



Wellness Minute

Health Information You Can Use On Your Path To Wellness

How He Got DRAMATIC Results

With His Dialysis Patients Using THIS **Kidney Protocol**



Kidney Health

“Processed foods create a chemistry in your blood that causes more free radicals, which make it more difficult for a damaged kidney to rebuild and repair.”

It seems like dialysis clinics are springing up everywhere. Due to all the processed foods and environmental toxins, our liver and kidneys are taxed in ways we've never seen before. Twenty years ago, it was rare for someone to have kidney problems. Now, it's commonplace.

Let's talk about some simple tests that your wellness clinician may order to assess your kidneys and what they mean. Let's start with a simple urine test, Specific Gravity. If the result is less than 1.020, your kidneys are not concentrating or filtering properly. Make sure you drink at least 8 glasses of pure water daily and retest in 30 days to see if the result is still below 1.020. Less

than 1.020 means the kidneys have lost approximately 20% of their function. Just to be clear, we are not measuring disease, rather the health or function of the kidneys, long before disease is apparent.

Next, look at two blood tests: Creatinine and BUN. Creatinine is a waste product formed by the decomposition of creatine. This composition occurs naturally due to muscle contraction. Blood Urea Nitrogen, BUN, for short, measure the amount of Urea nitrogen found in blood. The liver produces urea in the urea cycle as a waste product of the digestion of protein. The kidneys, as filtering organs, remove creatinine and urea nitrogen from blood. Some researchers

state if the result of a Creatinine and BUN test is above the lab range, kidneys have lost 70-80% of function, and we are assessing disease. Another test based on Creatinine, the age, and sex of the patient, is called Glomerular Filtration Rate or GFR. When levels are under 60 consider preventative therapies.

These tests may seem a little boring, so let me shift gears that brings more hope. One of the things I love about going to seminars in person is the opportunity to hear and share success stories with other wellness clinicians. While attending a seminar on interpreting Blood Chemistry a physician at the seminar reported dramatic results with

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

12 of his dialysis patients using nutrients. When someone is receiving dialysis treatments, repeat testing is essential to monitor progress. Eventually, as patients were monitored, it became clear that their kidneys were beginning to filter and concentrate themselves to the point where they no longer needed the therapy. Please understand, "I am NOT saying we can get all patients off their life saving devices, like dialysis, but I AM saying we should support and feed the body whenever the need for advanced equipment is necessary to augment therapies." And of course, if we can prevent or treat early, perhaps we can avoid using costly and inconvenient procedures whenever possible.

Your wellness clinician can help you assess which nutrients are best for you. Here is the rationale of two of the six nutrients that this medical doctor shared to feed the kidneys and enhance function. First, damaged kidney tissues are exposed to greater levels of free radicals. All the cells in the body, but especially kidney and heart cells, have more concentrated levels of Coenzyme Q10. CoenzymeQ10 works as a free radical scavenger or an antioxidant inside the mitochondria or energy power plant of the cell.

CoQ-Zyme 100 Plus from Biotics Research is a pre-emulsified form of Coenzyme Q10 and will

raise blood levels higher and much faster than dry forms. One capsule, twice a day, provides 200 mg of Coenzyme Q10 as well as the co-factors needed for an energy cycle called the Citric Acid Cycle to work efficiently.

Next, Cytozyme-KD supplies neonatal kidney tissue to spark rebuilding. Neonatal glands from Biotics Research are from animals, 1-3 days old. A young kidney is at the height of anabolic growth when it is in the earliest days of life. So, neonatal tissue provides specific raw materials for kidney repair.

As a footnote, I want to remind you, processed foods create a chemistry in your blood that causes more free radicals, which make it more difficult for a damaged kidney to rebuild and repair. It has been shown that many of the commercial foods we consume have glyphosate, as well as other toxins, in addition to a depletion of essential minerals. So, please take your diet seriously. We need to give the body what it needs to heal. Your wellness clinician invests thousands of hours studying health, and they can save you time and energy. Your health is your most valuable asset, and your wellness clinician can help you get back on the road to health.