Totally Natural Kidney Solution

The Kidney Disease Solution
A Proven Natural Program for Regaining Kidney Function and Living a Normal Healthy Life

By Duncan Capicchiano
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Cure sometimes, treat often, prevent always.
(Anonymous)
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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

**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.

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

• Agitation

• Blood in the vomit or in stools

• Breath odour

• Decreased alertness, including drowsiness, delirium

• Decreased sensation in the hands, feet, or other areas

• Easy bruising or bleeding

• Excessive night-time urination

• Excessive thirst

• Frequent hiccups

• General ill feeling

• Generalized itching (pruritus)

• Headache

• Increased or decreased urine output

• Muscle twitching or cramps

• 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.
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.
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 kryptonic 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, Secoisolariciresinno 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:

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Medical Action</th>
<th>Plant Name/Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digoxin</td>
<td>Cardiotonic</td>
<td>Digitalis purpurea (foxglove)</td>
</tr>
<tr>
<td>Codeine</td>
<td>Analgesic, antitussive</td>
<td>Papaver somniferum (poppy)</td>
</tr>
<tr>
<td>Demecolcine</td>
<td>Antitumor agent</td>
<td>Colchicum autumnale (autumn crocus)</td>
</tr>
<tr>
<td>L-Dopa</td>
<td>Anti-parkinsonism</td>
<td>Mucuna species (nescafe, cowage)</td>
</tr>
<tr>
<td>Glasiovine</td>
<td>Antidepressant</td>
<td>Octea glaziovii</td>
</tr>
<tr>
<td>Quinine</td>
<td>Antimalarial</td>
<td>Cinchona ledgeriana (quinine tree)</td>
</tr>
<tr>
<td>Rotundine</td>
<td>Analgesic, sedative, tranquiliser</td>
<td>Stephania sinica</td>
</tr>
</tbody>
</table>
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
- Prevents heart attacks
- Protects kidneys
- Anti-coagulator
- Helps heal scarring
- Thins the blood
- Lowers blood pressure
- Cardiovascular tonic
- Heart tonic
- Anti-bacterial

Dose: 1.5-3g a day

Astragalus (*Astragalus membranaceus*)

**Other names**: Milk vetch, huang qi, ogi  
**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  
- 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
- Liver tonic
- Protects liver
- Anti-inflammatory
- Balances immune system

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
- Energy tonic
- Adrenal gland tonic
- Stops problematic bleeding
- Anti-inflammatory
- 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 europea)
Other names: Lime tree, Linden
Part used: Flowers
Actions:
- Lowers blood pressure
- Dilates blood vessels
- Relaxant
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

Dose: 2-6g a day

Cautions & Contraindications: None known.

**Withania (Withania somnifera)**

Other names: Ashwagandha, winter cherry
Part used: Root

Actions:
- Energy tonic
- Anti-inflammatory
- Stops muscle breakdown
- Balances immune system

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

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)
Chapter 5 – The Treatment Plan

The Kidney Disease Treatment Plan

Wow! OK, so I have packed in a lot of information so far. I bet you just want to get started! Well, the time is now. I have broken up the treatment plan into three phases:

- Phase 1 – The Essentials
- Phase 2 – Treat Your Cause
- Phase 3 – Treat Your Symptoms

How It Works

Now within Phase 1, I have put together the essentials for kidney health. If you do nothing else except follow Phase 1’s treatment guidelines, then your kidney health and general wellbeing will be light years ahead of where you first started. However, this phase takes time. A commitment to your health is needed. Be patient and you will be rewarded with outstanding health and vitality.

The next two phases (Phases 2 & 3) are all about treating you. You are different to everybody else, so let’s treat you that way. Select your cause within Phase 2 and select the symptoms that you would like relieved within Phase 3.

For best results, follow the system as it is described. You can always customize it if you feel you need to. In addition, keep in mind I do not know your health issues personally, so always consult your doctor or health care professional before starting any treatment program. Your needs may differ from the description below. I wish you all the very best wellness.
### Phase 1 – The Essentials

**Duration:** Ongoing, anywhere between 4-24 months  
**Complete All of the Following Together**

**Nutrition:** Take all 4 of the nutrients below
- Alpha Lipoic Acid: 600mg a day (This is the key nutrient)
- Coenzyme Q10: 200mg a day
- Multivitamin (make sure it contains selenium & iron): 1 tablet  
- Vitamin C: 1500mg a day

**Herbal Medicine:** Select 2 to 4 of the herbs below to heal your kidneys
- Astragalus: 2-4g a day (Kidney tonic; plus great for lowered immune states)
- Dan Shen: 1.5-3g a day (Kidney tonic; plus great for scarring)
- Rehmannia: 2-4g a day (Kidney tonic; plus great for those with extreme fatigue and anemia)
- Tienchi Ginseng: See dosage instructions in Chapter 4 (Kidney tonic; plus great for those with blood in urine and blood coagulation). If you cannot source Tienchi Ginseng, use Korean Ginseng as an alternative (Botanical name: *Panax ginseng*)

*(Go to the Resources page at the back of the eBook for “Supplements to get you started straightaway!”)*

**Follow the Subsequent Recommendations...**

**Kidney Tea:** Kidney Tea (see Chapter 12 for recipe): 1-2 cups a day

**Diet:** Refer to Chapter 8

**Lifestyle:** Refer to Chapter 9

**Relaxation:** Refer to Chapter 10

**Exercise:** Refer to Chapter 11. ONLY do this with your doctor’s approval. Begin gradually if given approval.
Phases 2 & 3 – The Specifics (Treat Your Cause & Symptoms)

So you are underway with Phase 1, treating the essentials for kidney health. Now it is time to treat you as an individual. We want to get you feeling better and eradicating your root cause so that your kidney disease does not have a leg to stand on. Welcome to Phases 2 & 3.

There are a few rules to know first regarding Phases 2 & 3.

- Only select those sections that are applicable to you. You will get the most benefit by finding out as much about your cause as you can from your doctor.
- If there are a number of symptoms that apply to you in Phase 3, do not worry. Simply select the most important symptom and start from there.
- Thankfully, a number of nutrients and herbs apply to many of the sections below. Therefore, when taking them, you will be healing multiple areas at the same time. For example, Vitamin C helps reduce inflammation, is beneficial when kidney disease 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. Seven birds with one stone, so to speak.

You will notice in this phase that under both the herbal and nutritional recommendations certain herbs and nutrients have the following symbols beside them:

👉 I have placed this symbol next to remedies to let you know which herbs or nutrients you are already taking in Phase 1. If an asterix (*) has been placed after the symbol, you may be taking the remedy already in Phase 1. I have optimised the design of this treatment plan to combine the most powerful natural ingredients in Phase 1, so at least two herbs or nutrients feature in each section of Phases 2 & 3.

👈 This key symbol is to let you know which herbs or nutrients are most effective for the treatment of the corresponding symptom or condition. If you do not see this symbol in a
section, then that means there is no one particular herb or nutrient that is more effective than others.

START OF EXAMPLE – Treating Kidney Inflammation

Do you have kidney inflammation? If so, treat accordingly.

Duration: Until resolved, generally 3 months

Recommendation
Nutrition:
Vitamin C
Selenium

- Quercetin: 1000-1200mg a day
- Vitamin E: 400iu a day
- Bromelain: 1000mg a day
- Fish Oils: 6000mg a day
- Taurine: 2000mg a day

Herbal Medicine:
Kidney Tonic Tea
Rehmannia*
Tienchi Ginseng*
- Corn Silk
- Golden Rod
- Yarrow

You will notice that by following Phase 1 you are already taking Vitamin C, Selenium, Kidney Tonic Tea, and possibly Rehmannia and Tienchi Ginseng. These herbs are probably enough as long as you are not suffering any serious inflammation. However, if you know this a major problem for you, then I say add a few more remedies to your treatment. For example, you might add in Vitamin E and Fish Oil to help treat your inflammation.

END OF EXAMPLE

- Please don’t feel that you must take all of the suggestions. Absolutely not! Just make sure you have a good selection so that you know you are covered. A lot of the recommendations in Phase 1, by way of design, will treat most symptoms in Phases 2 & 3. Healing is supposed to be simple, not complicated.
Phase 2 – Treat Your Cause

(Select your cause from the list below and follow the recommendations. For causes not listed, please continue to follow Phase 1 – The Essentials, and Phase 3 – Treat Your Symptoms)

1. **Is your kidney disease caused by diabetes? If so, treat accordingly.**

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Alpha Lipoic Acid ☉
- Multivitamin ☉
- Chromium: 200mcg - 400mcg a day ⬤

**Herbal Medicine:**
- Codonopsis: 2-4g a day
- Fenugreek: 1-2g a day
- Goat’s Rue: 2-4g a day
- Gymnema: 4-6g a day ⬤

*Special note for insulin-dependent diabetics (Type 1): Because these herbs and nutrients are so effective in reducing blood sugar and restoring the pancreas, make sure, with the guidance of your doctor, to continually check your blood sugar levels, particularly to begin with as your body starts to adjust. I do not wish you to have episodes of low blood sugar, which can be dangerous. For non-insulin diabetics (Type 2), the above information does not apply to you. Always consult your doctor, though you may take these freely.*
2. **Is your kidney disease caused by IgA nephropathy (Berger’s Disease)?** If so, treat accordingly.

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Alpha Lipoic Acid
- Selenium
- Vitamin C
- Vitamin E: 400mg-800mg a day
- Fish Oil: 4000mg-8000mg a day

**Herbal Medicine:**
- Astragalus
- Dan Shen
- Rehmannia
- Kidney Tonic Tea (Already taking in Phase 1)
- Echinacea: 2-4g a day

**Dietary Advice:**
Studies show that gluten-free diets lower the levels of IgA in the blood. It is wise to do the following:
- Avoid wheat, rye, spelt, kamut and oats.
- Consume instead: rice, corn, buckwheat and quinoa.

3. **Is your kidney disease caused by physical trauma?** If so, treat accordingly.

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Alpha Lipoic Acid
- Selenium
- Vitamin C
- Glycine: 5g a day
- L-Arginine: 1500mg a day
- Quercetin: 1000-1200mg a day
- Vitamin E: 400iu a day

**Herbal Medicine:**
- Tienchi Ginseng
- Rehmannia
- Siberian Ginseng: 2.5-6g a day
4. **Is your kidney disease caused by heavy metal overload? If so, treat accordingly.**

   **Duration**: Until resolved, generally 18 weeks

   **Recommendation**
   **Nutrition**:
   - Alpha Lipoic Acid
   - Selenium
   - Vitamin C
   - Quercetin: 1000-1200mg a day
   - Vitamin E: 400iu a day

   **Herbal Medicine**:
   - Coriander (aka Cilantro): take as directed on label
   - Chlorella: take as directed on label
   - St Mary’s Thistle: 30-60g a day

5. **Is your kidney disease caused by antibiotic use? If so, treat accordingly.**

   **Duration**: Until resolved

   **Recommendation**
   **Nutrition**:
   - Alpha Lipoic Acid
   - Selenium

   **Herbal Medicine**:
   - Bupleurum: 1.2-1.8 g a day
   - Schisandra: 3-5g a day
   - St Mary’s Thistle: 30-60g a day

6. **Is your kidney disease caused by an infection? If so, treat accordingly.**

   **Duration**: Until resolved

   **Recommendation**
   **Nutrition**:
   - Vitamin C
   - Zinc
   - Glycine: 5g a day
   - Vitamin D: 1600iu a day
   - Zinc: 25-50mg a day
Herbal Medicine:
Kidney Tonic Tea
Astragalus

- Buchu: 1.5-2g a day
- Echinacea: 2-4g a day
- Golden Rod: 2-2.6g a day

7. Is your kidney disease caused by loss of blood flow and oxygen to the kidneys? If so, treat accordingly.

Duration: Until resolved

Recommendation
Nutrition:
- Alpha Lipoic Acid
- Selenium
- Vitamin C

- Alanine: 600mg a day
- Bromelain: 500mg a day
- Glutathione: 300mg a day
- Glycine: 5g a day

Herbal Medicine:
- Kidney Tonic Tea
- Rehmannia

8. Is your kidney disease caused by high blood pressure? If so, treat accordingly.

Duration: Until resolved, generally 3-4 months

Recommendation
Nutrition:
- Coenzyme Q10

- Magnesium: 400mg a day
- Taurine: 1000mg a day

Herbal Medicine:
- Astragalus
- Dan Shen
- Tienchi Ginseng

- Hawthorn: 3-4g a day
- Lime Flowers: 1-2g a day
- Valerian: 2-6g a day
9. Has an autoimmune disease (e.g. Lupus SLE) caused your kidney disease? If so, treat accordingly.

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Alpha Lipoic Acid
- Selenium
- Vitamin C
  - Vitamin E: 400mg-800mg a day
  - Fish Oil: 4000mg – 8000mg a day

**Herbal Medicine:**
- Astragalus
- Dan Shen
- Rehmannia
- Kidney Tonic Tea
  - Echinacea: 2-4g a day

**Dietary Advice:**
Studies show gluten-free diets lower the levels of IgA in the blood and that it is wise to do the following:
- Avoid wheat, rye, spelt, kamut and oats.
- Consume instead: rice, corn, buckwheat and quinoa.

10. Is your kidney disease caused by polycystic kidney disease? If so, treat accordingly.

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Alpha Lipoic Acid
- Coenzyme Q10 (but need to take 300mg a day)
- Selenium (but need to take 200-400mcg a day)
- Vitamin C
  - Vitamin E: 400mg-800mg a day

**Herbal Medicine:**
- Astragalus
- Dan Shen
- Rehmannia
- Kidney Tonic Tea
11. Is your kidney disease caused by Pyelonephritis? If so, treat accordingly.

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Alpha Lipoic Acid
- Selenium
- Vitamin C
- Fish Oil: 4000mg - 8000mg a day
- Glycine: 5g a day
- Magnesium: 300mg a day
- Quercetin: 1000-1200mg a day
- Taurine: 2000mg a day
- Vitamin E: 400mg-800mg a day

**Herbal Medicine:**
- Astragalus
- Dan Shen
- Rehmannia
- Kidney Tonic Tea

**Phase 3 – Treat Your Symptoms**

(Recommendation: Select and follow only one symptom at a time)

1. **Do you have blood in your urine (hematuria)? If so, treat accordingly.**

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Iron: 20-30mg a day

**Herbal Medicine:**
- Kidney Tonic Tea
- Tienshi Ginseng
- Rehmannia
- Codonopsis: 2-4g a day
- Yarrow: 1-2g a day
2. **Do you have kidney inflammation? If so, treat accordingly.**

Duration: Until resolved, generally 3 months

**Recommendation**

**Nutrition:**

- Vitamin C
- Selenium
  - Quercetin: 1000-1200mg a day
  - Vitamin E: 400iu a day
  - Bromelain: 1000mg a day
  - Fish Oils: 6000mg a day
  - Taurine: 2000mg a day

**Herbal Medicine:**

- Kidney Tonic Tea
- Rehmannia*
- Tienchi Ginseng*
  - Corn Silk
  - Golden Rod
  - Yarrow

3. **Do you have uremia (urea, azotemia)? If so, treat accordingly.**

Duration: Until resolved

**Recommendation**

**Nutrition:**

- Alpha Lipoic Acid
- Coenzyme Q10
- Multivitamin
  - Chitosan: 4-5g a day
  - Folic Acid: 1000mcg a day
  - Quercetin: 1000-1200mg a day
  - Vitamin E: 400iu a day

**Herbal Medicine:**

- Astragalus*
- Dan Shen*
- Rehmannia*

- Kidney Tonic Tea
  - Green tea: drink a cup daily
  - Nettle leaf tea: 1-2g a day (Alternative to Kidney Tonic Tea)
  - Yarrow: 1-2g a day
4. Do you have high creatinine? If so, treat accordingly.

Duration: Until resolved

Recommendation
Nutrition:
- Alpha Lipoic Acid
- Coenzyme Q10
- Multivitamin
- Quercetin: 1000-1200mg a day

Herbal Medicine:
- Astragalus
- Dan Shen
- Rehmannia
- Kidney Tonic Tea
- Nettle leaf tea: 1-2g a day (Alternative to Kidney Tonic Tea)

Lifestyle:
Avoid strenuous physical activity.

5. Are you fatigued? If so, treat accordingly.

Duration: Until resolved, generally 12 weeks

Recommendation
Nutrition:
- Alpha Lipoic Acid
- Coenzyme Q10
- Multivitamin
- Malic Acid: 900mg a day

Herbal Medicine:
- Astragalus
- Rehmannia
- Tienchi Ginseng
- Codonopsis: 2-4g a day
- Siberian Ginseng: 2.5-6g a day
- Withania: 3-6g a day
6. **Do you have a lowered immune system? If so, treat accordingly.**

Duration: Until resolved, generally 12 weeks

**Recommendation**

**Nutrition:**
- Vitamin C
- Selenium
  - Vitamin D: 1600iu a day
  - Glycine: 5g a day
  - Zinc: 25-50mg a day

**Herbal Medicine:**
- Astragalus *
  - Echinacea: 2-4g a day

7. **Are you on dialysis? If so, treat accordingly.**

Duration: Until resolved

**Recommendation**

**Nutrition:**
- Multivitamin
- Selenium
  - Vitamin E: 400iu a day
  - Zinc: 25-50mg a day

**Herbal Medicine:** None specific. Continue to take appropriate herbs from Phase 1 and any others that match your symptoms (unless otherwise prescribed by your doctor).

8. **Do you have anemia? If so, treat accordingly.**

Duration: Until resolved, generally 4 months

**Recommendation**

**Nutrition:**
- Multivitamin
  - Iron: 20-30mg a day

**Herbal Medicine:**
- Kidney Tonic Tea
- Rehmanna *
  - Codonopsis: 2-4g a day
  - Withania: 3-6g a day
9. Do you have high homocysteine levels in your blood? If so, treat accordingly.

Duration: Until resolved

Recommendation

Nutrition:
Multivitamin

Herbal Medicine: None specific
Chapter 6 – Kidney Stones

Kidney stones are hard lumps of mineral salts (calculi) found within the urinary tracts or kidneys. Unbelievably, they can vary in size from a humble gain of sand to the size of a golf ball. It stands to reason then why kidney stones can cause pain, blockages and infections of the urinary tract. If they grow to a size too large for passing in the urine, they may cause a blockage of the ureters (tubes that connect the kidneys to the bladder) and the resulting backflow of urine can cause severe pain and, in some extreme (and rare) cases, kidney failure.

Those without kidney stones can also benefit from this chapter. Through prevention, you are again aiding your kidneys to have a long and happy life, which means you have a long and happy life.

Major causative factors and risk factors that can contribute to the incidence of kidney stones include:

- Crohn’s disease
- Diuretics
- Elevated urinary calcium excretion
- Family genetics
- Fizzy drinks
- Gout
- High intake of calcium, oxalate, or purines
- High meat diet
- High phosphorus consumption
- Hyperparathyroidism
- Low water intake
- Osteoporosis and bone loss
- Sedentary lifestyle
- Ulcerative colitis

Kidney stones treatment plan
Duration: Until resolved

Recommendation

Nutrition:
- Folic acid: 1500mcg a day
- Iron: 12mg a day
- Magnesium: 300mg a day
- Sharks cartilage: 3g a day
- Sodium bicarbonate: 4g a day (mixed with a glass of water and drunk)

Herbal Medicine:
Kidney Tonic Tea
- Crataeva: 3-6g a day
- Golden Rod: 2-2.6g a day
- Gravel Root: 1-2g a day
- Hydrangea: 1-3.5g a day
To a lesser degree:
- Clivers: 1-2g a day
- Corn silk: 1-3g a day
- Couch grass: 1.5-3g a day

Note: Please avoid cranberries and cranberry juice while you have kidney stones, as they are contraindicated.

The Kidney Stone Diet/Lifestyle Advice

Now, because kidney disease and kidney failure are the primary conditions to be treated, following the dietary suggestions in Chapter 8 is imperative. Here, first, are a couple of quick dietary suggestions to help eliminate kidney stones.

- Drink as much water as is allowed by your doctor (maximum 1.5-3 litres of water a day)
- Eat watermelon and cherries (avoid if diabetic)
- Reduce/avoid foods high in oxalates: spinach, cola, coffee, chocolate, strawberries, nuts, wheat bran, tea (not herbal tea)
- Limit consumption of animal meats, sugar, salt, dairy refined foods, caffeine and alcohol
- Avoid antibiotic use where possible
Chapter 7 – The Foundations

Without foundations we have no way of materialising those things that we aspire to have. Whether they are health, relationships, social, financial or structural foundations, they are the platforms for growth in any area. Therefore, to begin our journey, it makes perfect sense to start at the foundations for untapped health.

The four main foundational pillars are:

1. Diet
2. Lifestyle
3. Exercise
4. Relaxation/Meditation

These are in no particular order. Each one is just as important as the others. We will cover these in the following chapters.

“Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny.”
Chapter 8 – Food Glorious Food

The father of medicine, Hippocrates, once said, “Let food be thy medicine and medicine be thy food.” Wise man. Foods, like herbs, come from a natural composition of chemicals that respond in various ways when digested. These can have either a positive or a negative effect. Moreover, it is for this reason that following this diet is of great importance. Think of the food you digest as medicine. Essentially, excluding foods or consuming them will impart great health benefits directly to your kidneys and overall body.

Now it must be said that kidney disease is a hard one to box and categorise as far as treating with a set diet. This is because everyone is different (including their cause), and certain beneficial foods for kidney disease can be labelled unfavourable to the kidneys. For example, soy protein is beneficial for kidney disease, but too much protein can be bad for kidney disease. Flaxseeds are beneficial for kidney disease, but too many can be harmful. How confusing, irritating and annoying!

The best solution is to treat the one common dominator of kidney disease that is easily treatable via diet. This solution will literally (within hours) take off the load from your kidneys and help cure not only your kidney disease but also every other conceivable condition that you may have. That common dominator is ACIDITY. Acidosis (as it is also known) can be described as a disturbance of the acid-alkaline balance within the body (pH); this then creates an accumulation of excess acid in the tissues and the blood stream, essentially suffocating your body. Alkaline diets are beneficial for diabetes, hypertension, cardiovascular damage, weight gain, obesity, bladder conditions, kidney stones, immune deficiency, free radical damage, hormonal problems, premature aging, gout, osteoporosis, joint pain, aching muscles, lactic acid build-up, low energy and chronic fatigue, slow digestion, headaches and, of course, kidney disease!
However, it does not end there. Many more conditions are either treatable or curable by simply applying an alkalizing diet. *Every single biochemical process that occurs in your body operates within a liquid solution.* And if that solution’s pH is not within that small window the body considers ‘just right’, then your body comes to a halt; it can no longer do what it was designed to do in the designed environment it was meant to do it in, logical and simple.

Leading scientist Dr Robert O. Young said this about the ROOT cause of diseases such as kidney disease: “There is only One Sickness and One Disease, and this one ‘sickness’ is the over-acidification of the body due primarily to an inverted way of living, thinking, and eating. There can therefore be only one remedy and treatment, and that is to alkalise the body and break the cycle of imbalance, thus allowing us to experience the energy, vitality and true health we’re all meant to have.”

Dr. Young is an American microbiologist and nutrition scientist and is known as one of the top research scientists in the world. He has conducted tests in partnership with the John Hopkins Medical School, and his findings, which have been published in renowned medical journals, have been held by many as a modern breakthrough in today’s medicine.

Now the great thing is that acidosis is easily treatable via diet. What’s more, the treatment is essentially free. You have to buy food anyway, so you save big on treatment costs and become healthier in all areas of your life. In addition, if you have kids, you will be raising them on good, nutritious food that will hold them in good stead for the future.

**Alkaline Diet in Depth**

To *restore health*, your diet should consist of 80% alkaline forming foods & 20% acid forming foods.

To *maintain health*, your diet should consist of 60% alkaline forming foods & 40% acid forming foods. Simple!
The trick during the initial stages of your recovery is for each meal to be balanced (comprised of 80% alkaline forming foods & 20% acid forming foods); use the guide over the page. Once your body has self-corrected itself, you can then downgrade the intensity of your diet to one of maintenance, which will keep you in the correct pH zone for good health. The scientific name for the zone is homeostasis, which means “The ability of a system or living organism to adjust its internal environment to maintain a stable equilibrium.” When talking about pH, I prefer to use the term pH zone as it sums up perfectly what we are trying to say.

Before I go on any further, there is one more critical step to maximise the effect of this diet – we want to be scientific here – and that is to track and analyse our progress by utilising highly sensitive litmus paper, also known as pH paper.

We have not really discussed this yet, but pH is the measure of the acidity or alkalinity of a solution. You can easily pinpoint the level of acidity or alkalinity of any solution. PH paper (litmus paper) does this by changing colour when it comes into contact with a solution. This new colour of the pH is then cross-referenced with small chart that tells a person what the colour means as far acidity or alkalinity. This is a very quick and cheap process. By using it alongside your diet, you make sure you are getting the intended health benefits from the diet as well as feedback about how your current diet is influencing your body and kidneys.

**The Process**

Simply purchase a small pack of pH test strips, and each morning urinate on one test strip to gauge your pH (acidity). At one stage or another – it may take weeks or months – you will get to a stage where your urine for seven mornings in a row is within the optimal pH Zone (pH 6.75 – 7.25). As soon as this happens, you can switch your alkaline diet to the maintenance phase of the diet, which consists of 60% alkaline forming foods & 40% acid forming foods.
For more information on the pH strips, where to get them and useful information visit:

http://www.phionbalance.com/categories/pH-Test-Strips/pHion-pH-Test-Strips

I recommend checking out the video on there too!

**The Alkaline Diet**

The fundamentals of this diet are straightforward.

Eat 80% alkaline forming foods & 20% acid forming foods within each meal. When your pH test strips say that you are now in the pH zone (pH 6.75 – 7.25), you can then downgrade your diet to 60% alkaline forming foods & 40% acid forming foods. This diet can be freely used by those with Stage 1 to Stage 3 kidney disease. However, if your doctor or dietician has also given you a dietary prescription, always work within their guidelines when commencing any new diet.

Those with Stages 4 to 5, please go to page 70 for further info on this diet.

“Change is EASY; it is the resistance to change that is HARD”

*(Anonymous)*
“So which foods fall into each category?” Well, I am glad you asked...

In the sheets below, I have given you a broad list of foods that fall into the Alkaline forming category, and the Acidic forming category.

### Alkaline Forming Foods

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>VEGETABLES CONT.</th>
<th>PROTEIN</th>
<th>SWEETENERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic</td>
<td>Sea Veggies</td>
<td>Eggs</td>
<td>Stevia</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Spirulina</td>
<td>Whey Protein Powder</td>
<td></td>
</tr>
<tr>
<td>Fermented Veggies</td>
<td>Squouts</td>
<td>Cottage Cheese</td>
<td></td>
</tr>
<tr>
<td>Watercress</td>
<td>Squashes</td>
<td>Chicken Breast</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>Alfalfa</td>
<td>Yogurt</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Barley Grass</td>
<td>Almonds</td>
<td>Curry</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Wheat Grass</td>
<td>Chestnuts</td>
<td>Ginger</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Wild Greens</td>
<td>Tofu (fermented)</td>
<td>Mustard</td>
</tr>
<tr>
<td>Carrot</td>
<td>Nightshade Veggies</td>
<td>Flax Seeds</td>
<td>Sea Pepper</td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td>Pumpkin Seeds</td>
<td>Miso</td>
</tr>
<tr>
<td>Celery</td>
<td></td>
<td>Tempeh (fermented)</td>
<td>Tamari</td>
</tr>
<tr>
<td>Chard</td>
<td></td>
<td>Squash Seeds</td>
<td>All Herbs</td>
</tr>
<tr>
<td>Chlorella</td>
<td></td>
<td>Sunflower Seeds</td>
<td></td>
</tr>
<tr>
<td>Collard Greens</td>
<td></td>
<td>Millet</td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td>Sprouted Seeds</td>
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<tr>
<td>Eggplant</td>
<td></td>
<td>Nuts</td>
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<tr>
<td>Kale</td>
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<tr>
<td>Kohlrabi</td>
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<tr>
<td>Lettuce</td>
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<td></td>
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<tr>
<td>Mushrooms</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Mustard Greens</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Dulce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dandelions</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Edible Flowers</td>
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<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsnips (high glycemic)</td>
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<td></td>
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</tr>
<tr>
<td>Peas</td>
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<td></td>
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<tr>
<td>Peppers</td>
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<td></td>
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<tr>
<td>Pumpkin</td>
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<td></td>
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<tr>
<td>Rutabaga</td>
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<tr>
<td>Sweet Potato</td>
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<td></td>
</tr>
<tr>
<td>GRAINS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown Rice (neutral)</td>
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<td></td>
</tr>
<tr>
<td>Buckwheat</td>
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<td></td>
<td></td>
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<tr>
<td>Kamut</td>
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<td></td>
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<tr>
<td>Quinoa</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Wild Rice</td>
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</tr>
</tbody>
</table>

### Acid Forming Foods
### Stage 4-5 Kidney Disease Sufferers

For those in Stages 4-5 of kidney disease (refer to page 15 for definition), you will most likely have been told to avoid high potassium foods, such as fruits and vegetables, as well as sodium, phosphates and protein. Yes, to cut or simply limit your consumption of potassium foods is important, especially if your doctor or dietician has ordered you to do so. However, it is still very important to consume fruits and vegetables as part of your alkaline diet. Therefore, the lesson here
is moderation. Follow this diet as closely as you can if you have been given dietary guidelines by your doctor or dietician.

By taking and applying even just a small amount of the wisdom presented, you will be helping yourself enormously. However, I also have a trick up my sleeve... a process called leaching. Leaching removes some of the potassium contained within vegetables.

How to lower potassium by leaching vegetables:

- Peel the vegetable, cut into small pieces and place in a very large pot of water.
- Rinse the vegetables thoroughly.
- Fill a pot of water and place the vegetables within to soak for a minimum of four hours at room temperature (or you can let them soak overnight in the refrigerator).
- After soaking, rinse the vegetables with fresh water.
- Cook vegetables as desired.

Remember: Do not completely avoid fruits and vegetables. Simply become more conscious of the foods that you eat, and try to eat more from the alkaline list above. So yes, please head back up to the alkaline/acid foods lists, as they still apply to you.

**Alkalising Recipes**

The following recipes have been taken from a fabulous book called *The Alkaline Cookbook* by late Melbourne chiropractor Dr. Annie Guillet. This book is the result of years of taking food and turning it into medicine. I hope you find these recipes both useful and delicious!
**Buckwheat Crepes with Honey**

**Ingredients**
- 1 cup Buckwheat flour
- 2 eggs *
- 1 tablespoon olive oil
- ½ teaspoon Celtic salt
- ½ litre water
- 3 tablespoons olive oil
*1 egg = 1 tablespoon ground flax seed simmered in 3 tablespoons of water

**Method**
In the mixer, add all ingredients for 1 minute.
If no mixer, pour flour in a bowl, add oil, eggs and Celtic salt. Mix vigorously.
Slowly add water.
Mix quickly for 3 minutes to obtain a smooth mixture.
Let stand for 2 hours, with a cloth over the top of the bowl. Oil your pan and flip both sides of your crepes when the pan is hot.

---

**Butternut Pumpkin Soup**

**Ingredients**
- 2 butternut squash
- 1 onion
- 3 - 4 cups water with Celtic salt
- 1 can coconut milk
- cinnamon and nutmeg

**Method**
Cut squash in half, remove seeds, remove skin, and cut flesh into small pieces.
Cut onion into small pieces.
Bring water to boil with the salt and add veggies, cinnamon and nutmeg.
When all veggies are soft, blend with the mixer.
Serve in bowl and garnish with onion rings.
Char Grilled Calamari

**Ingredients**
- 2 calamari
- garlic mayo to taste
- 4 cups rocket leaves
- 2 tablespoons balsamic vinegar
- 2 tablespoons flax seed oil
- 3 tablespoons lemon grass
- 2 garlic cloves, minced
- Celtic salt
- 1 cup spelt bread crumbs
- 3 tablespoons olive oil

**Method**
Sliced calamari and dip it in a mix of breadcrumbs, garlic and lemon grass.
Put olive oil in a pan and heat up gently. Fry the calamari for 3 minutes and add ¼ cup water. Cover and simmer until calamari are tender.
In a bowl, mix rocket leaves, flax oil and vinegar; add salt to taste.
Mix calamari in the bowl and add rest of the crumbs mix too.

Red Cabbage, Carrot and Sesame Salad

**Ingredients**
- ½ red cabbage, shredded
- 3 carrots, sliced
- ½ cup almonds
- sesame seeds
- 2 cups spinach leaves
- ⅓ lemon, squeezed
- 2 tablespoons olive oil
- salt and pepper (to taste)

**Method**
Mix all ingredients in a bowl and squeeze the lemon over the salad.
Let sit in the refrigerator for 20 minutes.
Serve and sprinkle with sesame seeds.
Asparagus Crepes with Hollandaise Sauce

**Ingredients**
Hollandaise sauce:
3/4 cup Soft Tofu
2 tablespoons Lemon juice
1 tablespoon Olive Oil
½ teaspoon Celtic Salt
Pinch Turmeric
Pinch Paprika
Pinch Cayenne Pepper

**Method**
1. See buckwheat pancakes recipe.
2. Break foot off the asparagus and steam fry with Celtic salt in a pan until asparagus are vivid green and a touch soft. Drain.
3. Open pancake into a plate, lay 3 asparagus onto it and roll.
4. Blend all ingredients for the sauce together and pour over pancakes.
Very good for breakfast as well.
This one is not only great and delicious – it also makes you full and satisfied!

The photos above look devilishly wicked and tempting, right? Well, you can enjoy them without feeling guilty, because they are healthy for you! I hope the illustrations will give you enough motivation and inspiration to eat healthy kidney-friendly foods EVERY DAY.

If you would like further help or ideas on what to eat then you should definitely check out Dr. Annie Guillet’s alkaline cookbook at: [http://www.alkalinecookbook.com.au/](http://www.alkalinecookbook.com.au/)

It makes eating alkaline easy, simple and delicious! You can prepare a healthy meal in no time. There are even recipes for snacks and appetizers, smoothies and more!
More Recipes...

(Vegetarians Please Note: Please substitute all animal products with suitable vegetarian alternatives, the completely allowable e.g. Tofu, tempeh, beans, legumes, lentils, etc.)

BREAKFAST

OMELETTE
Ingredients
- 2 eggs
- 1 tablespoon milk (rice or oat milk)
- 1 tablespoon chopped onions
- 1 handful baby spinach
- 1 medium sized mushroom

Cooking method:
Beat eggs. Combine all ingredients. Pour into non-stick pan. Cook without stirring for 2 minutes then fold the omelette in half. Serve on a plate.

Serves 1

POACHED SALMON AND EGGS
Ingredients
- Eggs, whole
- 150g Salmon fillet, cut into 2 pieces
- 200 ml water
- 3 tsp. toasted slivered almonds
- sprinkling fresh chopped parsley
- freshly ground pepper

Cooking method:
Put the fish in a non-stick frying pan and cover with water. Bring slowly to boil, and then simmer until fish is tender but not breaking up. Transfer with a slotted spoon to warmed serving plate and keep hot. Bring the cooking liquid to a boil. Crack an egg into a cup. Using a spoon, stir the water very quickly to create a ‘whirlpool’ and then slide the egg carefully into the water. Repeat with the remaining egg. Simmer for 3 minutes or until each egg is firmly set. Meanwhile sprinkle fish with pepper to taste. When eggs cooked, remove from the pan with a slotted spoon and place on each piece of fish. Garnish with toasted almonds and fresh chopped Parsley
LUNCH OR DINNER

FRESH GARDEN SALAD
Ingredients
- 180 g chicken
- ¼ cup sliced celery
- ¼ cup sliced red capsicum
- ¼ cup fresh snow peas
- 1 cup lettuce
- 1 avocado sliced
- 1 small tomato cut into wedges
- lemon, squeezed
- cracked black pepper
- 1 tablespoon mayonnaise
- 1 tablespoon Olive Oil

Cooking method:
Combine all ingredients together, dress with lemon, mayonnaise, pepper, and Olive Oil. Serve immediately.
Serves 2

BAKED FISH WITH TOASTED ALMONDS
Ingredients
- Trout or (other choice of fish)
- 3/4 cup vegetable mix – green beans, carrot, snow peas
- ¼ cup onions, thinly sliced
- 2/3 cup vegetable stock
- 1 tbs. fresh chopped parsley
- 1 tsp. almonds, slivered, toasted
- pinch of chopped marjoram
- olive oil cooking spray
- 1 tsp. Dijon mustard
- 4 tbs. extra virgin Olive oil
- 1 tbs. Balsamic vinegar
- 1 dsp. capers, chopped
- 1 dsp. fresh parsley, chopped
- 4 tbs. hot water

Cooking method:
Steam green vegetables till tender, strain and put aside to cool. Lightly toast slivered almonds until golden, put aside to cool.
Vinaigrette:
Put all ingredients together in closed jar, shake vigorously a few minutes. Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes)
Fish:
Clean, wash and dry fish. Spray coat shallow casserole dish with Olive oil cooking spray. Add onions and fry gently until onions soft and golden. Place the fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and iodized salt. Bake in preheated oven (200ºC or 400ºF) until cooked (up to 25 minutes), baste a few times. Serve with garnished toasted slivered almonds and, strained green vegetable mix from vinaigrette.
LENTIL AND CORIANDER SOUP

Ingredients

- 200 grams brown lentils, soaked overnight with seaweed in water
- 1 tsp turmeric powder
- ½ bunch fresh coriander
- ½ fresh red chilli
- 3 cloves chopped garlic
- ½ fresh lemon
- 2 tsp crushed cumin
- crushed black pepper (to taste)
- ½ brown onion
- Greek yoghurt (natural/unsweetened)

Preparation:
- Drain and rinse lentils and bring them to boil in 1.5 litres of water. Cover and simmer until lentils are soft – may take up to 45 minutes.
- Lightly fry onion, garlic, turmeric and cumin in olive oil for a couple of minutes on low heat.
- Drain lentils but save the cooking water for the soup. Blend lentils in a blender until a mushy consistency.
- Squeeze lemon into lentils and blend with more cooking water. Add fresh coriander to taste. Add fried spices and continue to blend.
- Add this mixture to a large pot; pour in unused cooking water and simmer for another 20 minutes. Add finely chopped red chilli to taste.
- Serve and add cracked pepper and a dollop of natural yoghurt. Place fresh coriander on top, as a garnish.

MARSALA CHICKEN VEGETABLE CURRY

Ingredients

- 180 g of skinless chicken or turkey breast (beef or lamb)
- 1 cup of mixed raw vegetables: carrot, zucchini and peas
- 2 tablespoons Garam Marsala
- Pepper to taste
- 1 teaspoon dried parsley
- 1 teaspoon dried nutmeg
- Olive oil

Cooking method:
Coat chicken breast with olive oil. Sprinkle with traditional curry powder, sea salt and pepper. Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked. In a food processor, process all vegetables together until fluffy. Place vegetables in a bowl and spray coat with olive oil (until they bind together). Then place vegetable mixture onto a piece of foil. Sprinkle with dried basil, parsley and a pinch of nutmeg. Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside. Place vegetable packet in oven next to chicken parcel and cook (approximately 15 minutes). Grate or chop vegetables finely, if no food processor available.

Serves 2

TEMPEH AND VEGGIE STIR-FRY IN WOK

Ingredients
- 1 tbsp olive oil
- 200g of tempeh
- 50 grams celery
- 50 grams radish
- 50 grams zucchini
- 1 tbsp diced chives
- 1/3 cup water.

Cooking method:
Heat oil, add all vegetables and tempeh, and stir through very quickly. Add 1/3 cup water and keep stirring. Cook on high heat approximately 4 minutes stirring all the time. If it starts to burn, add a little more water. Turn out and serve.

Serves 1
Notes For A Healthy Diet

Aside from the Core Diet for Kidney Disease (The Alkaline Diet), it is necessary to mention a couple of other key components for a good healthy diet. This is not to confuse you – simply take note of the mentioned dietary tips below and when you can (or when you feel like you have a hold of the Alkaline Diet) then apply some of these tips. WHEN IN DOUBT ALWAYS FOLLOW THE ALKALINE DIET.

Beneficial Foods

<table>
<thead>
<tr>
<th>Food Element</th>
<th>Sources</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antioxidant foods</td>
<td>Red, purple, blue, yellow, orange fruits &amp; vegetables</td>
<td>Reduce effects of oxidative stress and inflammation on the body</td>
</tr>
<tr>
<td>Fish</td>
<td>Fish</td>
<td>Source of quality protein and ‘good’ fat</td>
</tr>
<tr>
<td>Flax seeds</td>
<td>Flaxseeds (aka linseeds)</td>
<td>Shown to limit or reduce proteinuria and kidney pathological lesions associated with progressive kidney failure</td>
</tr>
<tr>
<td>Fucoidan</td>
<td>Seaweeds</td>
<td>Shown to decrease urea nitrogen and creatinine levels</td>
</tr>
<tr>
<td>‘Good’ Fats</td>
<td>Olive oil, flaxseed oil, avocado, organic eggs, sardines, etc</td>
<td>‘Good’ fats help reduce inflammation, produce hormones and repair tissue</td>
</tr>
<tr>
<td>Miso</td>
<td>Miso</td>
<td>Beneficial for nephritis</td>
</tr>
<tr>
<td>Soy Protein</td>
<td>Soy, Tofu, Tempeh</td>
<td>Shown to retard the progression of kidney disease</td>
</tr>
</tbody>
</table>

Foods to Individualize with your Doctor or Dietician

- **Protein**: As a rule, 1g of protein per kilo (2.2 pounds) of body weight. For example, a person weighing 70 kg (154 pounds) would eat 70g of protein a day. Always check with your doctor.
- **Water**: As a rule, drink 1.5-2 litres of water a day. Always check with your doctor.
## Reduce Foods

<table>
<thead>
<tr>
<th>Food Element</th>
<th>Food Sources</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potassium</td>
<td>Banana, stone fruit, anything fruit, potatoes, vegetable juices, vegetable soups, tomatoes, nuts and seeds, beans, chocolate, cacao, caramels, licorice, coffee, winter squash including pumpkin</td>
<td>Affects fluid balance, causes heart problems</td>
</tr>
<tr>
<td>Phosphates</td>
<td>Milk, milk products, eggs, meat, coconuts, chocolate, wheat bran, cola drinks, nuts, seeds and legumes, beer, peanuts, lentils</td>
<td>Too much in the blood can cause osteoporosis and high blood pressure.</td>
</tr>
<tr>
<td>Sodium</td>
<td>Tinned meats and fish, sausages, crackers, cheese, olives, bread, sports drinks, bacon, ham, processed meats, sauces and stocks, antacids, frozen meals</td>
<td>Increases blood pressure, places extra strain on the kidneys</td>
</tr>
<tr>
<td>Saturated Fats</td>
<td>Animal products, cakes, biscuits &amp; pastries</td>
<td>Increases risk of heart disease</td>
</tr>
<tr>
<td>Coffee</td>
<td>Avoid</td>
<td>Places extra strain on the kidneys</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Avoid</td>
<td>Places extra strain on the kidneys</td>
</tr>
<tr>
<td>Tea (regular)</td>
<td>Avoid</td>
<td>Places extra strain on the kidneys</td>
</tr>
</tbody>
</table>
**Kidney Calm Hydration Technique**

**WARNING!** This is an overly simple technique... but powerful.

Throughout the day, we all continually drink liquids to rehydrate, usually 200-250ml at a time. But have you ever thought of what pressure this puts on the kidneys?

The kidneys help regulate the total fluid amount contained within the body and its cells. When the body is exposed to large amounts of water at any one time, the kidneys must go to work to keep that finely tuned balance in balance.

By following this simple ‘kidney calm hydration technique,’ you will literally take the load of the kidneys, removing the burden and helping them function to an increased level. Moreover, this technique helps to rehydrate the body quickly, easily and to a greater degree, so you will reap the benefits of increased energy, improved urination, digestion, concentration, and a younger, healthy looking complexion.

**The Kidney Calm Hydration Method** - Drink water systematically

Measure out your daily fluid allowance (on average 2 litres of water daily) each morning, and have 70ml (equivalent to two mouthfuls) each half hour until it is all gone.

That is it! I did warn you. But please do not underestimate it. Do not hesitate. Measure it out now and get drinking!

*Note: Preferably drink filtered water.*
Chapter 9 – The Tea

Nanna’s Special Tea: This simple tea is so beneficial and powerful that it needs its own chapter. Why not make my famous tea part of your everyday lifestyle? In fact, I insist. This tea was developed specifically for my Nanna-in-law when she was suffering from borderline Stage 4 kidney disease (she is now healthy and still shocking her doctors). My Nanna-in-law believes that it was the one thing, out of everything that I gave her, that helped her the most. Because it is a home remedy of sorts, it is quick, easy, and inexpensive to make, and available to almost everyone. Here is the exact recipe I used to help get my Nanna back on her feet.

Kidney Tea

- 60g Couch grass (rhizome)  Botanical name: Elymus repens or Agropyron repens
- 50g Horsetail (aerial parts)  Botanical name: Equisetum arvense
- 50g Lavender (flowers)  Botanical name: Lavandula officinalis or Lavandula angustifolia
- 40g Marshmallow (root)  Botanical name: Althaea officinalis
- 50g Nettle (leaf)  Botanical name: Urtica dioica or Urtica urens

Optional Extra (not required)

Herb: Crataeva. Crataeva is good for those who want added bladder support. However, this herb is optional and will not affect the benefit of the tea.

Dosage: 60g Crataeva (bark) Botanical name: Crataeva nurvala
Method

Blend all the ingredients together and store in an airtight container. Place two teaspoons of Kidney Tea in a cup of boiling water and steep as you would regular tea or coffee. Drink one to two cups a day. Do not use sweeteners or milk. Drink as is.

If your doctor has given you a ‘fluid allowance,’ please make sure you include this tea as part of that allowance.

If you are having trouble sourcing the ingredients of the tea, I recommend purchasing just Nettle Leaf tea and drinking 1-2 cups daily. This is a convenient and effective alternative.

Tip: Online Stores to Make the Tea Blend – Dried Herbs Distributors

I have put together a small collection of online distributors to help you get started. If these stores do not suit your needs, please use own initiative, with the information I have given you, to source your own alternative herbal supplier. There is no way I can keep up to date with the plethora of herbal tea distributors globally.

Please try:

- USA: [http://www.herbalcom.com/](http://www.herbalcom.com/) (will ship internationally)
Chapter 10 – Juicing

Raw juices are excellent for general health and wellbeing. There are many ingredients that are specifically beneficial for kidney function. Juices also contain vitamins and minerals that maximise digestive function and improve the immune system. Therefore, juicing is a fantastic all-round therapy. Not to mention how delicious and refreshing they can be!

Some tips to get started:

- Vegetable juices are always a better option than juices containing lots of fruit. This is simply because, generally speaking, fruits contain higher sugar content than vegetables.
- Try diluting juices with filtered water if you are concerned about sugar levels or weight gain.
- For an extra health boost, you can add nutritional powder supplements such as spirulina, magnesium, or zinc.

Essentially, you can juice any fruit or vegetable you like; imagination is the only limit. Of course, experimentation may sometimes lead you in the wrong direction (flavour), but you will certainly come up with some favourites. There is something to be said for the old saying, ‘if it tastes bad, it is probably good for you.’ This is where strong-tasting substances such as lemon and ginger come in. They are packed with nutrients and excellent for kidney and liver function, and also very good natural anti-inflammatories.

According to your needs, you can mix and match from the following lists or simply follow some tried and tested recipes if you are not feeling adventurous.
Kidney Juice Recipe #1

Ingredients:

- 12 centimetres watermelon (soothes urinary tract)
- ½ peach (soothes urinary tract)
- ¼ cucumber (reduces fluid retention)
- ¼ cup parsley (cleanses urinary tract)
- 1 spring onion (improves circulation)
- 4 string beans (strengthens the kidneys and bladder)

Method: use a juicer to juice each individual ingredient into a single container. Stir and serve. Drink 2-5 glasses per week. Drink within 24 hours.

Kidney “Juice” Recipe #2

Ingredients:

- 1 carrot (diuretic, dissolves toxic accumulations such as stones)
- ½ cup parsley (cleanses urinary tract)
- ¼ cucumber (reduces fluid retention)
- 5 strawberries (reduces fluid retention)
- ½ apple (flavour enhancer, digestive tonic)

Method: use a juicer to juice each individual ingredient into a single container. Stir and serve. Drink 2-5 glasses per week. Drink within 24 hours.

Kidney “Juice” Recipe #3
Ingredients:

- 1 cup aduki beans (beneficial for nephritis and most other kidney problems)
- Five cups of water

**Method:** simmer one cup of aduki beans in 5 cups of water for one hour. Remove the “juice” (liquid), and continue to cook the beans to use for a separate meal. Drink ½ cup of juice, half an hour before each meal, 2-5 days a week.

Those of a thin and dry constitution (e.g. dry hair, dry skin) should use this bean in moderation: 1-2 days a week. Add sea salt to improve hydration effect.

**The best fruits and vegetables for the kidneys – Get creative, Make your own!**

Watermelon, peach, cucumber, spring onion, aduki beans, parsley, string beans, asparagus, raspberry, carrot, strawberries, dandelion leaves (high in potassium), turnip leaves, beetroot, and beetroot leaves.

**The best fruits and vegetables for the liver:**

Beetroot, carrot (use carrot in moderation due to sugar content), broccoli, cauliflower, asparagus, Brussels sprouts, lemon, grapefruit.

**Fruits and vegetables that lower blood sugar:**

Brussels sprouts, broccoli, green beans, lemon. You can also try garlic or cinnamon if you are feeling adventurous.

**Blood cleansers:**

Red grapes, apple, beetroot, lemon, garlic, papaya, cherries, cucumber. You could also try adding a shot of one of nature’s cleansing “super foods”: spirulina, alfalfa or wheatgrass.
**Fruits and vegetables that improve immunity:**

Red apples, ginger, garlic (only the brave will juice this!), carrots, spinach, kiwi fruit, oranges, blueberries, cranberries (use in moderation due to sugar content).

**If you simply must have sweetness, the fruits with the lowest glycaemic index are:**

Apple, plums, peaches, grapefruit.

Even though these have the lowest sugar content, you should still not drink pure fruit juice, and not at all if you are diabetic. You can either dilute with water, or choose one fruit and add it to your vegetable juice.

**Some Other Tried & Tested Combinations**

**Liver Detox – refreshing and tastes great!**

Ginger, carrot, celery and beetroot.

**Immune support:**

Carrot, ginger, wheatgrass, red apple, celery and kiwi fruit.

**Blood cleanser – for special occasions (not an everyday juice):**

Red apple, red grapes, strawberry and carrot. This one is very sweet, so should be diluted with filtered water. This should not be used at all in cases of diabetes or Syndrome X.
**Incorporating The Art of Juicing Into Your Routine**

Regular juicing can be used as part of your ongoing dietary plan. Juices can give you a pick-me-up during that late afternoon slump and reduce the desire for chocolate or coffee. But please be aware that once cut and processed, fruits and vegetables quickly lose their nutrient content. This means that it is far less effective to make a juice in the morning and carry it around all day. So get up a few minutes earlier, or take a break from work, and run down to the juice bar instead of the coffee shop or snack machine. Your body will thank you for it! For maximum benefit, you can have a fresh juice daily, or at least four times a week, to gain a therapeutic benefit.
Chapter 11 – Lifestyle

1. **Sunlight**: The ancient Egyptians knew the benefits of sunlight to the health of one’s body. In today’s society, however, we fear it and cover up at all times. This has caused the disease Rickets to slowly creep back into our society (a lack of Vitamin D), a disease that was thought to be ‘on the way out’. Because sunlight activates the body’s own production of Vitamin D through the activation of special tissue within the skin, exposure to the healing rays of the sun is even more important for those with kidney disease. The kidneys help produce the body’s own supply of active Vitamin D; when diseased, they are no longer able to produce the quantities necessary, if at all. Vitamin D is also excellent in maintaining a healthy immune system; much research has proven that it is also beneficial for the treatment of cancer. Therefore, get more sunlight when possible: Try to get at least 30 mins of sunlight each day. In summer, it is best to do this before 11am or after 4pm. In winter, midday sun is best.

2. **Avoid drugs where appropriate**: Discuss alternatives or varying your dosage with your doctor. Drugs can be toxic to the kidneys, as they are another substance that the body needs to remove. The following drugs are the most common culprits.

   - Anti-inflammatory drugs (including over-the-counter brands): where possible use natural anti-inflammatories as described on page 63. If this is not possible, or if your condition requires the use of anti-inflammatory drugs, always consult your doctor before using. Anti-inflammatory drugs are a key factor for many in the development of kidney disease, and they worsen the effects for those who already have kidney disease. This includes aspirin and ibuprofen.

   - Antacids

   - Anti-ulcer medicines (H2-receptor antagonists)

   - Enemas that contain phosphorus e.g. phosphosda enemas
- High salt medications such as Alka Seltzer
- Laxatives
- Pseudoephedrine (nasal decongestants)
- Recreational drugs

3. **Avoid smoking**

“Be the change you want to see in the world”

(Ghandi)
Chapter 12 – Good Vibrations

To introduce this foundational pillar, I first have to state, “Only begin an exercise program while under the strict supervision of your doctor.” Yes, exercise is great, but only if you are at a level that can support and maintain your physical health. You will not be doing yourself any favours by taking up the Hawaii marathon, or even just regular walks around the block. This is simply a guide for those of you who are ready, capable, and of course, doctor approved. Exercise is certainly encouraged, however.

How important is exercise really? Well, to put it in perspective, lack of exercise (or physical inactivity) is second only to cigarette smoking as the number one cause of disease in the world! Hmmm, makes you want to reconsider finding the closest car park at the shopping mall, doesn’t it?

“Ok, so remind me again what’s so great about exercise?”

I’m glad you asked. Here is just a short list of how exercise benefits the body:

- Reduces risk of diabetes
- Lowers blood pressure
- Reduces ‘bad’ cholesterol
- Increases ‘good’ cholesterol
- Improves circulation
- Reduces fluid retention
- Assists weight loss
- Increases endurance and stamina
- Strengthens bones and increases bone mass
- Reduces stress
- Protects against cancers
- Boosts immune system
- Lifts mood disorders, such as depression
- It’s fun
- Increases self-esteem
There cannot be enough said about the value of exercise. Nothing on this planet exerts as many beneficial effects on the body as ‘good old fashioned’ exercise, yet sadly, too few of us do it. Now, you are probably sitting back reading this report thinking, “Yeah, that’s all well and good, but I really don’t have the energy to exercise right now. That’s why I need help!” That’s a fair enough comment. For those not currently exercising at all, I suggest a consistent routine of short daily walks, for example, 15 minutes. As your body adjusts and you grow in confidence with your own physical health, this routine can gradually be built upon so you are doing 30 minutes each day. Remember to take it slow. You are not proving anything to anyone by going out hard for the first week – all you’ll do is lose motivation, never to return to exercise again.

One major advantage of exercise is that you will begin to crave your next exercise session. Yes, you heard it right – **crave** it. Your body knows what it loves, and after a constant routine of daily walks, within maybe a week to three weeks you will find that your body is itching to begin exercising again. Consistency is the key. They say to form a new habit takes 21 days (three weeks). Therefore, make your exercise routine a **must** for 21 days. Then watch how you no longer think about it and just do. Too easy!

“**You don’t have to take exercise seriously, just regularly**”
Exercise – The Guiding Principles

1. Think of exercise as an opportunity, not a nuisance.
2. Be moving every day, as often as you can.
3. Tally 30 minutes of moderate physical activity on most, and preferably all, days.
4. Enjoy vigorous activity for extra health and fitness when possible.
5. Set goals for motivation.
6. FUN is the key!

Before You Start

Always consult your health care professional before undertaking any exercise program, particularly for those who have not performed any exercise for a considerable length of time. Even though exercise is normally beneficial for health, people with certain health ailments (e.g. heart disease) should exercise with caution.

Guiding Principle 1

Think of exercise as an opportunity, not a nuisance.

There is a movement today that states our emotions and behaviours are a result of our thinking, or mindset, whereas some 20-30 years ago it was felt that our emotions dictated how we thought. I believe the first to be true. If we can simply view the scenario of physical activity in a different light, for instance that “exercise is an opportunity, not a nuisance”, then starting and continuing an exercise program will be a walk in the park... pardon the pun.
Guiding Principle 2

Be moving every day, as often as you can.

I liken exercise to eating: you wouldn’t eat the same thing every day for the rest of your life, nor would you skip an entire day’s eating. It is just the same for exercising. Exercise needs to be regular and also varied. Variety is the spice of life, leaving your body awake, energised and wanting more. You are able to strengthen and tone all areas of your physical body through a balanced routine, but more importantly, it is fun this way! No chance of getting bored.

Types of exercise variety:

Aerobic Activity – Benefits the heart, e.g. walking, running, cycling, swimming.

Strength or Resistance Training – Has a favourable effect on bones, and for shaping & toning muscles, e.g. push ups, squats, weights, yoga, Pilates.

Stretching – Increases flexibility and can reduce the risk of injury or stiffness, e.g. yoga, Pilates, stretching exercises.

By finding many ways to be physically active throughout your day, you are essentially cutting out the need to allocate “exercise” time. Why not make it part of your lifestyle?

There are lots of different ways to get physically active.

- Walk the dog every day. Your pet will love you for it.
- Catch up with friends for a walk rather than coffee & cake.
- Enjoy outdoor activities and local parks & gardens.
- Walk to work — get off the tram or train one stop early.
- Take the stairs at least once a day.
- Buy a pedometer (step counter) and track your steps.
- For something different, try beach volleyball, yoga or ballroom dancing.
- Join a club, recreation group or fitness centre to stay motivated & make new friends. Why not join with a friend, or if you want to be outdoors, join a group that exercises in a park.

- Go for a Sunday afternoon bike ride.

- Take the whole family to the pool for a swim.

It does not matter how you fit activity into your life as long as you enjoy it regularly.

Human Movement

As humans, we have come far in our technology advancements in recent times; however, the human body has not. The human body is essentially the same as it was hundreds of thousands of years ago. This affects how we live, breathe, eat, and everything in between. We were ‘designed’ to move, hunt, and stand, jump and interact with nature as much as we can. With the emergence of technology, this activity simply does not happen. Remote controls, cars, televisions, DVDs, computers, shopping malls, etc., make our life accessible at the touch of a button (well almost).

Yes, we as humans are evolving, without a doubt, but not at the same rate as everything around us. Therefore, it is crucial to acknowledge who we are and what we are: we are flesh and bone, not circuitry boards and copper wires. Until that day comes, and I pray it does not, we are human and designed to be active.

Guiding Principle 3

Tally 30 minutes of moderate physical activity on most, and preferably all, days.

Your 30-minute goal each day is easy to accomplish… simply tally up the time it takes to complete a series of smaller activities in your day. For example, walking the dog for 10 minutes, vacuum cleaning for 10 minutes and washing the car for 10 minutes adds up to 30 minutes of moderate exercise. You will know when you are at a moderate level when you notice a slight increase in breathing and heart rate. You will still be able to hold a conversation, but be unable to sing. Good
examples include brisk walking, mowing the lawn, digging in the garden and medium-paced swimming or cycling.

Moderate-intensity activity does not have to be continuous; however, go at least 10 minutes at a time without stopping to gain all the health benefits.

Guiding Principle 4

Enjoy vigorous activity for extra health and fitness when possible.

This Guiding Principle is an optional extra and does not replace Principles 1 to 3. Instead, it adds an extra level for those feeling confident and whose physical health allows them to progress to the next level. Vigorous physical activity is the quickest way to good health, as shown by countless studies. Please make sure you consult your local health care professional before undertaking this level of activity.

The way to know you have reached a vigorous level of physical activity is to become aware of your breathing and talking comfort level. “Huffing and puffing” and an inability to comfortably talk in conversation are the two major signs that vigorous activity has been reached. Aim to exercise 3 to 4 times a week for optimal results. Football, squash, netball, basketball, and activities such as aerobics, circuit training, speed walking, jogging, fast cycling or brisk rowing are all vigorous activities.
Guiding Principle 5

Set goals for motivation.

Please write down some goals. Goals will make your dreams tangible, identifiable and possible. Otherwise, they are just more thoughts floating around in your head. An example could be “by May 31st, I will have lost 22lbs (10kg).” Then stick your goal in a place where you will see it often (e.g. on the fridge, or the back of the bathroom door) and be sure to read it often.

“Many people fail in life, not for lack of ability or brains or even courage but simply because they have never organised their energies around a goal.” - Elbert Hubbard

Your goals need to be:

- Specific
- Realistic
- Positive
- Measurable, and
- In the present tense

Some examples of excellent goals are:

- This year I am attending a gym 2 days a week
- I am going to increase my Bicep size by 3cms in diameter
- I am going jogging 3 days a week
- By May 31st I will have lost 22lbs (10kg)
- I attend Pilates classes every Wednesday
- To gain my new physique I am walking each day
Guiding Principle 6

**FUN is the key!**

- Choose something you like doing. If you do not like running, do not run! Choose something that suits your lifestyle and that you really enjoy.
- Mix it up – you are likely to get bored doing the same exercise every day, so try to vary it. Swim one day, walk to work the next, take a dance lesson or a yoga class to keep it interesting.
- Find a friend – exercising with someone is more motivating and means you can have a good chat while getting fit.
- FORGET ‘no pain, no gain’ – while you might feel a little achy when you first start exercising, pain is not normal. If it hurts, stop.
- Do not forget the fun – try to make exercise fun. Watch TV while riding your exercise bike, do house work at a fast pace with the music turned up loud or take your walk around your favourite shops.

“Activities needn’t be strenuous or challenging, they just need to be regular.”
Chapter 13 – Relaxation

As discussed earlier, stress has a detrimental effect on the health of our kidneys. However, it is not that simple. Stress in itself is not that dangerous. The real problem is when stress rules our lives day in and day out. Stress causes our body to forget how to turn off the ‘fight or flight’ response, causing us to feel stressed even at times of rest. It is essential to have a little R & R (rest and relaxation). So knowing all this, do you think that being in a chronic state of stress contributes to some of your major health complaints?

“Inanity is doing the same thing over and over again and expecting different results”
(Albert Einstein)

8 ‘Easy As Pie’ Relaxation Techniques

1. Breathing: How many of you hold your breath or breathe shallowly? Place your hand on your abdomen and take ten deep breaths, making sure that you can see your hand move with each breath. Try to do this three times a day, especially before you eat, as the expansion of the diaphragm actually helps to turn off the fight or flight response and promote digestion. This is also an excellent exercise to do before you go to sleep, especially if you have an active brain at night.

2. Takes steps in your life to reduce your stressors: get counselling for that relationship and hire a housekeeper so you have more time to spend with your partner or kids. Take a holiday. Leave work early one day a week.

3. Start achieving your life goals. How many of you feel like you sacrificed your dreams for other things? Write down the things you wish to achieve in your life, even if they are little ones, and start taking steps to achieve them. Quit making excuses – ‘that’s impossible’ or ‘that’s too hard’
are nothing more than excuses. You can achieve anything if you put your heart and soul into it. That is really why you are here – not to be miserable in a job that you hate just so you can pay off that massive mortgage. There is more to life than that.

4. Exercise. It is a great way to release pent-up stress and energy. It improves your health and makes you feel better and more energised. There is no magic trick to this. You just have to make the effort and exercise – even if it is just going for a walk with the dog four nights a week.

5. Listen to relaxing music. Music is one of the fastest and most powerful ways to help us feel relaxed. Songs can touch our souls; music should be part of our daily lives.

6. Meditate. This is a great way to spend time with yourself. It can help you to realize what your real priorities are and identify your dreams. Meditating every day is a great way to release stress, even if you do it for just five minutes every day. (Flick to the appendix for some meditation exercises.)

7. Take a holiday! I am not just talking about packing your bags and leaving the state. Take a holiday from the job, the relationship, the kids (yes, it is okay to want to take a holiday from your kids!). Take a holiday from your stressors. This will put your life into perspective and help you to understand ways to make improvements. When you are ‘in’ your stress all the time, you get so caught up in your life that it can be hard to see the bigger picture.

8. Remember, “This too will pass.”
Meditation Exercises

Breath Count Meditation

Meditation Style: Concentration/Observation

Meditation Focus: Breathing

Level: Beginners (but also for advanced)

Recommended Duration: 5-45 minutes, 4-7 times a week

Position: Lying, sitting or walking

Benefits: Improves concentration, relieves stress, improves breathing, induces a clear, calm and focused mind

Process

1. Sit down, close your eyes and concentrate on your breathing. Be aware of every breath in and every breath out.

2. Breathe naturally and freely. Do not hinder your breathing. Pay attention to how it feels to have the air slowly move past your nose as it fills up your lungs and goes out again.

3. Notice if you breathe from your belly, your diaphragm or the top of your chest.

4. When you feel ready, you may begin to count your breaths.

5. Breathe in, one... breathe out, two... breathe in, three... breathe out, four... breathe in, five...

   breathe out, six...

6. Breathe in, thirty-seven... breathe out, thirty-eight... breathe in, thirty-nine... breathe out, forty...etc.

7. Breathe in, seventy-five... breathe out, seventy-six... breathe in, seventy-seven... breathe out, seventy-eight...etc.

8. When you feel that you have mediated for long enough, slowly bring your thoughts back to the rest of your body and the sounds in the room. Stretch your muscles and open your eyes.
9. All done.

**Side Notes:**

- Don’t worry if you start thinking about something else. Just bring your attention back to your breathing and counting. If you forget where you were up to, count from the beginning again... breathe in, one... breathe out, two... etc.

- Be aware of any sensations in your breath or body as you breathe. You don’t need to think about them; just be aware of them.

**Body ‘Feel’ Meditation**

**Meditation Style:** Concentration/Relaxation

**Meditation Focus:** Body

**Level:** Beginners (but also for Advanced)

**Recommended Duration:** 5-45 minutes, 4-7 times a week

**Position:** Lying or sitting

**Benefits:** Improves concentration, promotes feeling of relaxation, relieves stress, grounds, reduces muscular aches, induces calm and focused mind

**Process**

1. Sit down, close your eyes and concentrate on your breathing. Be aware of every breath in and every breath out.

2. Breathe naturally and freely. Do not hinder your breathing. Pay attention on how it feels to have the air slowly move past your nose as it fills up your lungs and goes out again.

3. Notice if you breathe from your belly, your diaphragm or the top of your chest.

4. When you feel ready, you may begin to feel into your body.
5. Begin feeling into your body at the top of your head, slowly working your way down to your forehead and so forth. Be aware of any sensations (e.g. heat, cold, tingling, etc.). If you don’t feel anything that is alright. Allow yourself to feel nothing at all.

6. Do the same with your eyes, nose, lips, mouth, ears and the back of your head. Notice how relaxed they feel.

7. Then progressively shift your awareness to your neck, shoulders, left upper arm, right upper arm, elbows, lower arms, hands and fingers. Concentrate on each of these areas one by one, both left and right.

8. Don’t worry if your mind wanders off. Simply bring your attention back to where you left off and continue feeling into your body.

9. Bring your attention to every conceivable body part on all sides: left, right, front, back.

10. Once you have completed down to your toes, let yourself become extremely heavy. Now you are completely relaxed and calm.

11. To finish off: tense up all your body parts for a count to three and release completely. Do this twice.

12. When you feel that you have mediated for long enough, slowly bring your thoughts back to the rest of your body and the sounds in the room. Stretch your muscles and open your eyes.

13. All done.

10/10/10 Breath Meditation

Meditation Style: Concentration/Focus

Meditation Focus: Breathing

Level: Beginners (but also for Advanced)

Recommended Duration: 5-30 minutes, 4-7 times a week

Position: Lying, sitting or walking
Benefits: Improves concentration, increases energy, relieves stress, improves breathing, induces a clear, calm and focused mind.

Process

1. Sit down, close your eyes and concentrate on your breathing. Be aware of every breath in and every breath out.
2. Breathe naturally and freely. Do not hinder your breathing. Pay attention on how it feels to have the air slowly move past your nose as it fills up your lungs and goes out again.
3. Notice if you breathe from your belly, your diaphragm or the top of your chest.
4. When you feel ready, you may begin to count your breaths.
5. **Breathe in:** one... two... three... four... five... six... seven... eight... nine... ten.
6. **Hold your breath:** one... two... three... four... five... six... seven... eight... nine... ten.
7. **Breathe out:** one... two... three... four... five... six... seven... eight... nine... ten.
8. Breathe in to your belly, up through your body, up and out to your upper ribcage.
9. Breathe in: one... two... three... four... five... six... seven... eight... nine... ten.
10. Hold your breath: one... two... three... four... five... six... seven... eight... nine... ten.
11. Breathe out: one... two... three... four... five... six... seven... eight... nine... ten.
12. Continue doing this in a steady rhythm.
13. When you feel that you have mediated for long enough, slowly bring your thoughts back to the rest of your body and the sounds in the room. Stretch your muscles and open your eyes.
14. All done.

“The most important things in life aren’t things.”
Anthony J. D’Angelo quotes
FAQs – Frequently Asked Questions

Q1. I am confused. Which phase am I supposed to be in?

Phase 1 is the only phase that you are always using. As the name suggests, ‘Phase 1 – The Essentials’ is the foundation of excellent kidney health. It therefore needs to be continually addressed. However, to make this program even more customisable for you and your individual needs, I have included Phases 2 & 3. Not all the sections in Phases 2 & 3 may be applicable to you, but, for the majority, at least one of these will work alongside Phase 1.

For example, John has kidney disease (Phase 1) and he also has diabetes (Phase 2 – Cause Section) and he suffers from blood in the urine (Phase 3 – Symptom Section).

Q2. What do I do if the diet or supplements make me feel unwell?

It is not unusual when you are changing your diet and lifestyle to notice a few mild digestive symptoms like nausea or wind. If you find that you are experiencing more severe symptoms, seek advice from your doctor or health care professional. They may advise you to either stop or reduce your supplements temporarily (e.g. for a few days or a week) to give your body time to adjust. Always consult your doctor or health care professional with your concerns.

Q3. If I take a higher dose of the supplements, will the process be quicker?

No, definitely not. You can have too much of a “good thing” and therefore increase the chance of unwanted side effects. Please always stay within the recommended dosages for all your medicines and supplements. Everything needs a certain length of time to work most effectively. You do not bake a cake by increasing the temperature listed on the recipe in the hope that it will cook faster, do
Q4. When should I expect to see some results?

Results vary from person to person. You might start to feel an increase in energy within the initial stages, Week 1 to 4, or it could be by Week 8. What I do know is this: because of the seriousness of kidney disease, it can take until Week 12 for 99% of the participants to appreciate the benefits in full. Hang in there. Kidney disease did not just happen overnight, so it will take some time to turn it around.

In addition, because everybody is different, the first healing response you experience will not always be the same as for somebody else. Your first sign could be easier breathing, an increase in energy, a reduction in fluid retention, an increase in appetite or even a more balanced urinary flow or frequency. No matter what it is, take note, as it is only going to get better.

Lastly, to see results on paper (test results), I recommend having your first round of tests completed 12 weeks from the first day of starting the Kidney Disease Solution. This period will allow the full benefits of the program to take hold and give amazing results. I would then continue to have your tests completed every 12 weeks thereafter for the first year to track your progress.

Q5. The dosages you recommend for herbs vary greatly to what is recommended on the label. Why is this?

Unfortunately, herbal medicine dosages can be tricky, so it is wise to know how much of the herb you are actually taking. All the herbal dosages I have detailed in my eBook refer to the overall weight of the herb prior to tablet or capsule manufacturing. For instance, I may recommend that you have 45g of Milk Thistle a day – however, if the tablet size were actually 45g, it would weigh as much as a chocolate bar! What herbal manufacturers have done is extract all of the key ingredients for the herb and then placed that in a tablet/capsule – so 45g of the herb can fit into a tablet/capsule.
weighing only 500mg. Does that make sense? To make things trickier, some manufacturers do not refer to the original weight of the herb and only refer to the actual weight of the tablet or capsule. If this is the case, and you do not know how much to take, then I would follow the directions on the label.

Q6. I am pregnant. What can and can’t I do within this program?

As with all medications, you need to check if they are OK during pregnancy. However, as a general rule, I would not take any supplement for the first trimester. Always consult your doctor and the manufacturer of the supplement that you are wishing to take before consumption, and always read the labels.
Resources

Supplements – To get you started straightaway!

Everyone is different, and the beauty of my program is that it caters for each individualized need. However, sometimes it is great to get direction. Here is a list of the base/foundational kidney remedies from which to choose.

**PLEASE NOTE:** THESE ARE ONLY SUGGESTIONS. DO NOT FEEL THAT YOU MUST PURCHASE THE SUPPLEMENTS DESCRIBED BELOW. YOU MAY PURCHASE WHICHEVER BRAND YOU DESIRE THAT MEETS THE REQUIREMENTS WITHIN THE PROGRAM. It is always a good idea to check your local health store first.

Examples/Suggestions:

1. **Dan Shen & Tienchi Ginseng: Fu Fang Dan Shen Pian** (UK based – will ship worldwide)
   
   [http://www.springherb.co.uk/Fu_Fang_Dan_Shen_Pian.html?gclid=CKaT5_2Y-poCFYEvpAodMBnaeA](http://www.springherb.co.uk/Fu_Fang_Dan_Shen_Pian.html?gclid=CKaT5_2Y-poCFYEvpAodMBnaeA)

2. **Astragalus**
   
   
   World Wide: [http://www.iherb.com/Astragalus?gclid=CMCet6ue-poCFRUupAoduDvLeA](http://www.iherb.com/Astragalus?gclid=CMCet6ue-poCFRUupAoduDvLeA)
   
   Australia:
   

3. **Rehmannia**
   
   World Wide: [http://www.nutriherb.net/rehmannia-glutinosa.html](http://www.nutriherb.net/rehmannia-glutinosa.html)
4. **Alpha Lipoic Acid:**

- iHerb: (USA & Worldwide)
  - [http://www.iherb.com/Alpha-Lipoic-Acid-300-mg](http://www.iherb.com/Alpha-Lipoic-Acid-300-mg)
  - [http://www.iherb.com/Alpha-Lipoic-Acid-600-mg](http://www.iherb.com/Alpha-Lipoic-Acid-600-mg), OR

- Biovea Alpha Lipoic Acid: (UK)

- Vitamin Me: (Australia)

**General Online Stores To Order From:**

- Vitamin Shoppe: [http://www.vitaminshoppe.com](http://www.vitaminshoppe.com) (USA & Worldwide Delivery)
- Discount Supplements: [http://www.discount-supplements.co.uk/](http://www.discount-supplements.co.uk/) (UK Delivery)
- Health With Herbs and Nutrition: [http://www.healthwithherbsandnutrition.co.uk](http://www.healthwithherbsandnutrition.co.uk) (UK Delivery)
- ChineseHerb.co.uk – search for the herb in their search bar - [http://www.chineseherb.co.uk/](http://www.chineseherb.co.uk/)

**Online Stores To Make Tea Blend – Dried Herbs Distributors**

- USA: [http://www.herokuical.com/](http://www.herokuical.com/) (will ship internationally)
Online Information, Organisations & Associations

- Kidney Health Australia: [www.kidney.org.au](http://www.kidney.org.au)
- National Kidney Foundation: [www.kidney.org/kidneydisease](http://www.kidney.org/kidneydisease)
- Web MD: [www.webmd.com/a-to-z-guides/understanding-kidney-disease-basic-information](http://www.webmd.com/a-to-z-guides/understanding-kidney-disease-basic-information)

Other Useful Sites

- Healthnotes is one of the most comprehensive websites to date on health. Includes herbs, nutrition, recipes, drug-herb-nutrient interactions, and a whole host more: [http://www.vitamins.com/vf/healthnotes/HN75_english/Index/All_Index.htm](http://www.vitamins.com/vf/healthnotes/HN75_english/Index/All_Index.htm)
- WholeHealthMD.com: [http://www.wholehealthmd.com/ME2/dirmod.asp?sid=17E09E7CFFF640448FB0B4FC1B7FEF0&type=AWHN&nm=Reference+Library&mod=Home&style=1](http://www.wholehealthmd.com/ME2/dirmod.asp?sid=17E09E7CFFF640448FB0B4FC1B7FEF0&type=AWHN&nm=Reference+Library&mod=Home&style=1)
- Vitamin & Mineral Website: [http://lpi.oregonstate.edu/infocenter/](http://lpi.oregonstate.edu/infocenter/)
- Nutrition and Dietary Website: [http://www.nutritiondata.com/](http://www.nutritiondata.com/)

He who has health has hope; and he who has hope has everything.
(Arabian Proverb)
Have You Enjoyed The Kidney Disease Solution Experience?

I hope so. In fact, I hope you are a rave reviewer!

If you have applied any of the remedies, tips, suggestions, or the complete program, and have achieved greater health, we would love to hear from you.

We always look forward to hearing success stories; this is what this program is all about, so please do not be shy. Drop us an email at support@beatkidneydisease.com and tell us your good news!

Also, please let us know if I can share your story with others via our website (www.beatkidneydisease.com). Your feedback helps spread the word to many others who may be unsure whether to embark on the road to health “The Kidney Disease Solution” way.