

Kidneys

Description

Kidneys

You can use this as a starting point for your own re

You can use drugs.com or other trusted health websit

Kidneys

What can increase kidney damage

Statins

Proton pump inhibitors like omeprazole

Soda

Fibrates (used to lower triglycerides)

High salt

High phosphorus

What helps treat kidney damage the best?

Baking soda (food grade best) 1/8 ts twice a day

Cordyceps mushroom

N-acetylcysteine

D-mannose is a no calorie sugar in cranberries that
Organic natto 1/4 ts 2x a day on empty stomach
Anti-inflammatories: Alpha lipoic acid, turmeric & b

alienherbalist.com/n-acetylcysteine-nac/

What else may help damaged kidneys heal?

Alpha lipoic acid & carnosine amino acid
Black seed oil

Hawthorne
Yellow peas
Reishi mushroom
Chamomille
Garlic & onions
Organic strawberries
Tocotrienals vitamin E (four types) in meal with fat
Rhubarb

Bladder incontinence

Kegels

Kegel exercises help stop bladder incontinence. The

Botox

Botox is a poison whose side effects can be urinary

Medications that may help bladder incontinence-

Fesoterodine (Toviaz)
Mirabegron (Myrbetriq)- side effects are increased b
Solfenacin (Vesicare)
Trospium (Sanctura)
Oxybutynin
Oxybutynin extended release (Ditropan XL)
Oxybutynin patch OTC (Oxytrol)
Oxybutynin topical gel (Gelnique)

These drugs are anticholinergics, reducing choline i

For some people with Parkinson's, anticholinergics m

Other adverse effects of anticholinergics can be dry

<http://www.mayoclinic.org/diseases-conditions/urinar>

A major review found:

"Where the prescribing choice is between oral immedi

Cochrane Database Syst Rev. 2012 Jan 18;1:CD005429.

Which anticholinergic drug for overactive bladder sy

Madhuvrata P1, Cody JD, Ellis G, Herbison GP, Hay-Sm

Testing

A simple dipstick urine protein test at 91% catches
www.ncbi.nlm.nih.gov/pmc/articles/PMC3171943/

Then best to use serum creatinine, cystatin C, and B

<http://www.ncbi.nlm.nih.gov/pubmed/20224047>

Vegetables for kidney health

Potassium helps to lower blood pressure. Too much p

Red bell peppers

Cabbage, cauliflower and kale

Asparagus, string beans and celery

Garlic and onions

Mushrooms

Apples, pears peaches and cherries

Watermelon

Blueberries, strawberries, raspberries and cranberri

Sweet potatoes

Green tea

Nuts and seeds

Red and purple grapes

Eggs

Wild-caught Alaskan sockeye salmon

Olive and coconut oils

<http://articles.mercola.com/sites/articles/archive/2>

Exercise

Engaging in aerobic and strength training exercise s

Kidney disease

Good to:

limit protein&sodium

lose weight

lower blood pressure & treat diabetes

take d-mannose (the sugar in cranberries that preven

In people with kidney disease, alfalfa, ginger & gin

Warfarin decreases stroke in kidney disease but incr
<http://www.ncbi.nlm.nih.gov/pubmed/22894575>

Fibrates and kidney damage

Fibrates are used to reduce triglycerides and may ca

Statins and kidney damage

Statins are used to lower cholesterol and may cause

Kidney stones

Sugar and especially high fructose corn syrup appear

Regular pop use may double kidney damage & can cause

Lasix (furosemide), Topomax (topiramate), and Xenica

High flouride levels in water may double kidney ston

Drinking more water may help reduce kidney stone fre

Calcium Stones. The most common kind of kidney stone

Avoiding foods rich in oxalates- nonfermented soy, b

Calcium taken as a supplement builds up in the arter

Struvite stones

Urinary tract infections appear to cause them, and m

Uric acid stones are often seen with gout. Reducing

Cystine stones

Cystine stones are the least common & come from a he

Kidney stones & pain

Stones cause pain when they block urine in the urete

"So kale is off the hook: it only contains 17 millig
Kale sheds bum rap on kidney stones | Medill Reports
news.medill.northwestern.edu/chicago/kale-sheds-bum-

<http://articles.mercola.com/sites/articles/archive/2>

<http://www.webmd.com/drugs/2/drug-11325/sodium-bicar>

Treatment

Kidney stones may be reduced with drinking a lot mor

Jumping safely on a mini or full trampoline as well

People with kidney stones have a high correlation wi

People with struvite or calcium oxylate stones shoul

<http://www.webmd.com/kidney-stones/news/20060907/ora>

<http://www.nytimes.com/health/guides/disease/kidney->

<http://kidney.niddk.nih.gov/Kudiseases/pubs/kidneyst>

<http://www.prevention.com/health/health-concerns/doe>

<http://www.webmd.com/kidney-stones/news/20130515/sug>

<http://www.loyolamedicine.org/transplant/newswire/fe>

Chanca piedra may help dissolve kidney stones.
<http://www.livestrong.com/article/318343-chanca-pied>

Frequency specific microcurrent (FSM) & kidney stone
FSM machines may be able to help pass kidney stones

Acute interstitial nephritis (AIN)

AIN is where the spaces between the kidney tubules b

Drugs linked with acute nephritis

Over 100 drugs are known to trigger AIN. They includ

Antibiotics (beta-lactams [cephalosporins and penici
Non-steroidal anti-inflammatory drugs (almost all ha
Diuretics (particularly those with a sulphonamide mo
Allopurinol, calcium channel blockers, angiotensin-c

<http://www.pharmaceutical-journal.com/learning/learn>

Kidney failure and proton-pump inhibitors (PPIs)

PPIs cause fractures, a 300% increase in pneumonia,

PPI's are apparently largely behind the national sur

Proton Pump Inhibitor Use and the Risk of Chronic Ki
Benjamin Lazarus et al.

JAMA Intern Med. 2016;176(2):. doi:10.1001/jamainter

Proton Pump Inhibitor Usage and the Risk of Myocardi

Nigam H. Shah, Paea LePendur, Anna Bauer-Mehren, Yohan PLOS

Published: June 10, 2015

DOI: 10.1371/journal.pone.0124653

Overutilization of Proton Pump Inhibitors: A Review
Joel J Heidelbaugh, Kathleen L Goldberg and John M I
The American Journal of Gastroenterology 104, S27-S3

Failing the Acid Test Benefits of Proton Pump Inhibitors
Mitchell H. Katz, MD

Arch Intern Med. 2010;170(9):747-748. doi:10.1001/ar

Härmark L, van der Wiel HE, de Groot MC, van Groothe

Ray S, Delaney M, Muller AF. Proton pump inhibitors

Preventing kidney failure

Turmeric (w/ a touch of black pepper, 3/1000ths) is

Turmeric: Reemerging of a neglected Asian traditional
Parviz Khajehdehi

J Nephropathol. 2012 Apr; 1(1): 17-22.

doi: 10.5812/jnp.5

PMCID: PMC3886164

Effect of Turmeric, Turmerin and Curcumin on H₂O₂-In
Hari H.P Cohly, Annette Taylor, Michael F Angel, Abd
Free Radical Biology and Medicine

Volume 24, Issue 1, 1 January 1998, Pages 49-54

Protective effects of ginger-turmeric rhizomes mixture
Gamal Ramadan, and Omar El-Menshawy

DOI: 10.1111/1756-185X.12054

Issue International Journal of Rheumatic Diseases
International Journal of Rheumatic Diseases

Volume 61, August 2013, Pages 119–129

Protective effects of herbal antioxidants on diabetic
Nasri, Hamid, and Mahmoud Rafieian-Kopaei
Journal of Research in Medical Sciences 19.1 (2014)

Plant-derived health-the effects of turmeric and cur
DE LA CÚRCUMA, EFECTOS SALUDABLES, and Y. DE LOS CUR
Nutr Hosp 24.3 (2009): 273–281.

Curcumin ameliorates renal failure in 5/6 nephrectom
Ghosh, Siddhartha S., et al.
American Journal of Physiology-Renal Physiology 296.

Protective effects of the dietary supplementation of
Md Rezaul Karim, Abedul Haque, Khairul Islam, Narsha
Bangladesh Med Res Counc Bull 2010; 36: 82–88
DOI: 10.3329/bmrcb.v36i3.7287

Renoprotective effect of the antioxidant curcumin: R
Joyce Trujillo, Yolanda Irasema Chirino, Eduardo Mol
Redox Biology
Volume 1, Issue 1, 2013, Pages 448–456

Curcumin, a diferuloylmethane, attenuates cyclosporin
Naveen Tirkey, Gaganjit Kaur, Garima Vij and Kanwalj
Pharmacology division, University Institute of Pharm
BMC Pharmacology 2005, 5:15 doi:10.1186/1471-2210-5

Curcumin prevents diabetes-associated abnormalities
Jane Chiu, M.Sc., Zia A. Khan, Ph.D., Hana Farhangkh
Nutrition
Volume 25, Issue 9, September 2009, Pages 964–972

Anti-inflammatory

Along with turmeric, the anti-inflammatory alpha 1

Baking soda

Taking baking soda (sodium bicarbonate) when bicarbo

K. L. Raphael, R. A. Murphy, M. G. Shlipak, S. Satte

American Society of Nephrology (ASN). "Low blood lev

Bicarbonate supplementation slows progression of CKD
de Brito-Ashurst I, Varagunam M, et al.

J AM Soc Nephrol. 2009 Sep; 20(9):2075-84

Prevention of Contrast-Induced Nephropathy With Sodi
A Randomized Controlled Trial¹⁰

Gregory J. Merten, MD; W. Patrick Burgess, MD, PhD;
JAMA. 2004;291(19):2328-2334. doi:10.1001/jama.291.1

Long-term ammonium chloride or sodium bicarbonate tr
Torres VE, Cowley BD Jr, Branden MG, Yoshida I, Gatt
Exp Nephrol. 2001;9(3):171-80.

Oral sodium bicarbonate reduces proximal renal tubul
Rustom R1, Grime JS, Costigan M, Maltby P, Hughes A,
Ren Fail. 1998 Mar;20(2):371-82.

<http://bestpractice.bmj.com/best-practice/pdf/patien>

<https://www.kidney.org/news/ekidney/april09/BakingSo>

<http://www.news-medical.net/news/20100927/Daily-dose>

<http://www.drwhitaker.com/7-baking-soda-health-benef>

[How to Repair Your Kidneys Naturally Using Baking](#)

[2] <http://positivemed.com/2015/11/04/how-to-repair->

[3] <http://livingtraditionally.com/how-to-repair-you>

[4] http://www.earthclinic.com/cures/kidney_disease.

Baking soda to treat overdose

Baking soda is used to treat many poisonings or over

Baking soda & crush syndrome

Taking baking soda and mannitol may help stop myoglo

Early and intensive fluid replacement prevents acute
Altintepe L, Guney I, Tonbul Z, Türk S, Mazi M, A?ca
Ren Fail. 2007;29(6):737-41.

<http://articles.mercola.com/sites/articles/archive/2>

Cordyceps mushroom

Cordyceps may improves kidney function by over 50%,

Jiang, J.C., Gao, Y.F. [Summary of treatment of 37 c

Zhu, J.S., Halpern, G.M., and Jones, K. (1998): The

Zhu, J.S., Halpern, G.M., and Jones, K. (1998): The

Chen, Y.P., Liu, W.Z., Shen, L.M., Xu, S.N. Comparis

Medicinal Effects and Utilization of Cordyceps (Fr.)
Takashi Mizuno

International Journal of Medicinal Mushrooms

DOI: 10.1615/IntJMedMushrooms.v1.i3.80 pages 251-261

<http://www.earthpulse.com/src/subcategory.asp?catid=>
[http://www.kidney-treatment.org/herbal-medicine/529.](http://www.kidney-treatment.org/herbal-medicine/529)
<http://www.alohamedicinals.com/cordyceps.pdf>
<http://www.corenutritional.com/customer/pages.php?pa>

Soy

16g a day of soy in one study restores kidney function
nature.com/ejcn/journal/v57/n10/abs/1601688a.html

Isolated Soy Protein Consumption Reduces Urinary Albuminuria
Sandra R. Teixeira, Kelly A. Tappenden, LeaAnn Carso

Soy-Protein Consumption and Kidney-Related Biomarkers
Leila Azadbakht, PhD, , Ahmad Esmailzadeh, PhD
Journal of Renal Nutrition
Volume 19, Issue 6, November 2009, Pages 479-486

Regular soy is not healthy for men because of its high sodium content

Salt

High salt intake as well as diet soda doubles kidney disease risk.
Brown tea increases risk.
Melamine is found when plastic bowls are heated & in baby formula.
NutraSweet (aspartame) causes kidney dysfunction.
NSAIDs like aspirin, ibuprofen, & naproxen can cause kidney damage.
Soda pop increases kidney disease.
BPA & BPS on receipts cause kidney disease.
Statins can cause kidney failure
Calcium from supplements causes kidney stones, from

Hawthorne

Hawthorne may help kidneys & reduces blood pressure.

<http://www.kidney-cares.org/hypertensive-nephropathy>
<http://healthybodydaily.com/doctor-oz-supplements/dr>
<http://nccam.nih.gov/health/hawthorn>

Yellow peas

Yellow garden peas \bp & may help kidney disease &

<http://www.sciencedaily.com/releases/2009/03/0903221>

Blood pressure medications

ACEinhib like lisinopril or ARBs like candesartan pr
http://www.medscape.com/viewarticle/445180_5

Carnosine and alpha lipoic acid

Carnosine and alpha lipoic acid may help stop kidney

<http://www.wellnessresources.com/health/articles/how>
<http://www.life-enhancement.com/magazine/article/228>
http://www.lef.org/magazine/mag2010/may2010_Innovati
<http://www.ncbi.nlm.nih.gov/pubmed/15703366>

Reishi

The reishi mushroom may stop kidney disease.

http://www.lef.org/magazine/mag2013/feb2013_how-reis
<http://www.lifeextensionretail.com/MagazineArticleDe>

Nigella sativa

Nigella sativa (Black cumin) may prevent kidney dama

<http://www.sciencedirect.com/science/article/pii/S09>
<http://europepmc.org/abstract/med/9609969>
<http://ndt.oxfordjournals.org/content/23/7/2206.shor>
<http://urologyjournal.org/index.php/uj/article/viewA>

Chamomille

Chamomile may decrease kidney failures & lowers crea

<http://www.kidneyservicechina.com/lifestyle/945.html>
<http://articles.sun-sentinel.com/2012-05-18/health/f>

Garlic and onions

Garlic & onions may help prevent kidney disease.

<http://journalrip.com/PDF/JRIP-2-27.pdf>
http://www.if-pan.krakow.pl/pjp/pdf/2008/2_199.pdf?o
<http://www.sciencedirect.com/science/article/pii/S09>

N-acetylcysteine

N-acetylcysteine may prevent kidney damage.

<http://ndt.oxfordjournals.org/content/21/5/1240.shor>
<http://www.sin-italy.org/web%5Ceventi%5CSIN%5Carchiv>
<http://www.sciencedirect.com/science/article/pii/S02>
<http://link.springer.com/article/10.1007/BF03026790#>
<http://europepmc.org/abstract/MED/9577247>
<http://www.nature.com/ki/journal/v62/n6/abs/4493342a>
<http://www.nature.com/ki/journal/v63/n2/abs/4493469a>

Strawberries

The fisetin in organic strawberries may help reverse

<http://www.utsandiego.com/news/2011/Jun/28/compound->

Tocotrienols (the four types of vitamin E) may help

Attenuation of diabetic nephropathy by tocotrienol:

Anurag Kuhad, Kanwaljit Chopra

Life Sciences

Volume 84, Issues 9-10, 27 February 2009, Pages 296-

After kidney transplant-spirulina, vitD, turmeric, g

Rhubarb

Low doses of rhubarb appear to help damaged kidneys

Huang Wei , Rao Yanling , Li Liang , Li Chengyin , A

Clinical effect of rhubarb on the treatment of chron

Frontiers in Pharmacology, v14, 2023 frontiersin.org

Fang Zhang, Rui Wu, Yanfang Liu, Shu Dai, Xinyan Xue

Nephroprotective and nephrotoxic effects of Rhubarb

Biomedicine & Pharmacotherapy, Volume 160, 2023, 114

doi.org/10.1016/j.biopha.2023.114297.

[sciencedirect.com/science/article/pii/S07533332223000](https://www.sciencedirect.com/science/article/pii/S07533332223000)

Peritoneal dialysis

Nightly (7) peritoneal dialysis treats congestive he

<http://www.nature.com/ki/journal/v70/n103s/full/5001>

<http://europepmc.org/abstract/MED/17886609>

<http://jama.jamanetwork.com/article.aspx?articleid=6>
Peritonitis can be treated with high dose turmeric.
Turmeric is a cox2 inhibitor with high anti-inflamm
<http://onlinelibrary.wiley.com/doi/10.1111/j.1440-16>
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3886164/>

Any infection near the peritoneal intubation site ca
<http://www.journalofhospitalinfection.com/article/S0>
<http://pubs.acs.org/doi/abs/10.1021/jp063826h>
<http://www.worldwidewounds.com/2004/november/Thomas/>
<http://onlinelibrary.wiley.com/doi/10.1111/j.1067-19>
<http://jmm.sgmjournals.org/content/55/1/59.full.pdf&>
<http://jac.oxfordjournals.org/content/66/11/2536.sho>
<http://link.springer.com/article/10.1007/s10096-009->
<http://www.biomedcentral.com/1472-6882/10/47/>
<http://www.sciencedirect.com/science/article/pii/S02>
<http://informahealthcare.com/doi/abs/10.1080/0954663>

Health CKD-EPI better than MDRD in estimate of kidne
<http://nkdep.nih.gov/lab-evaluation/gfr/estimating.s>
<http://journals.lww.com/nephrologytimes/Fulltext/201>

Category

1. Uncategorized

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