kidney cleanse:

1. Increase fluid intake.
2. Eliminate kidney-harming foods and drinks.
3. Consume kidney-nourishing foods and herbs.

Incorporating each of these three principles into a week-long kidney cleanse can provide lasting results for kidney health. Most of these principles can also be adopted into a life-long routine for healthy living! Regular kidney cleanses are now mandatory considering the stresses we put our kidneys under thanks to our "modern" lifestyles.

Kidney Cleanse Step #1: Drink more Water!

During this week-long kidney cleanse, it is very important to drink at least a gallon of water a day. Just drinking plenty of purified water is the first step toward an effective flush. Many of the herbs have natural diuretic properties and require extra fluid to properly flush the kidneys. Extra water helps avoid dehydration as well.

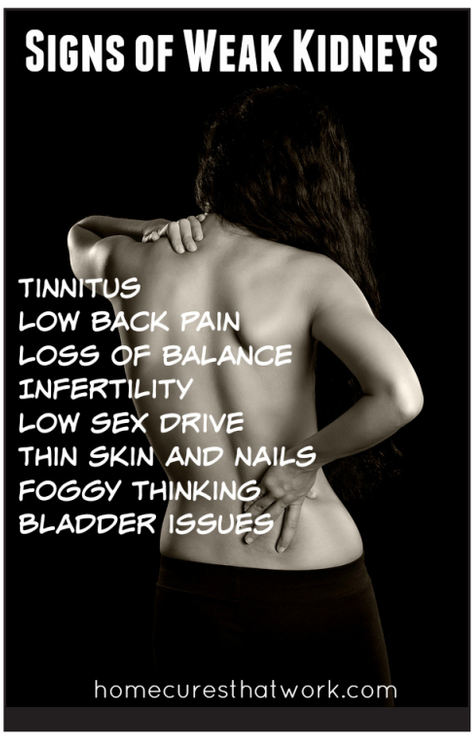
Kidney cleansing helps to flush excess uric acid out of the body as well as bacteria and other accumulations within the kidneys. Flushing excess uric acid from the kidneys can prevent or eliminate gout and kidney stone formation.

Not drinking enough water while using diuretics can worsen gout symptoms by causing uric acid to become more concentrated in the bloodstream. This is why drinking a gallon of filtered water a day during this kidney cleanse is extremely important.

Nonetheless, adequate water intake is always important, not just during a kidney flush. On a daily basis:

- Men should always drink close to 3 liters a day.
- Women should drink 2 liters of fluid a day.

The following kidney cleansing drinks may provide an extra cleansing boost.



Lemon and water
Each morning, begin your day with the juice of one lemon in a cup of warm water. Lemon has natural pH balancing properties, which contributes to healthy pH of the urine as well as the blood. It also contains citric acid which prevents the formation of kidney stones.

For a quick lemon kidney cleanse, squeeze 4-5 lemons into a quart of cold water and drink up. Or, for a warming beverage, squeeze one quarter to one half a lemon into 8 ounces of hot water daily.

Dandelion or Corn Silk Tea
Drink one cup of either dandelion or corn silk tea in the morning, as well as another cup midday. Dandelion and corn silk both have natural diuretic properties, which help to flush the kidneys of accumulated toxins and wastes. Dandelion leaf is also a good natural source of potassium, and will replenish any potassium that may be lost due to the diuretic action of other herbs. You can purchase these teas at your local health food store or online.

Kidney Cleanse Step #2: Foods to Avoid
It is very important during this kidney cleanse to eliminate foods and drinks that put unneeded stress on the kidneys. Many of these foods and drinks increase oxalate and uric acid levels in the body, which then lead to kidney stone formation. The following foods and drinks should be eliminated from your daily diet during your one-week kidney cleanse.

- Processed, packaged and fast foods (these foods are high in sodium and contain chemical additives)
- Dairy
- Coffee (try Dandy Blend herbal coffee substitute instead)
- Grains (aside from quinoa)
- Sugar and artificial sweeteners
- Red meat
- Alcohol
- Salt

Kidney Cleanse Step #3: Recommended foods
When it comes to kidney health, it pays to eat foods high in antioxidants and other properties that support good health. These foods contain active enzymes that help in their digestion, rather than needing the body to manufacture extra digestive enzymes for breaking down the food. Digestion requires a tremendous amount of energy and that energy could be better used in supporting the kidney detox.

The list below contains those foods which are highest in antioxidants, vitamins, and electrolytes that contribute to health and detoxification of the kidneys.

- Celery
- Lemon
- Parsley
- Red clover
- Onion
- Garlic
- Ginger
- Turmeric
- Watermelon
- Pumpkin seeds
- Cranberry juice
- Grapes
- Spirulina
- Blueberries
- Quinoa
- Barley
- Asparagus
- Eggs
- Fish
- Beans
- Olive Oil

Before you begin your cleanse, plan out your meals for the week and purchase all the foods you will need for 7 days.

An example of a day of the cleanse is as follows:

- Upon waking: 1 cup of warm water with the juice of one lemon.
- Breakfast: Dandelion tea and an omelet with asparagus and onion.
- Snack: ½ cup blueberries or watermelon
- Lunch: Mixed greens topped with grilled chicken or salmon, assorted veggies

and lemon and olive oil.
- Snack: A handful of almonds
- Dinner: Corn silk tea with baked fish served over quinoa with a side of sautéed veggies.

Remember to always drink at least one gallon of water throughout the day as well!

Juicing is also highly recommended while cleansing. If you have a juicer, try the following blends for their ability to purify the renal system.

Purifying Parsley Blend
- ½ cup parsley
- 2 celery stalks
- 1 cucumber
- ½ green apple

Watermelon Flush
- 3 cups of chopped watermelon
- 2 celery stalks
- 1 lemon

Watermelon is often touted for its ability to cleanse the kidneys. It helps the liver process ammonia, a waste product from protein digestion, into the safer form of urea. This eases the burden on the kidneys. Like the name implies, watermelon contains lots of water keeping the kidneys flushed and the body hydrated.

Below is a recipe that can be used as a meal during the week-long kidney flush or anytime for that matter! Fish is a great protein that is easy on the kidney and pairs well with fruit such as the watermelon salsa below. The easy-to-prepare meal leaves you feeling fresh and full of energy, not tired and bogged down.

Watermelon Salsa With Broiled Mahi Mahi

Watermelon Salsa
Ingredients:

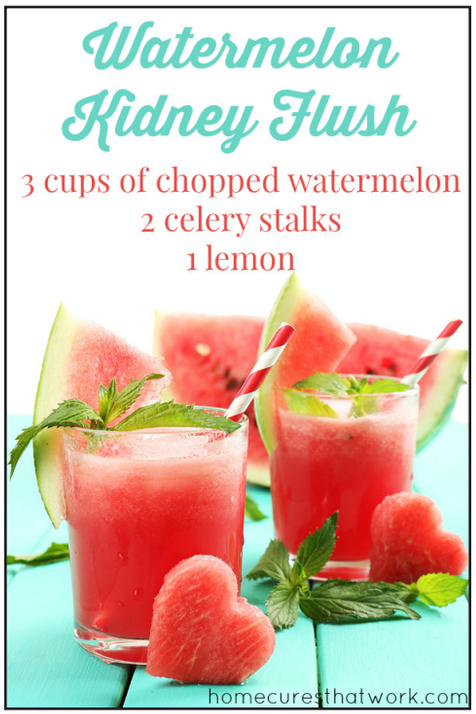
- 2 tbsp cilantro chopped
- 1 jalapeno minced
- 1 lime juiced
- 1 cup mango chopped
- ¼ cup red onion minced
- 2 ½ cup watermelon (seeds removed) chopped
- ½ tsp sea salt

Directions:
In a large bowl, combine watermelon, mango, jalapeño, onion, cilantro, lime juice and salt, to taste.[2]

Broiled Mahi Mahi
Ingredients:

- 6 mahi mahi fillets
- Olive oil
- Sea salt
- Pepper
- Lemon wedges

1. Directions:
   Arrange the oven rack so that it is about 4 inches from the broiler. Preheat broiler to high and line cookie sheet with foil.
2. Rinse the fish under cold water and pat dry.
3. Brush both sides with olive oil and sprinkle with salt and pepper.
4. Place the fillets on the baking sheet and squeeze lemon juice over them.
5. Broil on high for around 8 minutes.
6. Serve alone or over quinoa topped with the fresh watermelon salsa.



Healthy kidney function is just as important as heart health, bowel health and even brain health. Our body is a system made of parts that function as a whole. If one part isn't healthy, the entire system falls apart. This is why it is important that every system in the body get the proper care and support it needs and deserves.

Give your kidneys the time and attention they require for optimal health by taking a kidney cleanse. Flush out wastes, banish high blood pressure and prevent kidney stones by cleansing this important part of your body's elimination system.

Sources: [1] http://www.emedicinehealth.com/chronic_kidney_disease/page4_em.htm [2] http://damndelicious.net/2013/07/09/watermelon-mango-pico-de-gallo/?crlt.pid=camp.xubc4rvF7qbR

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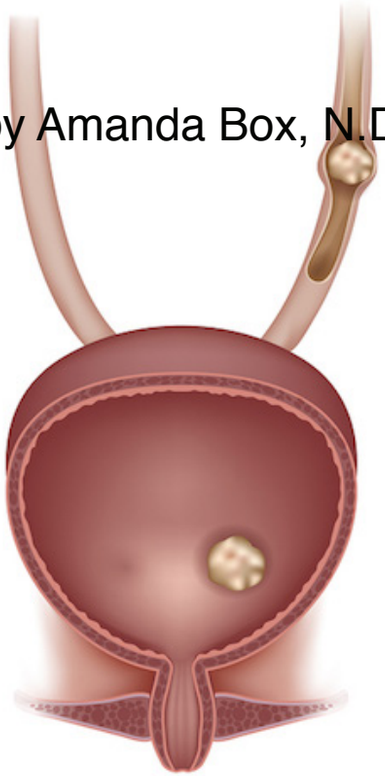
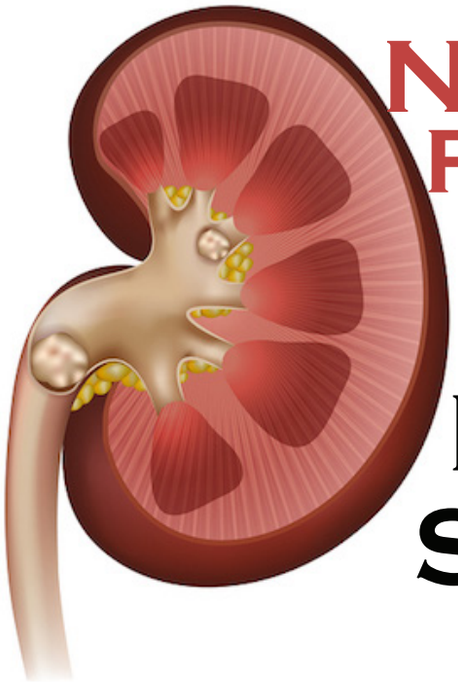




Naturally Preventing and Dissolving KIDNEY STONES

I've heard it described as some of the worst pain ever experienced. Women often report it as being far worse than childbirth and men are often left screaming in agony!

Yet 1 in 20 people will experience the intense pain of kidney stones in their life. What's even worse, once you have had one kidney stone attack, your chance of recurrence is about 70 to 80 percent![1] The prevalence of kidney stones should alarm us. However, it is often far too late before we consider how to avoid them.

Many times kidney stones are so small they are hardly detected. They travel down the urinary tract without a person even noticing. However, some kidney stones grow so large they eventually become lodged in the opening of the urethra. When this happens, kidney stones create awful symptoms:

- Extreme pain
- Cramps in the back or side
- Frequent urge to urinate
- Nausea
- Vomiting
- Excessive sweating

Not all kidney stones are alike. Different dietary and lifestyle choices, as well as other imbalances in the body, can contribute to the formation of these kidney stones.

There Are 4 Different Types of Kidney Stones

1. Calcium kidney stones
These are the most common. Calcium stones often occur in people with high levels of vitamin D or overactive parathyroid glands. People with chronic kidney disease are also more likely to get calcium based kidney stones.

2. Struvite kidney stones
These typically form after a urinary tract infection. They are more common in women, because women get far more UTIs than men. Struvite stones tend to be jagged or stag-horn shaped stones and can become quite big. These stones can actually cause damage to the kidneys.

3. Uric acid kidney stones
Too much uric acid in the urine forms these kinds of kidney stones. This type of stone is far more common in men. A high protein diet can raise the amount of uric acid in the body

and cause stones. Because gout occurs from excess uric acid, those with gout have an increased chance of having uric acid kidney stones, as well.

4. Cystine kidney stones
Cystine kidney stones are rare because they are formed from an inherited disease called cystinuria. This condition is typically diagnosed in people at a young age and will be treated throughout their lifetime.

Prevention is key for avoiding painful and inconvenient kidney stones. And overall renal health not only prevents kidney stones, but a host of other urinary problems, diseases and kidney disorders.

Drinking Kidney Stones Away
Preventing kidney stones is neither costly nor difficult. It can ultimately come down to what you drink! The beverages you choose each day can either prevent or promote kidney stone formation.

The most common cause of kidney stones is dehydration. This makes the simple act of drinking water the most important thing you can do to prevent kidney stones! Hydration is key not only in preventing kidney stones, but also for overall healthy renal function.

Dehydration leads to higher levels of toxins and minerals in the kidneys. When there is a lack of water, minerals and toxins aren't diluted properly and can damage the kidneys as well as form kidney stones.

In order to stay properly hydrated, you should aim to drink at least 8-10 glasses of filtered water a day. However I recommend checking the color of your urine as well to adequately assess hydration.

- Dark amber urine is indicative of dehydration and is concentrated with wastes.
- Bright yellow urine is still too concentrated and shows minimal hydration.
- Pale yellow to clear urine shows the body is adequately hydrated and the urine is properly diluted.

Many shifts in urine color can be explained simply by how hydrated your body is at any given moment. Watch your urine color throughout the day. The goal should be to have pale yellow color to clear urine. If your urine is bright yellow or amber, then you need to drink a few more glasses of water each day.

Also, look out for other characteristics in your urine. If it's cloudy, then you may have an infection. Blood in the urine may indicate you have a kidney stone or infection.

Drinking extra water dilutes the substances in urine that lead to stones. Strive to drink enough fluids to pass 2 liters of urine a day, which is roughly eight standard 8-ounce cups.[2]

However, there are additional natural remedies you can add to your water to boost kidney stone prevention!

- It may help to include

some citrus beverages, like lemonade. The citrate in these beverages helps block stone formation. And as the saying goes, when life gives you lemon...or in this case kidney stones..."make lemonade." Just adding the juice of a lemon to your water each morning raises citrate levels in urine. Citrate binds with calcium and prevents the formation of kidney stones!

- Adding 1 tbsp of raw unfiltered apple cider vinegar to your water each morning prevents kidney stones as well. Apple cider vinegar (ACV) contains acetic acid, which can both prevent and dissolve calcium oxalate crystals.[3] Combine ACV with water and consume on an empty stomach as the first item every day morning to prevent and for relief from kidney stones. You could also repeat this a couple more times through the day to get better results.

Certain fruit juices high in natural inhibitors can also offer some kidney stone preventing benefits.

Cranberry Juice
Cranberry juice is beneficial at preventing UTIs, making it helpful at preventing struvite stones. Cranberry juice also increases magnesium and potassium excretion, which may decrease the rate of kidney stone formation. In a recent study, cranberry juice was found to decrease urinary calcium by 50% in patients with renal stones.[4]

Pomegranate Juice
A 2008 study revealed that pomegranate juice prevents the formation of certain types of kidney stones.[5] This powerful, antioxidant-rich juice has natural astringent properties, which help decrease the formation of kidney stones. If you think you're at risk for kidney stones, enjoy a serving or two of pomegranate juice every day. Not only will your kidneys thank you, pomegranates are also full of antioxidants that protect the body from damaging free radicals. What's not to love?

Cherry Juice
Cherry juice is high in potassium, antioxidants and anthocyanins, which are chemicals that prevent uric acid from forming into crystals. These components make cherry juice great for preventing uric acid stones as well as gout!

Drinks that Raise Kidney Stone Risk
Not everything you drink has a positive effect, however. What you drink can also cause kidney stones! Some beverages to use cautiously because of their stone forming potential include:

Alcohol
Although wine seems to make kidney stones less likely, beer and other alcoholic beverages contain purines, leading to higher uric acid levels in your blood and urine. Normally, uric acid is excreted in the urine. But having high levels of purines from alcohol causes uric acid to accumulate. It can then deposit in your joints as gout or in your kidneys as uric acid kidney stones.[6] Alcohol is also dehydrating, which can lead to kidney stone formation.

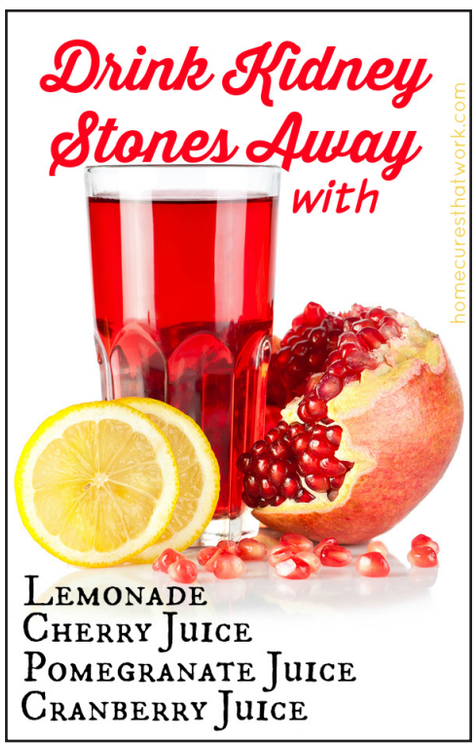
Coffee and Black Tea
Both coffee and tea are high in oxalates, which contribute to the formation of calcium oxalate kidney stones. Studies have shown that the main source of oxalate in 85% of those who had kidney stones came from either coffee or tea consumption.[7] Limit yourself to just 2 cups a day.

Soda
A recent study from Brigham and Women's Hospital involving data from 194,000 participants revealed that drinking at least one sugar-sweetened soda per day increased the risk for kidney stones by 23%. The stone-inducing culprit in the soda was found to be fructose.[8]

Proper Mineral Balance to Avoid Kidney Stone Formation
Kidney stones form when the delicate balance of electrolytes in the urine is disrupted. The kidneys are the primary organs of homeostasis, designed to maintain the proper electrolyte and hormonal balances in the body. If the blood does not have the proper water-salt (electrolyte) balance, the body is likely to become highly acidic. This in turn sets the stage for disease and problems in the body such as kidney stones.

Most people are taking in too much or not enough of the amounts of minerals and trace minerals they need to balance electrolytes. The three main minerals that affect the kidney are:

Sodium
Increased sodium levels tend to increase sodium excretion in the urine. Excreting high levels of sodium causes excreting higher levels of calcium. When more calcium is in the urine, kidney stones are more likely to form.



Avoid excess sodium by staying away from processed and prepackaged foods. Fresh foods naturally contain far less sodium and are much healthier.

A maximum amount of 2,300 mg of sodium a day is recommended for kidney stone prevention.[9]

Potassium
This mineral is crucial for eliminating the negative effects of sodium in the body. Potassium citrate also binds to oxalate in the urine to decrease kidney stone formation.

Drinking coconut water is a great way to increase your daily potassium levels and maintain excellent hydration! Eating a banana a day is also a great source of potassium.

Magnesium
There is research that suggests magnesium can lower the risk of kidney stone formation.[10] The exact mechanism behind its preventative effects is yet to be determined. Many people are magnesium deficient, making supplementation important.

Some say magnesium can also shrink the size of existing stones. Just 500 mg a day of magnesium should be adequate at maintaining proper levels in the body![11]

Calcium
It is a misconception that dietary calcium causes calcium oxalate kidney stones. Studies conclude the opposite to be true! Dietary calcium actually prevents calcium oxalate kidney stones by lowering oxalate levels in the urine.[12] [13]

1,000 mg a day of calcium is the recommended daily intake.

Herbal Kidney Stone Busters
There are several herbs that are great at both preventing and treating kidney stones. These herbal remedies have been used for centuries for their natural ability to maintain kidney health and dissolve kidney stones. These herbs are also great to keep on hand for those who suffer frequent kidney stone attacks. Some of nature's best kidney stone busters include:

Uva Ursi
This is a common folk remedy for kidney stones. It helps to fight infection as well as reduces pain and cleans the urinary tract.

Take 500 mg three times a day to dissolve kidney stones.

Stone Root
This root is a strong diuretic, which helps to clear kidney stones, as well as pain or swelling in the bladder or urinary tract.

Take 40 drops of stone root tincture taken four times a day for relief from kidney stones.

Gravel Root
As the name implies, this root is known for its ability to resolve

"gravel" in the kidneys. Gravel root has the ability to dissolve kidney stones. It has many other benefits for the renal system such as resolving cystitis, dysuria, urethritis, and pelvic inflammatory disease. It also encourages the excretion of excess uric acid, which prevents kidney stone as well as gout in the body!

Take 30 drops of gravel root three times a day to break down kidney stones.

Hydrangea

Hydrangea tincture (made from the hydrangea root) may dissolve kidney stones in a matter of hours! It also prevents the accumulation of wastes and toxins, decreases inflammation, and helps pass kidney stones. If you have hydrangea in your garden, you can make a tea from the leaves. Take 2 teaspoons of the dried flowers in boiling water. Simmer for 10 to 15 minutes and drink the tea 3 times a day.
You can also use hydrangea tincture, which is more potent than tea. Just 3-4 drops in water 3 times a day should dissolve kidney stones rather quickly.

Kidney Beans

The shape of these beans reveals the use of this old folk remedy for kidney stones. Try removing the beans from inside the pods, and then boil the pods in purified hot water for six hours. This liquid can be strained through cheesecloth, cooled and drunk throughout the day for one day to ease kidney stone pain.

The excruciating pain of kidney stones doesn't have to be your fate! Preventing kidney stones isn't complicated. Maintain proper hydration, mineral balance, and incorporate natural remedies like lemon juice and ACV to help you avoid kidney stones. For those who struggle with kidney stone formation, follow the simple natural remedies that will help soothe the discomfort of kidney stones and speed up your body's natural healing process. The recommended herbal remedies will safely break apart those nasty little rocks before they become a problem,

Drink your way to healthy kidneys!

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2 Ways to Maintain a Low Acidic Diet for Optimal Kidney Health

One in 3 American adults are at risk for developing kidney disease, and 26 million currently have it, though many don't know it yet.

These statistics are staggering, not just because kidney disease is often a result of poor health conditions like high blood pressure and diabetes, but because these two bean-shaped organs do a whole lot more than you might think.

Their list of duties, includes:

- Filtering 120 to 150 quarts of blood daily to produce 1 to 2 quarts of urine.
- Keeping the body's level of electrolytes stable, such as potassium and phosphate.
- Making hormones that help regulate blood pressure, make red blood cells and keep bones strong.

One of the most important duties is controlling the acidity balance of the blood. If the blood is too acidic, the kidney makes bicarbonate to restore the blood pH balance. If the blood is too alkaline, then the kidney excretes bicarbonate into the urine to restore the balance. In fact, the kidneys produce nearly half a pound of bicarbonate a day to help neutralize acid in the body.

Patients with kidney disease have poorly functioning kidneys, resulting in acid build up and high levels of metabolic wastes in the blood. In most cases, those suffering from kidney disease are placed on dialysis, which takes over the function of the kidneys. This is an expensive treatment with many unappealing side effects including multiple catheter changes throughout the day, bloating, weight gain, blood clotting and itchy skin.

Luckily, if you treat your kidneys well on a daily basis, you can avoid kidney disease or kidney stones. And, no, you don't have to start taking expensive supplements. Here are two natural, inexpensive ways to keep your kidneys working properly.

Baking Soda

One of the products you can use to maintain optimal kidney health is likely sitting in your home already: baking soda.

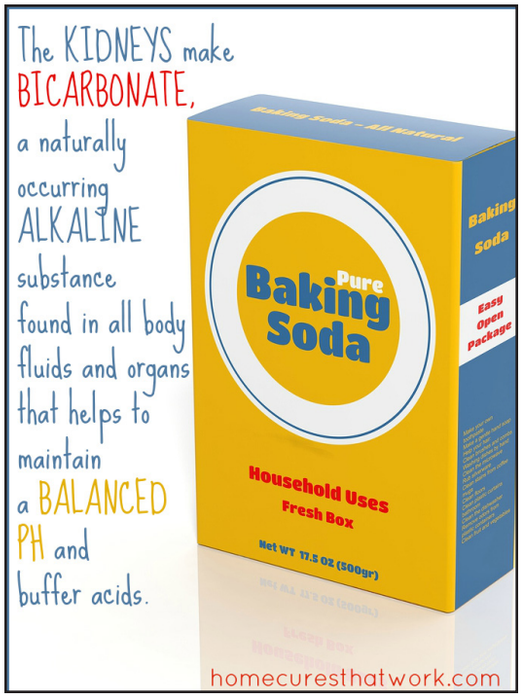
That familiar, orange Arm and Hammer box is much more powerful than you might first imagine. While yours sits in the fridge as an odor catchall, hospitals use it in the emergency room as an intensive care medicine.

The main ingredient, bicarbonate, is a naturally occurring alkaline substance found in all body fluids and organs that helps to maintain a balanced pH and buffer acids. (Remember, the kidneys produce nearly half a pound of bicarbonate daily).

Baking soda helps current kidney disease patients mitigate the kidneys' inability to neutralize acids without the unappealing side effects.

A British study of 134 patients with chronic kidney disease (CKD) found that a small daily dose of oral sodium bicarbonate tablets, along with the treatment they were already undergoing, greatly reduced the rate of kidney decline. Decline was about two-thirds slower than the group that didn't take the tablets. These patients also saw improvements in overall nutrition.

Though medical professionals



have long known of the value of baking soda in kidney health, this study, conducted in 2010, was the first of its kind.

This natural health remedy, when used as a preventive measure, can also reduce your chances for getting kidney stones, which 1 in 10 Americans will get in their lifetime.

You can take baking soda in the form of a drink or a tablet. General recommendations advise taking 2 rounded teaspoons of baking soda mixed with 2 cups water and sipping over the course of an hour or two. If the kidneys are compromised, you can do this up to 3 times a day. Please consult with a healthcare professional before adding baking soda to your diet.

Alkaline Diet

The phrase, an apple a day (and other fruits and vegetables) keeps the doctor away, has never been truer than when discussing kidney health. These foods have been found to improve kidney health because they are more alkaline, less acidic.

Eating foods with less acid means your kidneys don't have to work as hard to maintain a balanced pH. The main nutrients in these alkaline foods are, potassium, calcium and magnesium.

It only makes sense to conclude that acidic foods, on the other hand, put your kidneys to work. If you eat too much of these foods, the kidneys cease to be able to process the acids and your body can become susceptible to kidney stones or kidney disease.

With an alkaline-based diet, you can be sure you're treating your kidneys well. Here are three simple steps to improve your diet.

1. Eat more fruits and vegetables, which are less acidic. Some foods to indulge in, include:

- Apples
- Grapes
- Broccoli
- Potatoes
- Swiss chard
- Kale
- Beet greens

2. At the same time, it's also important to reduce your consumption of highly acidic foods that could throw your pH off balance and cause your kidney's to go into overdrive:

- Meat
- Refined sugar
- Flour
- Grains
- Eggs

3. Some other acidic foods and drinks to reduce are:

- Alcohol
- Dairy
- Coffee

While you don't need to cut these foods out altogether, remember to eat them in moderation. Your health practitioner can help guide you to determine exactly how much of these foods to eat based on the particular needs of your body.

Remember, your kidneys do a whole lot more than you might think, including filtering waste and keeping your pH levels balanced and in a healthy range. Take care of them with these natural remedies. With a little baking soda and a diet rich in alkaline foods you may be able to prevent or slow down any kidney disease.

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The Kidneys and How They Work

by Dr. Howard Newman

4 Natural Ways to Filter Metabolic Waste from the Blood

Kidney disease is on the rise in the United States affecting more than 10% of all adults. That translates to 20 million Americans who are suffering from chronic kidney disease (CKD) at varying levels of seriousness. –Tragically, over 90 percent of people with CKD don't even know they have the disease.[1]

This is because those with kidney disease tend not to experience symptoms until the very late stages. By then, the kidneys are failing and there are large amounts of protein in the urine.

That is why CKD is sometimes called a "silent disease." Many people, including non-diabetics, rarely feel sick until chronic kidney disease is advanced. When symptoms do develop, they may include:

- Fatigue
- Itchy skin
- Ankle swelling
- Puffy face
- Back pain
- Brain fog

Any change in urination including frequency, urgency, volume, or color changes

While diabetes, heart disease and high blood pressure are the leading causes of CKD, other risk factors for developing this disease include: [2]

- Anyone over 60 years of age
- Those with a family history of kidney disease
- Obesity
- Autoimmune diseases
- Urinary tract infections
- Other types of infections

When your kidneys are not working as well as they should, waste and fluid buildup in your body. Over time, the waste and extra fluid can cause heart, bone and other health problems. Sometimes people attribute these physical symptoms of kidney disease to other conditions.

But early detection can help prevent the progression of kidney

disease to kidney failure.

No matter how cautiously we live and eat, we are constantly absorbing toxins through the air we breathe, the food we eat, and the water we drink. It is essential to remove these poisons in order to avoid catastrophic illness.

Here are some simple ways to support the kidney's ability to filter metabolic waste from the blood.

Here are my top 4 natural ways to filter metabolic waste from the blood and protect your precious kidneys from CKD:

1. Bring blood sugar down.
Do this by reducing all types of carbohydrates by up to 25%. [3] Eat a low-fat, low-protein diet rich in fresh, organic fruits and vegetables along with healthy nuts and seeds.

2. Stay hydrated.
There are two important tips for staying hydrated. First, drink water at room temperature, so your body doesn't have to heat it up in order to metabolize it.

Cold drinks chill your internal organs and weaken them, especially the kidneys.

Second, sip mouthfuls at a time instead of taking big gulps. If you chug too much water at once, then your body doesn't actually absorb all of it. Most of it will run right through you. So, get a package of straws and sip your water. You can even pick up a water bottle with built-in straw.

A common question is, "How much water should I drink each day?" You should drink half your bodyweight in ounces in water. For example, if you weigh 200 pounds, then you should drink 100 ounces of water per day.

How can you reach this goal? Quite simply by spreading out your ounces of water throughout the day, before, during and after meals. This is also better for the kidneys. When you drink a lot of water all at once the kidneys have to work harder to maintain proper body chemistry.

Your kidneys are a natural purification system that can operate efficiently only if the volume of water flowing through them is sufficient to carry away the wastes. Drink half your weight in water today...and tomorrow!

Tip: Taking a lot of medications without drinking enough water could put a strain on your kidneys, whose job it is to remove waste from the blood. Water helps to flush out these wastes (another plus is that it can lower your chances of getting kidney stones and infections).

3. Sit in the sun for approximately 15 minutes a day.
Sunlight should be the primary source of vitamin D for most people. Low vitamin D levels are linked to early signs of kidney disease.[4] Patients with kidney disease have a high incidence of deficiency of nutritional vitamin D.

Healthy kidneys are rich with vitamin D receptors and play a major role in turning vitamin D into its active form. This helps the body absorb calcium and phosphorus, minerals that are used for healthy bones and teeth. When kidneys fail, their ability to activate vitamin D is lost.

The best food sources for vitamin D are fatty fish including salmon, sardines, cod, tuna and halibut. If you are unable to sit in sun, then use supplemental vitamin D3. Optimal blood levels should be from 50-80 ng/ml.

4. Save your kidneys with vitamin B1.
This vitamin, also known as thiamine, is a natural nutrient that has dramatic effects on the body's ability to retain albumin.[5] Albumin is an important protein formed in the liver and needed by the body. When the kidneys are working properly, albumin is retained in the blood with only a small amount present in the urine. But when the kidneys are damaged, greater amounts of albumin leak into the urine.

Thiamine was also found to reverse early-stage kidney disease in some type 2 diabetics.[6]

Essentially, this vitamin is involved in the process of getting energy from food. Don't forget your medicine in the form of food! All foods contain a small amount of vitamin B1. Many foods contain substantial amounts. Some of these include:

- Legumes
- Beef and pork
- Brewer's yeast
- Whole grains
- Organic milk
- Nuts and seeds
- Oranges
- Asparagus

Yet there is a very simple reason for this high risk of thiamine deficiency despite the widespread availability of vitamin B1 in foods. That reason is food processing.

Vitamin B1 is among the nutrients most prone to destruction by our modern food production system. At each step along the way, from storage though refining up through cooking, we lose a big portion of the vitamin B1 content of foods.[7]

Even if you are taking B1 supplements, include some vitamin B1 rich foods, such as Brewer's yeast – the food product with the highest concentration of B1, in your meal plan. Brewer's yeast can be taken as a supplement or added to many recipes.

Asparagus is an excellent source of vitamin B1 as well. Asparagus is used as a diuretic, has anti-edema properties and acts as a cleanser for the kidneys.

Follow the above tips and take good care of your kidneys to prevent the risk of developing kidney problems. So, reduce your carb intake, while sipping water in the sunshine and snacking on raw asparagus.

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Dr. Howard Newman, D.C. has been serving in the South Florida area freeing people from unwanted health problems and specializes in health rejuvenation for over 25 years. His focus is on nutrition, aging, functional medicine and natural alternatives. He attends workshops and reads extensively to stay abreast of findings to merge mainstream and alternative medicine using functional medicine concepts.

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How Regular Exercise Can Prevent *Kidney Disease*

by Rob Fischer

Have you ever started vacuuming the carpet only to realize that the vacuum cleaner wasn't picking up anything? Then you noticed that the motor is laboring more intensely than usual. Chances are the filter was clogged and the bag or reservoir was full.

Your kidneys perform a similar, but infinitely more complex and important job in your body. Each kidney contains about a million filtering components called nephrons. By means of the nephrons, your kidneys filter the waste materials out of your blood eliminating them from the body. Your kidneys help keep the electrolytes stable, and produce important hormones that regulate blood pressure, make red blood cells and keep your bones strong.[1]

Signs and Symptoms of Kidney Disease

Now, imagine what happens if your kidneys are no longer functioning properly. Waste materials continue to circulate in the bloodstream causing other health problems throughout the body. Your electrolytes get off kilter, your blood pressure rises, and your hormones are out of balance. Like that clogged vacuum cleaner, your heart is working harder, but accomplishing less. In short, your body ceases to work properly. This situation describes Chronic Kidney Disease (CKD).[2]

The US Centers for Disease Control and Prevention estimate that 10% of adults in the US may have CKD.[3] Some of the signs and symptoms of CKD include:[4]

- Nausea
- Vomiting
- Loss of appetite
- Fatigue and weakness
- Sleep issues
- Changes in urine output
- Decreased mental sharpness
- Muscle twitches and cramps
- Hiccups
- Swelling of feet and ankles
- Persistent itching
- Chest pain
- Shortness of breath
- High blood pressure

Clearly, those symptoms represent a lifestyle far removed from good health!

How to Improve Your Kidneys with Exercise

But here's the great news! Regular exercise can help prevent CKD and improve CKD if you already have it, even if it has progressed to the point that you're on dialysis.[5] Logically this makes sense since exercise is the enemy of all the risk factors for CKD. But let's take a closer look at how regular exercise benefits your kidneys:[6], [7]

- Lowers blood sugar, retarding or preventing neuropathy

and kidney failure
- Improves blood circulation and gets things moving through your kidneys
- Lowers blood pressure
- Helps you lose weight if overweight
- Lowers cholesterol
- Strengthens the heart and other muscles
- Assists in sleeping better
- Provides more energy to perform normal, everyday functions
- Sharpens your memory
- Reduces depression and anxiety
- Improves quality of life

In one way or another, each of those benefits translates to healthier kidneys and a healthier you.

I'm too tired to get up, how can I exercise?

It's true, CKD does sap you of energy, so how can you muster the vim and vigor needed to exercise? Clearly, CKD impacts your life in many significant ways, and it used to be that patients with CKD were prescribed bedrest.

However, numerous recent studies have demonstrated the powerful impact that regular exercise can have on the kidneys. These human studies have included healthy individuals, those with CKD but are not yet on dialysis, and those who are already on dialysis.[8], [9], [10], [11]

Depending on your current physical condition and the recommendation of your doctor, starting out slowly and building up with aerobic exercise should increase your energy and stamina. Getting started is that catch-22, because you may not feel like you can. For many this may be an issue of mind over matter.

6 Tips for Getting Started on an Exercise Program

Before you begin, talk to your doctor. Your doctor knows your specific situation and can recommend a course of action for implementing an exercise plan that's right for you. However, below are some general tips for establishing an exercise routine.

1. Choose an aerobic exercise that you can enjoy and participate in regularly.

Aerobic exercises include: walking, biking, running, hiking, cross-country skiing, snow-shoeing, swimming, rowing or using equipment that simulates these activities. For many with CKD, walking can be an ideal aerobic exercise, because it's low impact, you can do it indoors or outside, participate with others, and go at your own pace.[12]

2. Begin with a goal of 30 minutes, 3 times per week.

Many people think that housework or getting up off the coach to go to the refrigerator constitutes a workout! Not so! An exercise becomes aerobic when your heartrate is elevated over an extended period of time (e.g., 30 minutes). This elevated heartrate and oxygen intake is necessary to achieve the desired benefits.

Also, once or twice a week won't achieve the results you're looking for. That's why experts recommend a minimum of 3 times per week, skipping a day or two between workouts.[13] Once your exercise routine is regular, you will probably look forward to your workouts and have more energy to keep them a regular part of your life. It's not necessary to limit yourself to 30 minutes and 3 times a week, if you wish to exercise longer and more frequently.

3. Exercise with the right equipment.

Invest in a good pair of walking shoes or other clothing to make your activity enjoyable and safe. Before you go out and purchase an expensive piece of exercise equipment, make sure you'll actually use it and that it works properly.

4. Perform a warm-up before and a cool-down after you exercise.

Gentle stretching before and after exercising is a vital part of a good exercise routine and can prevent cramps or straining a muscle. Stretch the primary muscles you use during that exercise. Never bounce a stretch or force it to the point of pain.

Here are some suggestions for warm-up:

Arms: Stand as straight as possible and reach both hands as high as you can. Stretch them even higher and wiggle all ten fingers as you continue to reach and stretch. Now bring your left hand over onto your

right shoulder and cup your left elbow with your right hand. Apply gentle, even pressure to stretch those muscles. Then repeat the same thing with your other arm. Finally, lift your hands over your head and place them crossed with your palms against your back shoulder blades. In that position, stretch your elbows back.

Calves, hamstrings and back: Stand an arm's length from a solid wall and lean against the wall with your arms. Continue leaning against the wall and take one stride back with both feet and feel your calf and hamstring muscles stretch. Now, still in this position, slowly go up on your toes with each foot, one at a time and repeat a couple times. Finally, step away from the wall, stand up as straight as you can and slowly run your hands down your legs and touch your toes. Hold that position for several seconds and then slowly stand back up.

Thighs: Stand straight and place your left hand on a countertop or wall to help you balance. Now bend your right leg and bring your right foot up behind you until you can grab that ankle with your right hand. Slowly stretch that leg as far as you can by pulling up. Hold that pose for a few seconds and then repeat with your left leg and hand.

5. Stay hydrated while you exercise.

Exercise often prompts us to take in the water we should be drinking and this too helps our kidneys. However, if you are on dialysis, speak with your doctor and stay within the prescribed limits of fluid intake.[14] Those suffering with CKD need to limit their intake of potassium and phosphorus, so be sure to check labels on bottled water or sports drinks to see whether they've added these minerals.

6. Use a smart-phone app or activity tracking device.

Many people find these nifty little devices and applications extremely helpful and motivating.

- Endomondo is a free phone app that utilizes GPS technology to track your mileage, speed, incline and other interesting data.
- The Fitbit is a very small electronic device that tracks similar information.

There are other products and apps on the market as well that help regulate your exercise and energy.

Just like that clogged vacuum that no longer works properly, we need to clean the filter to get it functioning properly again. That's what physical exercise does for your kidneys. If you're not already in a regular exercise program, what's holding you back? Don't put it off any longer! Exercise for good health!

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