

Natural Help 4...

The Kidneys



What are Kidney Diseases?

The kidneys are two bean-shaped organs, about 5 inches long and 3 inches wide. They are dark red in color, and located on either side of your spine in the middle of your back, just below your rib cage. The right kidney lies a little lower than the left kidney. The kidneys together with the bladder, **two ureters and single urethra** constitute the urinary system.

Each kidney is covered with a transparent, fibrous membrane called a renal capsule which protects it against infection and trauma. Each kidney contains millions of microscopically thin structures called nephrons which **filters the blood and causes waste to be eliminated in the form of urine**. The kidneys do not weigh much - approximately 0.5 percent of your body weight.

Too many waste products that build up in the bloodstream can cause a wide range of kidney disorders may develop. Diabetes and high blood pressure are the major causes of [kidney disease](#). By **managing your sugar levels, checking your blood pressure regularly**, having regular blood and urine tests to monitor kidney health and function will help to ward off [kidney disease](#). In addition, eat healthy, balanced meals, exercise regularly and stop smoking are a few small changes that can make a huge difference to your kidney function.

Function of the Kidneys

The kidneys have several important functions and they include:

- Separates urea, mineral salts, toxins and other waste products from the blood
- Conserves water, salts and electrolytes
- Filters metabolic wastes from the blood plasma and excretes it from the body
- Removes and breaks down toxins in the body by getting rid of it in the urine
- Balances the volume of body fluid and mineral content
- Responsible for ensuring that blood pressure remains steady over the long term
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- Excretes extra acid that the body produces
- Excretes water and electrolytes to match water intake and endogenous production
- Secretes hormones Erythropoietin (EPO) to make more red blood cells
- Activates Vitamin D to maintain healthy bones

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Diagnosing Kidney Disease ?

- **Polycystic kidney disease (PKD)** is an inherited disease in which numerous cysts filled with fluid form in the kidneys, causing them to become enlarged.
- **Nephrotic syndrome** is a [kidney disease](#) characterized by a massive leak of protein (albumin) into the urine (proteinuria), a low blood level of albumin due to the large amounts lost in the urine, an increased level of cholesterol in the blood and retention of fluid in the body (edema) causing swelling.
- **Lupus nephritis** is an inflammation of the kidney caused by a disease of the immune system, systemic lupus erythematosus (SLE).
- **Diabetic nephropathy** is a kidney condition that occurs as a result of diabetes.
- **Glomerulonephritis** is a type of [kidney disease](#) caused by inflammation of the internal kidney structures.
- **Pyelonephritis** is an infection of the kidney and the ureters.
- **Rhabdomyolysis** is a disorder involving injury to the kidney.
- Kidney stone is a hard, stone-like mass developed from crystals that forms in the kidneys or urinary tract
- **Renal tubular acidosis (RTA)** occurs when the kidneys fail to excrete acids into the urine, and as a result a person's blood remains too acidic.
- **Acute renal failure** occurs when your kidneys stop working
- **Chronic renal failure** is a condition in which kidney function gradually declines

Help for Kidney Diseases

[Treating kidney disease](#) and conditions generally depends on the type of condition that the individual may have. Medications include several prescription drugs such as antibiotics and steroids. People **suffering from high blood pressure and diabetes** should monitor and control these conditions to prevent further damage to their kidneys. If kidney failure occurs, dialysis which involves the blood being filtered by an artificial kidney machine is required. In cases where kidney failure is severe and irreversible, a kidney transplant may be necessary.

Natural herbal remedies are often used in combination with synthetic drugs **to treat kidney problems**. Not only are these herbs gentle to use on the body but they provide the same benefits without harsh side effects.

Herbs such as *Agathosma betulina* (Buchu) possess diuretic properties and acts as urinary antiseptic while *Berberis vulgaris* (Barberry) **improves immune functioning** and is excellent for kidney stones, gallbladder problems and an enlarged spleen. Other herbal ingredients that are extremely beneficial for kidney health include *Polygonum multiflorum*, *Schizandra chinensis* and *Trigonella foenum-graecum*.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed



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**Michele Carelse, Clinical
Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic

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medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Kidney Dr.: Support the urinary system and maintain healthy kidney function

Kidney Dr. is a 100% natural herbal remedy containing herbs known for their tonic effect on the kidneys and the maintenance of health in the entire urinary system. Regular use **supports healthy kidney function** as well as the **body’s natural ability to flush out toxins and filter waste** – an important function of the kidneys.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the potency, bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

In **combination with a healthy lifestyle and diet** which excludes excess sugar, stimulants, artificial preservatives, colorants and excessive alcohol intake, Kidney Dr. can make all the difference, without compromising health or risking serious side effects.

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ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

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The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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