

Kidneys

Description

Kidneys

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

You can use drugs.com or other trusted health websites

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 blood pressure

Solfenacin (Vesicare)

Trospium (Sanctura)

Oxybutynin

Oxybutynin extended release (Ditropan XL)

Oxybutynin patch OTC (Oxytrol)

Oxybutynin topical gel (Gelnique)

These drugs are anticholinergics, reducing choline in the bladder.

For some people with Parkinson's, anticholinergics may worsen motor symptoms.

Other adverse effects of anticholinergics can be dry mouth, constipation, and blurred vision.

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

A major review found:

"Where the prescribing choice is between oral immediate-release and extended-release anticholinergics for overactive bladder syndrome, extended-release anticholinergics are preferred." *Cochrane Database Syst Rev.* 2012 Jan 18;1:CD005429.

Which anticholinergic drug for overactive bladder syndrome? *Madhuvrata P1, Cody JD, Ellis G, Herbison GP, Hay-Smith EJC.*

Madhuvrata P1, Cody JD, Ellis G, Herbison GP, Hay-Smith EJC. *Cochrane Database Syst Rev.* 2012 Jan 18;1:CD005429.

Testing

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

Then best to use serum creatinine, cystatin C, and BUN.

<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 cranberries

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

â€œSo kale is off the hook: it only contains 17 mill
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

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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 LePendu, Anna Bauer-Mehren, Yoha
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 Inhibit
Mitchell H. Katz, MD

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

HÅrmark L, van der Wiel HE, de Groot MC, van Grooth

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 traditiona
Parviz Khajehdehi

J Nephropathol. 2012 Apr; 1(1): 17â€"22.

doi: 10.5812/jnp.5

PMCID: PMC3886164

Effect of Turmeric, Turmerin and Curcumin on H2O2-In
Hari H.P Cohly, Annelle Taylor, Michael F Angel, Abd

Free Radical Biology and Medicine
Volume 24, Issue 1, 1 January 1998, Pages 49â€"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 16, Issue 2, pages 219â€"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 uses
Chattopadhyay, Ishita ; Biswas Kaushik ; Bandyopadhyay, Sanku
Current science, 87 (1). pp. 44-53. ISSN 0011-3891

Turmeric-based diet can delay apoptosis without modulating cell cycle
Reem M. Hashem, Hala M. Soliman and Sahar F. Shaapan
Journal of Pharmacy and Pharmacology
Volume 60, Issue 1, pages 83â€"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 the Growth of
Luna Samanta, Jogamaya Panigrahi, Shravani Bhanja, G

Oral supplementation of turmeric attenuates proteinuria in spontaneously hypertensive rats
November 2011, Vol. 45, No. 5 , Pages 365-370 (doi:10.1111/j.1440-1681.2011.02446.x)
Parviz Khajehdehi, Maryam Pakfetrat, Katayoun Javidnia

CURCUMIN, THE ACTIVE PRINCIPLE OF TURMERIC (CURCUMA LONGA L.) IN THE TREATMENT OF
Sameer Sharma, Shrinivas K Kulkarni and Kanwaljit Choudhary
DOI: 10.1111/j.1440-1681.2006.04468.x
Clinical and Experimental Pharmacology and Physiology
Volume 33, Issue 10, pages 940â€"945, October 2006

Oral Supplementation of Turmeric Decreases Proteinuria
Parviz Khajehdehi, Batol Zanzaninejad, Elham Aflaki,
Journal of Renal Nutrition

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

Curcumin maintains cardiac and mitochondrial function
Francisco Corraea, b, 1, Mabel Buelna-Chontala, b, 1
Free Radical Biology and Medicine

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 curcumin
DE LA CÁRCUMA, EFECTOS SALUDABLES, and Y. DE LOS CURCUMINOS
Nutr Hosp 24.3 (2009): 273-281.

Curcumin ameliorates renal failure in 5/6 nephrectomized rats
Ghosh, Siddhartha S., et al.

American Journal of Physiology-Renal Physiology 296.

Protective effects of the dietary supplementation of turmeric
Md Rezaul Karim, Abedul Haque, Khairul Islam, Narshadul Karim
Bangladesh Med Res Counc Bull 2010; 36: 82-88

DOI: 10.3329/bmrcb.v36i3.7287

Renoprotective effect of the antioxidant curcumin: Role of
Joyce Trujillo, Yolanda Irasema Chirino, Eduardo Molero
Redox Biology

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

Curcumin, a diferuloylmethane, attenuates cyclosporin-induced
Naveen Tirkey, Gaganjit Kaur, Garima Vij and Kanwaljit Singh
Pharmacology division, University Institute of Pharmaceutical
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-inflammatories

Along with turmeric, the anti-inflammatories alpha l

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, Varaganam M, et al.
J AM Soc Nephrol. 2009 Sep; 20(9):2075-84

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

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/patient>
<https://www.kidney.org/news/ekidney/april09/BakingSoda>
<http://www.news-medical.net/news/20100927/Daily-dose>
<http://www.drwhitaker.com/7-baking-soda-health-benefits>

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

- [2] <http://positivemed.com/2015/11/04/how-to-repair-kidneys-naturally/>
- [3] <http://livingtraditionally.com/how-to-repair-your-kidneys-naturally/>
- [4] http://www.earthclinic.com/cures/kidney_disease.html

Baking soda to treat overdose

Baking soda is used to treat many poisonings or overdoses

Baking soda & crush syndrome

Taking baking soda and mannitol may help stop myoglobinuria

Early and intensive fluid replacement prevents acute renal failure
Altintepe L, Guney I, Tonbul Z, Tamer S, Mazi M, Akyuz S
Ren Fail. 2007;29(6):737-41.

<http://articles.mercola.com/sites/articles/archive/2015/05/15/baking-soda.aspx>

Cordyceps mushroom

Cordyceps may improve kidney function by over 50%

Jiang, J.C., Gao, Y.F. [Summary of treatment of 37 cases of acute renal failure]

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

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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 functi

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

Isolated Soy Protein Consumption Reduces Urinary Alb

Sandra R. Teixeira, Kelly A. Tappenden, LeaAnn Carso

Soy-Protein Consumption and Kidney-Related Biomarker

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 ho

Salt

High salt intake as well as diet soda doubles kidney
Brown tea increases risk.
Melamine is found when plastic bowls are heated & in
NutraSweet (aspartame) causes kidney dysfunction.
NSAIDs like aspirin, ibuprofen, & naproxen can cause
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 9â€"10, 27 February 2009, Pages 29

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/S0753332223000

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-inflamma
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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