Kidneys

Description

Kidneys

Saving this to a “Health” email folder may help access.

Use this as a starting point for your own research, and share with your doctor as you find appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

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Kidneys

What helps treat kidney damage the best?

Baking soda (food grade best)

Cordyceps mushroom

N-acetylcysteine

Organic natto 1/4 ts 2x a day on empty stomach

Anti-inflammatories: Alpha lipoic acid, turmeric & black pepper or ginger, astaxanthin, tulsi, etc.

alienherbalist.com/n-acetylcysteine-nac/

Bladder incontinence

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Kegels

Kegel exercises help stop bladder incontinence. They are the muscles that we use to stop in the middle of urinating. Exercising them daily, especially after urinating, can reduce or stop bladder incontinence.

Botox

Botox side effects can be urinary tract infections (UTIs), painful urination, incomplete emptying (which may require a catheter).

Medications

Fesoterodine (Toviaz)

Mirabegron (Myrbetriq)- side effects are increased blood pressure, nasopharyngitis, urinary tract infections, headache, constipation, and may interfere with other medications.

Solfenacin (Vesicare)

Trospium (Sanctura)

Oxybutynin

Oxybutynin extended release (Ditropan XL)

Oxybutynin patch OTC (Oxytrol)

Oxybutynin topical gel (Gelnique)

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These drugs are anticholinergics, reducing choline in the brain and hastens death (increase mortality) by 75% and increases dementia symptoms & behaviors by 46%.

For some people with Parkinson’s, anticholinergics may conversely help cognitive and other Parkinson’s symptoms, as they may have too much choline.

Side effects of anticholinergics can be dry mouth and constipation, heartburn, blurry vision, rapid heartbeat (tachycardia), flushed skin, and urinary retention.

http://www.mayoclinic.org/diseases-conditions/urinary-incontinence/in-depth/bladder-control-problems/art-20044220

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A major review found:

“Where the prescribing choice is between oral immediate release oxybutynin or tolterodine, tolterodine might be preferred for reduced risk of dry mouth. With tolterodine, 2 mg twice daily is the usual starting dose, but a 1 mg twice daily dose might be equally effective, with less risk of dry mouth. If extended release preparations of oxybutynin or tolterodine are available, these might be preferred to immediate release preparations because there is less risk of dry mouth.Between solifenacin and immediate release tolterodine, solifenacin might be preferred for better efficacy and less risk of dry mouth. Solifenacin 5 mg once daily is the usual starting dose, this could be increased to 10 mg once daily for better efficacy but with increased risk of dry mouth.Between fesoterodine and extended release tolterodine, fesoterodine might be preferred for superior efficacy but has higher risk of withdrawal due to adverse events and higher risk of dry mouth.There is little or no evidence available about

quality of life, costs, or long-term outcome in these studies. There were insufficient data from trials of other anticholinergic drugs to draw any conclusions."

Cochrane Database Syst Rev. 2012 Jan 18;1:CD005429. doi: 10.1002/14651858.CD005429.pub2.

Which anticholinergic drug for overactive bladder symptoms in adults.

Madhuvrata P1, Cody JD, Ellis G, Herbison GP, Hay-Smith EJ.

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Kidneys

Testing

A simple dipstick urine protein test 91% catches early rapid decline.

www.ncbi.nlm.nih.gov/pmc/articles/PMC3171943/

Best to use serum creatinine, cystatin C, and BTP to diagnose kidney disease.

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

Vegetables for kidney health

Potassium helps to lower blood pressure. Too much phosphorus can contribute to kidney disease. Too much protein can contribute to kidney disease. Vegetables & fruits have moderate to low amounts of protein. Eating vegetables & fruits that are high in potassium and low in phosphorus can help injured kidneys heal (more veges than fruits). In at least one study this reduced blood pressure in people with kidney disease more than blood pressure drugs, and had many extra health benefits.

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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 cranberries

Sweet potatoes

Green tea

Nuts and seeds

Red and purple grapes

Eggs

Wild-caught Alaskan sockeye salmon

Olive and coconut oils

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http://articles.mercola.com/sites/articles/archive/2017/02/20/foods-good-for-kidneys.aspx?utm_source=dnl&utm_medium=email&utm_content=art3

Exercise

Engaging in aerobic and strength training exercise significantly reduce blood pressure in people with kidney disease in one study.

Kidney disease

Good to:

limit protein&sodium

lose weight

lower blood pressure & treat diabetes

take d-mannose (the sugar in cranberries that prevents UTIs that can spread to the kidneys)

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In people with kidney disease, alfalfa, ginger & ginseng intake should be monitored.

Warfarin decreases stroke in kidney disease but increases bleeding (aspirin only increases bleeding).

http://www.ncbi.nlm.nih.gov/pubmed/22894575

Fibrates and kidney damage

Fibrates are used to reduce triglycerides and may cause kidney (& liver) damage.

Statins and kidney damage

Statins are used to lower cholesterol and may cause kidney (& liver) damage.

Kidney stones

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Sugar and especially high fructose corn syrup appear to increase kidney stones.

Regular pop use may double kidney damage & can cause albuminuria and increase kidney stones.

Lasix (furosemide), Topomax (topiramate), and Xenical may increase kidney stones.

High flouride levels in water may double kidney stones. Flouride filters may help.

Drinking more water may help reduce kidney stone frequency.

Calcium Stones. The most common kind of kidney stones are made of calcium oxalate. Oxalate is found in some fruits and vegetables, but mostly made in the liver from foods.

Avoiding foods rich in oxalates- nonfermented soy, beer, spinach, chard, legumes (including green beans), wheat, pepper, some nuts, and chocolate may help, and limiting salt. Calcium in oxylate low foods like kale (but not in supplements) may reduce the formation of calcium stones. Eating magnesium rich foods (in kale) &/or taking magnesium citrate may help prevent oxalate from forming stones.

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When calcium is taken alone it builds up in the arteries- taking it with vitamin D3 & magnesium & vitamin K2 & zinc appears to prevent hardening of the arteries & osteoporosis.

Struvite stones

Urinary tract infections appear to cause them, and more in women than men. Taking d-mannose & plantain leaf may help prevent & treat UTIs.

Uric acid stones are often seen with gout. Reducing protein & fructose may be essential for prevention. Taking potassium citrate may help and eating cherries & celery (often in smoothies) may

reduces gout symptoms & uric acid stone formation. Eating organic asparagus & cucumbers may help. Taking baking soda daily appears to reduce uric acid levels to help prevent uric acid stones & gout.

Cystine stones

Cystine stones are the least common & come from a hereditary disorder.

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Kidney stones & pain

Stones cause pain when they block urine in the ureter- waves on side, back, under ribs, lower abdomen, during urination as well as urinary urgency, nausea & vomiting. Fever/chills may indicate an infection.

“So kale is off the hook: it only contains 17 milligrams of oxalate to spinach’s hundreds of milligrams of oxalate. Spinach and other dark green leafy vegetables like Swiss chard are oxalate dense vegetables.May 21, 2015

[Kale sheds bum rap on kidney stones | Medill Reports Chicago]

news.medill.northwestern.edu/chicago/kale-sheds-bum-rap-on-kidney-stones/

http://articles.mercola.com/sites/articles/archive/2015/11/16/drinking-water-helps-prevent-kidney-stones.aspx?e_cid=20151116Z1_DNL_art_2&utm_source=dnl&utm_m

http://www.webmd.com/drugs/2/drug-11325/sodium-bicarbonate-oral/details#

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Treatment

Kidney stones may be reduced with drinking a lot more water and/or tea, taking magnesium citrate (calcium stones), & eating oranges & lemons. Eating a DASH diet, full of vegetables & fruits, appear to lower kidney stone frequency the most of any diet. Eating foods with calcium (like leafy greens) can increase blood calcium levels which is associated with the lowest frequency of kidney stones. Avoiding cranberry, grapefruit (44%) & apple juice may decrease kidney stone risk as well as lower diabetes risk.

Jumping safely on a mini or full trampoline as well as riding roller coaster rides has been found to speed up stones passage sometimes.

People with kidney stones have a high correlation with low bone mineral density & high fracture risk, so people with either should be screened for the other.

People with struvite or calcium oxylate stones should be checked for UTI or may take d-mannose and plantain leaf.

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http://www.webmd.com/kidney-stones/news/20060907/orange-juice-fights-kidney-stones

http://www.nytimes.com/health/guides/disease/kidney-stones/prevention.html

http://kidney.niddk.nih.gov/Kudiseases/pubs/kidneystonediet/index.asp

http://www.prevention.com/health/health-concerns/does-soda-cause-kidney-stones

http://www.webmd.com/kidney-stones/news/20130515/sugary-sodas-fruit-punches-may-raise-kidney-stone-risk-study

http://www.loyolamedicine.org/transplant/newswire/features/women-who-drink-2-plus-cans-soda-pop-day-nearly-twice-risk-early-kidney-disease

Chanca piedra may help dissolve kidney stones.

http://www.livestrong.com/article/318343-chanca-piedra-its-effect-on-the-kidneys/

Frequency specific microcurrent (FSM) & kidney stones

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FSM machines may be able to help pass kidney stones promptly & without pain. Looking up FSM practitioners may direct to a list for one in your area.

Acute interstitial nephritis (AIN)

AIN is where the spaces between the kidney tubules become inflamed. AIN can be caused by infections, glomerular diseases, autoimmune and neoplastic disorders and drugs. If a drug is suspected other potential causes should be excluded if possible. A wide range of drugs hasbeen implicated in causing AIN (see Panel).

Drugs linked with acute nephritis

Over 100 drugs are known to trigger AIN. They include:

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Antibiotics (beta-lactams [cephalosporins and penicillins], quinolones [including ciprofloxacin and norfloxacin], sulphonamides [including co-trimoxazole], macrolides, isoniazid, rifampicin and vancomycin)

Non-steroidal anti-inflammatory drugs (almost all have been implicated)

Diuretics (particularly those with a sulphonamide moiety, such as furosemide and thiazides)

Allopurinol, calcium channel blockers, angiotensin-converting enzyme inhibitors (particularly captopril), carbamazepine, H2-antagonists, phenytoin, proton pump inhibitors, propylthiouracil and quinine

http://www.pharmaceutical-journal.com/learning/learning-article/interstitial-nephritis-caused-by-ppis/11117189.article

Kidney failure and proton-pump inhibitors (PPIs)

PPIs cause fractures, a 300% increase in pneumonia, increases bone fractures, clostridium difficile infection (C-diff), and causes a 200% increase in deaths from heart attacks (MI). They lower our stomach's acidity which reduces our ability to digest our food & get the nutrients from it we need. Often GERD is caused by too LOW of stomach acidity already, & PPI's make that even worse. They often lower magnesium and the ability to break down vitamin B12.

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PPI's are apparently largely behind the national surge in kidney failures as well.

Proton Pump Inhibitor Use and the Risk of Chronic Kidney Disease

Benjamin Lazarus et al.

JAMA Intern Med. 2016;176(2):. doi:10.1001/jamainternmed.2015.7193.

Proton Pump Inhibitor Usage and the Risk of Myocardial Infarction in the General Population

Nigam H. Shah, Paea LePendu, Anna Bauer-Mehren, Yohannes T. Ghebremariam, Srinivasan V. Iyer, Jake Marcus, Kevin T. Nead, John P. Cooke, Nicholas J. Leeper

PLOS

Published: June 10, 2015

DOI: 10.1371/journal.pone.0124653

Overutilization of Proton Pump Inhibitors: A Review of Cost-Effectiveness and Risk in PPIOverutilization of Proton Pump Inhibitors: A Review of Cost-Effectiveness and Risk in PPI

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Joel J Heidelbaugh, Kathleen L Goldberg and John M Inadomi

The American Journal of Gastroenterology 104, S27-S32 (March 2009) | doi:10.1038/ajg.2009.49

Failing the Acid TestBenefits of Proton Pump Inhibitors May Not Justify the Risks for Many Users

Mitchell H. Katz, MD

Arch Intern Med. 2010;170(9):747-748. doi:10.1001/archinternmed.2010.64.

Härmark L, van der Wiel HE, de Groot MC, van Grootheest AC. Proton pump inhibitor-induced acute interstitial nephritis. Br J Clin Pharmacol 2007;64(6):819-23.

Ray S, Delaney M, Muller AF. Proton pump inhibitors and acute interstitial nephritis. BMJ 2010;341:c4412 .

Preventing kidney failure

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Turmeric (w/ a touch of black pepper, 3/1000ths) is safe for people with kidney failure, & can prevent & treat end stage kidney disease. It is as strong a major anti-inflammatory/painkiller COX-2 inhibitor as aspirin, but without the side effects. It is the curcumin in the turmeric that has the benefit, & that is only available with a little black pepper. The alternative is to buy a curcumin extract. Some people save money by buying organic tumeric by the pound, mixing it with a little black pepper, & putting it into empty 00 capsules.

Turmeric: Reemerging of a neglected Asian traditional remedy

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-Induced Renal Epithelial (LLC-PK1) Cell Injury

Hari H.P Cohly, Annelle Taylor, Michael F Angel, Abdulla K Salahudeen

Free Radical Biology and Medicine

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

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Protective effects of ginger-turmeric rhizomes mixture on joint inflammation, atherogenesis, kidney dysfunction and other complications in a rat model of human rheumatoid arthritis

Gamal Ramadan, and Omar El-Menshawy

DOI: 10.1111/1756-185X.12054

Issue International Journal of Rheumatic Diseases

International Journal of Rheumatic Diseases

Volume 16, Issue 2, pages 219–229, April 2013

Does turmeric relieve inflammatory conditions?

White, Brett; Judkins, Dolores Zegar

Journal of Family Practice, 60(3) 2011: 155+.

Turmeric and curcumin: biological actions and medicinal applications

Chattopadhyay, Ishita ; Biswas, Kaushik ; Bandyopadhyay, Uday ; Banerjee, Ranajit K

Current science, 87 (1). pp. 44-53. ISSN 0011-3891

Turmeric-based diet can delay apoptosis without modulating NF-?B in unilateral ureteral obstruction in rats

Reem M. Hashem, Hala M. Soliman and Sahar F. Shaapan

Journal of Pharmacy and Pharmacology

Volume 60, Issue 1, pages 83–89, January 2008

Indian Journal of Clinical Biochemistry

October 2010, Volume 25, Issue 4, pp 393-397

Effect of Turmeric and its Active Principle Curcumin on T3 -Induced Oxidative Stress and Hyperplasia in Rat Kidney: A Comparison

Luna Samanta, Jogamaya Panigrahi, Shravani Bhanja, Gagan B. N. Chainy

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Oral supplementation of turmeric attenuates proteinuria, transforming growth factor-? and interleukin-8 levels in patients with overt type 2 diabetic nephropathy: A randomized, double-blind and placebo-controlled study

November 2011, Vol. 45, No. 5 , Pages 365-370
(doi:10.3109/00365599.2011.585622)

Parviz Khajehdehi, Maryam Pakfetrat, Katayoun Javidnia, Fariborz Azad, Leila Malekmakan, Mahshid Hashemi Nasab, and Gholamreza Dehghanzadeh

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CURCUMIN, THE ACTIVE PRINCIPLE OF TURMERIC (CURCUMA LONGA), AMELIORATES DIABETIC NEPHROPATHY IN RATS

Sameer Sharma, Shrinivas K Kulkarni andKanwaljit Chopra

DOI: 10.1111/j.1440-1681.2006.04468.x

Clinical and Experimental Pharmacology and Physiology

Volume 33, Issue 10, pages 940–945, October 2006

Oral Supplementation of Turmeric Decreases Proteinuria, Hematuria, and Systolic Blood Pressure in Patients Suffering From Relapsing or Refractory Lupus Nephritis: A Randomized and Placebo-controlled Study

Parviz Khajehdehi, Batol Zanjaninejad, Elham Aflaki, MohamadAli Nazarinia, Fariborz Azad, Leila Malekmakan, Gholam-Reza Dehghanzadeh

Journal of Renal Nutrition

Volume 22, Issue 1, January 2012, Pages 50–57

Curcumin maintains cardiac and mitochondrial function in chronic kidney disease

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Francisco Correaa, b, 1, Mabel Buelna-Chontala, b, 1, Sauri Hernández-Reséndizb, Wylly R. García-Niñoc, Francisco J. Roldánd, Virgilia Sotoe, Alejandro Silva-Palaciosa, Alejandra Amadora, José Pedraza-Chaverríf, Edilia Tapiac, Cecilia Zazuetaa, b, ,

Free Radical Biology and Medicine

Volume 61, August 2013, Pages 119–129

Protective effects of herbal antioxidants on diabetic kidney disease

Nasri, Hamid, and Mahmoud Rafieian-Kopaei

Journal of Research in Medical Sciences 19.1 (2014)

Plant-derived health-the effects of turmeric and curcuminoids

DE LA CÚRCUMA, EFECTOS SALUDABLES, and Y. DE LOS CURCUMINOIDES

Nutr Hosp 24.3 (2009): 273-281.

Curcumin ameliorates renal failure in 5/6 nephrectomized rats: role of inflammation

Ghosh, Siddhartha S., et al.

American Journal of Physiology-Renal Physiology 296.5 (2009): F1146-F1157

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Protective effects of the dietary supplementation of turmeric (Curcuma longa L.) on sodium arsenite-induced biochemical perturbation in mice

Md Rezaul Karim, Abedul Haque, Khairul Islam, Narshad Ali, Kazi Abdus Salam, Zahangir Alim Saud, Ekhtear Hossain, Abul Fajol, Anwarul Azim Akhand, Seiichiro Himeno, Khaled Hossain

Bangladesh Med Res Counc Bull 2010; 36: 82-88

DOI: 10.3329/bmrcb.v36i3.7287

Renoprotective effect of the antioxidant curcumin: Recent findings

Joyce Trujillo, Yolanda Irasema Chirino, Eduardo Molina-Jijón, Ana Cristina Andérica-Romero, Edilia Tapia, José Pedraza-Chaverrí

Redox Biology

Volume 1, Issue 1, 2013, Pages 448–456

Curcumin, a diferuloylmethane, attenuates cyclosporine-induced renal dysfunction and oxidative stress in rat kidneys

Naveen Tirkey, Gaganjit Kaur, Garima Vij and Kanwaljit Chopra

Pharmacology division, University Institute of Pharmaceutical Sciences, Panjab University, Chandigarh-160014, India

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BMC Pharmacology 2005, 5:15 doi:10.1186/1471-2210-5-15

Curcumin prevents diabetes-associated abnormalities in the kidneys by inhibiting p300 and nuclear factor-?B

Jane Chiu, M.Sc., Zia A. Khan, Ph.D., Hana Farhangkhoee, Subrata Chakrabarti

Nutrition

Volume 25, Issue 9, September 2009, Pages 964–972

Anti-inflammatories

Along with turmeric, the anti-inflammatories alpha lipoic acid, astaxanthin, ginger, resveratrol, boswellia, bromelain, papain, nigella sativa, cat's claw all may help heal kidney damage.

Baking soda

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Taking baking soda (sodium bicarbonate) when bicarbonate levels get low during kidney disease may improve kidney function & reduces progression to dialysis by 500%. Low bicarbonate levels are associated with early death in the elderly. It is used to balance the acidity of the blood according to the British Medical Journal group. According to the National Kidney Foundsation, baking soda and water in place of saline may also protects the kidneys from radiocontrast dye in imaging. Baking soda used for medical treatment doesn't appear to increase blood pressure. Often 1/2 ts with water is used up to twice daily.

K. L. Raphael, R. A. Murphy, M. G. Shlipak, S. Satterfield, H. K. Huston, A. Sebastian, D. E. Sellmeyer, K. V. Patel, A. B. Newman, M. J. Sarnak, J. H. Ix, L. F. Fried. Bicarbonate Concentration, Acid-Base Status, and Mortality in the Health, Aging, and Body

Composition Study. Clinical Journal of the American Society of Nephrology, 2016; DOI: 10.2215/CJN.06200615

American Society of Nephrology (ASN). “Low blood levels of bicarbonate linked to earlier death in healthy older adults.” ScienceDaily. ScienceDaily, 14 January 2016. <www.sciencedaily.com/releases/2016/01/160114214029.htm>

Bicarbonate supplementation slows progression of CKD and improves nutritional status.

de Brito-Ashurst I, Varagunam M, et al.

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

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Prevention of Contrast-Induced Nephropathy With Sodium Bicarbonate

A Randomized Controlled Trial0

Gregory J. Merten, MD; W. Patrick Burgess, MD, PhD; Lee V. Gray, MD; Jeremiah H. Holleman, MD; Timothy S. Roush, MD; Glen J. Kowalchuk, MD; Robert M. Bersin, MD; Arl Van Moore, MD; Charles A. Simonton III, MD; Robert A. Rittase, PharmD; H. James Norton, PhD; Thomas P. Kennedy, MD, MPH

JAMA. 2004;291(19):2328-2334. doi:10.1001/jama.291.19.2328.

Long-term ammonium chloride or sodium bicarbonate treatment in two models of polycystic kidney disease.

Torres VE, Cowley BD Jr, Branden MG, Yoshida I, Gattone VH.

Exp Nephrol. 2001;9(3):171-80.

Oral sodium bicarbonate reduces proximal renal tubular peptide catabolism, ammoniogenesis, and tubular damage in renal patients.

Rustom R1, Grime JS, Costigan M, Maltby P, Hughes A, Taylor W, Shenkin A, Critchley M, Bone JM.

Ren Fail. 1998 Mar;20(2):371-82.

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http://bestpractice.bmj.com/best-practice/pdf/patient-summaries/548991.pdf

https://www.kidney.org/news/ekidney/april09/BakingSoda_april09

http://www.news-medical.net/news/20100927/Daily-dose-of-baking-soda-affects-kidney-function-Study.aspx

http://www.drwhitaker.com/7-baking-soda-health-benefits

http://healthycures.org/how-to-repair-your-kidneys-naturally-using-baking-soda

[2] http://positivemed.com/2015/11/04/how-to-repair-your-damaged-kidney-with-only-1-teaspoon-of-baking-soda/

[3] http://livingtraditionally.com/how-to-repair-your-kidneys-naturally-using-baking-soda-and-why-you-should/

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

Baking soda to treat overdose

Baking soda is used to treat many poisonings or overdoses involving drugs that block volage-gated sodium channels including-benzotropines (valium), cyclic antidepressants (amytriptyline), organophosphates, methanol, diphenhydramine (Benedryl), beta blockers (propanalol), barbiturates, salicylates (Aspirin), cocaine, quinidine, procainamide, flecainide, mexiletine, and bupivacaine-helping to stop intraventricular conduction defects, myocardial depression, bradycardia, and ventricular arrhythmias. Oncology doctors use it to mitigate the effects of toxic chemotherapy drugs.

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Baking soda & crush syndrome

Taking baking soda and mannitol may help stop myoglobin buildup that can lead to kidney failure in people whose limbs are trapped under rubble, sometimes called crush syndrome.

Early and intensive fluid replacement prevents acute renal failure in the crush cases associated with spontaneous collapse of an apartment in Konya.

Altintepe L, Guney I, Tonbul Z, Türk S, Mazi M, A?ca E, Yeksan M.

Ren Fail. 2007;29(6):737-41.

http://articles.mercola.com/sites/articles/archive/2016/09/10/baking-soda-for-earthquake-survivors.aspx?utm_source=dnl&utm_medium=email&utm_content=ar

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Cordyceps mushroom

Cordyceps may improves kidney function by over 50%, a tremendous amount. It reduces high blood pressure, SCr, proteinuria, anemia, BUN, serum lipoperoxide and overall mortality, spurs catalytic increases in superoxide dismutase (SOD) and increases transformation rates of splenic lymphocytes, production of interleukin-2 receptor, creatine clearance, hemoglobin, red blood cells, and expression of IL-2 in lymphocytes. Cordyceps protects the kidneys against aminoglycoside antibiotics and cyclosporine A.

Jiang, J.C., Gao, Y.F. [Summary of treatment of 37 chronic renal dysfunction patients with JinShuiBao (Cs-4)]. J Administration Traditional Chinese Med. 1995;5:23–24.

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Zhu, J.S., Halpern, G.M., and Jones, K. (1998): The Scientific Rediscovery of an Ancient Chinese Herbal Medicine: Cordyceps sinensis. Part I. Journal of Alternative and complementary Medicine 4(3), pp 289-303.

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Chen, Y.P., Liu, W.Z., Shen, L.M., Xu, S.N. Comparisons of fermented Cordyceps mycelia and natural Cordyceps sinesis in treating 30 patients with renal failure. Chinese Traditional Herbal Drugs. 1986;17:256–258.

Medicinal Effects and Utilization of Cordyceps (Fr.) Link (Ascomycetes) and Isaria Fr. (Mitosporic Fungi) Chinese Caterpillar Fungi, “Tochukaso”

Takashi Mizuno

International Journal of Medicinal Mushrooms

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

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http://www.earthpulse.com/src/subcategory.asp?catid=11&subcatid=5

http://www.kidney-treatment.org/herbal-medicine/529.html

http://www.alohamedicinals.com/cordyceps.pdf

http://www.corenutritional.com/customer/pages.php?pageid=38&mode

Soy

16g a day of soy in one study restores kidney function even with diabetic neuropathy. Organic soy may be far healthier than GMO soy. Organic natto at 1/4 ts 2x a day on an empty stomach also helps diabetes, heart disease, cancer & osteoporosis.

nature.com/ejcn/journal/v57/n10/abs/1601688a.html

Isolated Soy Protein Consumption Reduces Urinary Albumin Excretion and Improves the Serum Lipid Profile in Men with Type 2 Diabetes Mellitus and Nephropathy

Sandra R. Teixeira, Kelly A. Tappenden, LeaAnn Carson, Richard Jones, Mukund Prabhudesai, William P. Marshall, and John W. Erdman Jr

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Soy-Protein Consumption and Kidney-Related Biomarkers Among Type 2 Diabetics: A Crossover, Randomized Clinical Trial

Leila Azadbakht, PhD, , Ahmad Esmaillzadeh, PhD

Journal of Renal Nutrition

Volume 19, Issue 6, November 2009, Pages 479–486

Regular soy is not healthy for men because of its hormonal effects. The only healthy version of soy for men and the healthiest for women is fermented soy like in organic natto & tempeh.

Salt

High salt intake as well as diet soda doubles kidney failures.

Brown tea increases risk.

Melamine is found when plastic bowls are heated & increase kidney stone frequency.

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Nutrasweet (aspartame) causes kidney dysfunction.

NSAIDs like aspirin, ibuprophen, & naproxen can cause kidney disease.

Soda pop increases kidney disease.

BPA & BPS on receipts cause kidney disease.

Statins can cause kidney failure

Calcium from supplements causes kidney stones, from food prevents kidney stones.

Hawthorne

Hawthorne may help kidneys & reduces blood pressure.

http://www.kidney-cares.org/hypertensive-nephropathy-nutrition-recipe/1297.html

http://healthybodydaily.com/doctor-oz-supplements/dr-oz-kidney-failure-pitting-edema-how-to-prevent-kidney-disease

http://nccam.nih.gov/health/hawthorn

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Yellow peas

Yellow garden peas \/bp & may help kidney disease & reduce blood pressure.

http://www.sciencedaily.com/releases/2009/03/090322154407.htm

Blood pressure medications

ACEinhib like lisinopril or ARBs like candesartan protect kidneys.

http://www.medscape.com/viewarticle/445180_5

Carnosine and alpha lipoic acid

Carnosine and alpha lipoic acid may help stop kidney disease.

http://www.wellnessresources.com/health/articles/how_carnosine_and_

http://www.life-enhancement.com/magazine/article/2284-age-reducing-nutrients-could-save-your-kidneys

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http://www.lef.org/magazine/mag2010/may2010_Innovative-Strategies-to-Combat-Kidney-Disease_03.htm

http://www.ncbi.nlm.nih.gov/pubmed/15703366

Reishi

The reishi mushroom may stop kidney disease.

http://www.lef.org/magazine/mag2013/feb2013_how-reishi-combats-aging_01.htm

http://www.lifeextensionretail.com/MagazineArticleDetail.aspx?article=1

Nigella sativa

Nigella sativa (Black cumin) may prevent kidney damage.

http://www.sciencedirect.com/science/article/pii/S0940299309001468

http://europepmc.org/abstract/med/9609969

http://ndt.oxfordjournals.org/content/23/7/2206.short

http://urologyjournal.org/index.php/uj/article/viewArticle/136

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Chamomille

Chamomile may decrease kidney failures & lowers creatinine levels.

http://www.kidneyservicechina.com/lifestyle/945.html

http://articles.sun-sentinel.com/2012-05-18/health/fl-suzy-cohen-052012-20120518_1_pancreatic-cancer-chamomile-supplements

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?origin=publication_detail

http://www.sciencedirect.com/science/article/pii/S095528639900031 5

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N-acetylcysteine

N-acetylcysteine may prevent kidney damage.

http://ndt.oxfordjournals.org/content/21/5/1240.short

http://www.sin-italy.org/web%5Ceventi%5CSIN%5Carchivio%5Cjn%5C2003%5Cjnep

http://www.sciencedirect.com/science/article/pii/S0272638603012125

http://link.springer.com/article/10.1007/BF03026790#page-1

http://europepmc.org/abstract/MED/9577247

http://www.nature.com/ki/journal/v62/n6/abs/4493342a.html

http://www.nature.com/ki/journal/v63/n2/abs/4493469a.html

Strawberries

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The fisetin in organic strawberries may help reverse diabetic kidney damage, & possible other kinds of kidney damage. Nonorganic strawberries have one of the highest pesticide/herbicide residue.

http://www.utsandiego.com/news/2011/Jun/28/compound-strawberries-could-reduce-kidney-fa/

Tocotrienols (the four types of vitamin E) may help stop kidney damage during diabetes.

Attenuation of diabetic nephropathy by tocotrienol: Involvement of NFkB signaling pathway

Anurag Kuhad, Kanwaljit Chopra

Life Sciences

Volume 84, Issues 9–10, 27 February 2009, Pages 296–301

After kidney transplant-spirulina, vitD, turmeric, grapseeed extract may help heal.

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Rhubarb

Low doses of rhubarb appear to help damaged kidneys recover.

Huang Wei , Rao Yanling , Li Liang , Li Chengyin , An Yi

Clinical effect of rhubarb on the treatment of chronic renal failure: A meta-analysis

Frontiers in Pharmacology, v14, 2023
frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2023.1108
10.3389/fphar.2023.1108861 1663-9812

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

Xiaohong Gong,
Nephroprotective and nephrotoxic effects of Rhubarb and their molecular mechanisms,
Biomedicine & Pharmacotherapy, Volume 160, 2023, 114297, ISSN 0753-3322

doi.org/10.1016/j.biopha.2023.114297.
sciencedirect.com/science/article/pii/S0753332223000859

Peritoneal dialysis

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Nightly (7) peritoneal dialysis treats congestive heart failure that progressed under three days a week hemodialysis. Seven nights a week peritoneal dialysis is far better than three days a week hemodialysis for multiple outcome measures, including the prevention of congestive heart failure.

http://www.nature.com/ki/journal/v70/n103s/full/5001918a.html

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

http://jama.jamanetwork.com/article.aspx?articleid=663741

Peritonitis can be treated with high dose turmeric.

Turmeric is a cox2 inhibitor with high anti-inflammatory properties & high painkilling properties that helps to revive kidneys even near end stage renal disease.

http://onlinelibrary.wiley.com/doi/10.1111/j.1440-1681.2006.04468.x/abstract;jsessionid=41F27F40E7C997C5D20A8EF

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3886164/#!po=8.33333

Any infection near the peritoneal intubation site can be treated with silver solution and/or manuka honey, which can be effective on MRSA/staph infections.

http://www.journalofhospitalinfection.com/article/S0195-6701%2805%2900149-0/abstract

http://pubs.acs.org/doi/abs/10.1021/jp063826h

http://www.worldwidewounds.com/2004/november/Thomas/Introducing-Silver-Dressings.html-bak

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http://onlinelibrary.wiley.com/doi/10.1111/j.1067-1927.2004.012304.x/abstract;jsessionid=C957556A435CB220A20F5A

http://jmm.sgmjournals.org/content/55/1/59.full.pdf&embedded=true

http://jac.oxfordjournals.org/content/66/11/2536.short

http://link.springer.com/article/10.1007/s10096-009-0817-2

http://www.biomedcentral.com/1472-6882/10/47/

http://www.sciencedirect.com/science/article/pii/S026643560600186O

http://informahealthcare.com/doi/abs/10.1080/09546630175016356 3

Health CKD-EPI better than MDRD in estimate of kidney function.

http://nkdep.nih.gov/lab-evaluation/gfr/estimating.shtml

http://journals.lww.com/nephrologytimes/Fulltext/2012/06000/CKD_EP

Category

1. Uncategorized

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