

kidney health

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Are Your Kidneys Causing Health Problems?

Find out why you should pay more attention to the health of your kidneys. In this ebook learn more about the 5 Forgotten Kidney Functions and get 9 Tips for Kidney Disease Prevention.

Your kidneys are powerful, important organs for body's functioning and overall health. They perform many functions necessary for your well being, that you probably are not even aware of. For instance, did you know that the kidney's perform the following functions?

- remove waste products from the body
- remove drugs from the body
- balance the body's fluids
- release hormones that regulate blood pressure
- produce an active form of vitamin D that promotes strong, healthy bones
- control the production of red blood cells

Although it is important to know why the kidneys are so important, being informed of early warning signs and signals of kidney problems is crucial. According to the National Kidney Foundation, one in nine Americans has chronic kidney disease, but many do not even know it. Another 20 million people are at an increased risk of developing the disease.

"Awareness of risk factors such as diabetes and hypertension and the need for screening can go a long way toward early detection and prevention of kidney disease," says Allan Collins, MD, president-elect of the National Kidney Foundation and Director of

Leading Causes of Kidney Problems and Chronic Kidney Disease

The leading causes of kidney problems include diabetes and high blood pressure.

Diabetes increases pressure inside the kidney's filters. Over a period of time, this pressure damages the filters, which then leak protein into the urine. Diabetes is a disease in which your body does not make enough insulin or cannot use normal amounts of insulin properly. This results in a high blood sugar level, which can cause problems in many parts of your body. Diabetes is the leading cause of kidney disease.

Helpful natural treatments from Native Remedies:

- [Insulate Plus](#). Natural remedy for reduced risk of insulin resistance and healthy living benefits.
- [Diabetonic](#). Helps keep sugar levels stable, reduces cravings for sweets.
- [Vizu-All](#). Counteracts and protects against damage caused to the eye.

High blood pressure is another common cause of kidney disease and other complications such as heart attacks and strokes. High blood pressure, or hypertension, means that the pressure of your blood against the walls of your blood vessels increases. If left untreated, hypertension can lead to chronic kidney disease, heart attacks and strokes. When high blood pressure is controlled, the risk of complications such as chronic kidney disease is decreased.

Helpful natural treatments from Native Remedies:

- [High-Rite](#). Balances, regulates and controls blood pressure and addresses the factors causing it.
- [Aqua-Rite](#). Companion remedy for High-Rite, especially in cases where water retention is associated with high blood pressure. Acts as natural diuretic to assist with balancing blood pressure.
- [Cholesto-Rite](#). Helps lower bad LDL levels and maintain good HDL levels naturally.

You may be at risk for kidney problems and chronic kidney disease if you have one or more of the following:

- You have diabetes
- You have high blood pressure
- You have a family history of chronic kidney disease

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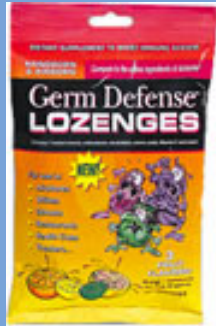
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Getting sick (or at least pretending to) was sort of fun back in the old da



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- You are 60 years of age or older
- Your ethnic background is African-American, Hispanic, Asian or Pacific Islander

Reduced kidney function also is associated with poorer psychosocial functioning, higher anxiety, higher distress, decreased sense of well-being, higher depression, and negative health perception. Dialysis patients report significantly lower "happiness with personal life" and lower psychosocial functioning than transplant recipients, according to a study done by the Kidney Disease Outcomes Quality Initiative.

There are additional symptoms that could indicate decreased kidney functioning, or kidney disease. They are:

- fatigue, a loss of energy
- poor appetite
- difficulty sleeping
- dry, itchy skin
- muscle cramping at night
- swollen feet and ankles
- puffiness around the eyes, particularly in the morning
- the need to urinate more often, especially at night
- unexpected weight loss or gain

It is important to know that if kidney problems are left unchecked, they can lead to other serious health problems – like cardiovascular disease – as well as kidney failure and could potentially be fatal.

Now that you know the importance of healthy kidney functioning, use National Kidney Month to prepare your prevention plan and improve your chances of maintaining your kidney health.

References: National Kidney Foundation; Kidney-Pain.com; Kidney Disease Outcomes Quality Initiative

9 Prevention Tips to Keep Your Kidneys Healthy

1. If you don't already know your complete family health history, learn all you can. Research whether or not anyone in your family has chronic kidney disease, diabetes, high blood pressure (hypertension), coronary heart disease or protein or blood in the urine.
2. Visit your doctor for regular checkups and screening for these diseases, including a request for blood and urine tests.
3. Keep your weight in check. Being overweight can increase your chances of developing diabetes, heart disease and other problems, and is also associated with chronic kidney disease. Make sure to follow a proper and balanced diet.
4. Start exercising by walking for 30 minutes at least three times a week. Exercise helps control weight and can alleviate hypertension.

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5. Limit salt intake to control high blood pressure.
6. Keep hypertension and diabetes in control.
7. If you smoke, quit! Smoking can contribute to a host of health problems including lung cancer, heart disease and hypertension, as well as contribute to kidney deterioration.
8. Avoid taking large amounts of painkillers, especially drugs containing a combination of caffeine, acetaminophen and aspirin. Combination agents such as these are associated with an increased risk of kidney disease. It has been observed that a daily dose of eight to ten tablets or capsules of acetaminophen alone can damage the kidneys over a five-year period. Non-steroidal anti-inflammatory drugs containing ibuprofen as well as those containing naproxen sodium can also harm the kidneys, but only if the kidneys are already under stress.
9. Limit your intake of alcoholic beverages. Alcohol can both cause and worsen hypertension.

National Kidney Foundation

Promote Kidney Health Naturally, Effectively & Safely with Herbal and Homeopathic Treatments

- [Kidney Dr.](#) – improves functioning of both healthy and diseased kidneys and acts as a tonic for the entire urinary system
- [UTI-Clear](#) – relieves and treats the symptoms of Cystitis, Bladder infections and Urinary Tract Infections (UTIs)
- [UT Tonic](#) – relieves a range of bladder and urinary tract problems including burning while urinating, involuntary incontinence, kidney problems, gallstones and weak bladder. SAFE during pregnancy, nursing and for all ages!
- [Insulate Plus](#) – helps maintain healthy insulin levels as well as the health and functioning of the liver, heart and pancreas.
- [High-Rite](#) – balances and regulates blood pressure and controls hypertension
- [Stop Smoking UltraPack](#) – controls nicotine cravings and withdrawal symptoms to help quit smoking
- [ImmunityPlus](#) – optimizes and boosts immune system functioning without antibiotic resistance
- [Prostate Dr.](#) – treats BPH and addresses major symptoms of BPH and prostate problems
- [Fatigue Fighter](#) – boosts energy levels and fights fatigue

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Caring for Your Pet's Kidneys

Kidney disease is one of the more common conditions encountered in aging pets. A vital organ, the kidney controls levels of metabolic breakdown products, electrolytes and other products of metabolism in the blood by excreting excesses in the urine.

Aging is a key cause of kidney problem in animals. As pets age – usually after 10 years or so - they develop some degree of kidney damage, but signs of kidney failure do not develop until about two thirds of the kidneys' tissues are damaged.

Whereas long term kidney disease is one of the most common medical problems seen in older dogs and cats, kidney related problems can also be seen in young animals. There are many other causes of kidney problems. Some of the most common include bacterial and viral infections, poisons, tumors, injuries and parasites. Kidney disease often occurs as a result of infections in other areas of the body such as the bladder, uterus, lungs, and especially infected teeth.

We believe that utilizing natural remedies for your pet's health and you can keep your cherished pets happy and well for many years.

"The vet recommended LiverAid for our diabetic dog who was always tired and unable to even go for her walk. She has been ill with a variety of problems and has had to take lots of different medication and antibiotics and I think her system just caved in. We began to see improvement in only 10 days and now after three weeks we are taking small walks together again - a little more every day. I have great confidence in your remedies and my whole family uses your remedies for people - it seems like your pet remedies are of the same high quality! Thank you for always delivering on your promises!"

– William

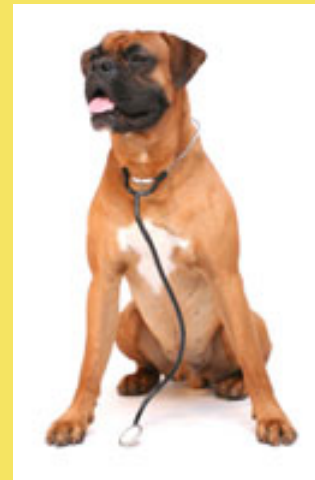


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Naturally treat a wide range of pet disorders and conditions such as Stress, Anxiety, Skin, Immunity, Diabetes, Heart and Circulation, Joint Pain, Aggression, UTI, Liver, Muscle and Joint, and many more.

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