

# NATURAL KIDNEY HEALTH

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People have been asking about failing kidneys and natural ways to stay off of dialysis. The Lord has given us good success using natural remedies, when used in accordance with His will, supernatural results have been seen.

## HERE'S ONE STORY

"We have a special, real, true miracle to share with you that happened here recently. There was a gentleman that was dying in ICU. He was a diabetic of 30 plus years and had a complication with a foot infection and his kidneys had gone into complete failure. For a time, everyone thought he was going to die and at one point, he too wanted to die. But the Lord worked a miracle. The Lord impressed John (Dr. Clark) to go visit him after they released him from the hospital on dialysis for (what they said would be) the rest of his life. When John visited the gentleman and his wife, they were willing to try things differently, following health principles outlined in books such as Ministry of Healing, Counsels on Diets and Foods, and Healthful Living. The gentleman began to do all that John laid out for him which included charcoal poultices over his kidneys and his infected/ulcerated foot, a major change in his diet, drinking much more water, exercising and other things. Within several weeks his foot ulcer/infection healed up, he was taken completely off dialysis, and he was no longer on ANY medication for diabetes—his blood sugars being completely in the normal range. To all (the gentleman, his wife, their family, the church members, the physicians treating him, and

other patients that knew him) it was completely a miracle. He lost around 45 pounds over several months. It was a real blessing to our hearts to see his life spared and his health turn around so dramatically for the better. He is still very weak and struggles to push himself to exercise to regain his muscles and strength back, but he knows that the health message given by God is true. He is a different man and is now witnessing about health everywhere he goes. Isn't that wonderful?" (Northern Lights Health Education Newsletter July 2013 [www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)).

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You must be aware that kidneys are delicate organs that respond well to temperate measures. Perfect health depends on perfect circulation.

About 15% of US adults suffer chronic kidney disease; 554,038 patients undergo dialysis several times a week.<sup>1</sup> Chronic kidney disease is loss of kidney function. The most common causes are poor lifestyle choices leading to high blood pressure, chronic glomerulonephritis (kidney damage), high blood sugar (diabetes), drug side effects, polycystic kidney disease, locked urinary tract, and kidney infection.<sup>2</sup>

## **WATER**

Drinking pure water is essential. In normal situations 8 to 10 glasses a day provide good cleansing for the kidneys. This may have to be modified if kidney function is too poor, but we advocate more water than some.<sup>3,4,5</sup> Water is a safe natural diuretic.<sup>6</sup> The kidneys would rather be filtering blood that is like water than dehydrated blood that is like thick mud.<sup>7,8</sup> Besides not drinking enough water, another way people make mud in their blood stream is by consuming their meals as liquid, in preparations like smoothies, soups, and juices. Liquid meals should be avoided, they only make more work for the kidneys. No liquid should be taken with the meals, as this also makes mud. Water should be taken at least 30 minutes before meals and no sooner than 2 hours after. On a kidney recovery program, I have people start the day with one quart of warm water.

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It is good to squeeze the juice of one lemon<sup>9</sup> into this first quart of water of the day and drink it at least 30 minutes before breakfast (preferably when first arising from bed). After drinking the water, it is good to take a ten-to-fifteen-minute walk outdoors. Avoid caffeine-containing beverages including teas; these only decrease blood flow to the kidneys.<sup>10</sup> For people who retain reasonable kidney function I recommend 3 quarts of water a day, one upon rising (with lemon in it), one 2 hours after breakfast (with a little charcoal powder mixed in it), and one 2 hours after lunch (never cold, but lukewarm). For people with poorer kidney

function I decrease the after-meal quantities as appropriate.

## **DIET**

The best diet for kidney health consists of fruits, grains, nuts, and vegetables.<sup>11,12</sup> I recommend around 80% of your diet consisting of fresh fruit or fresh vegetables (fresh, not cooked food) for kidney restoration.<sup>13</sup>

Whole ripe olives provide nutrients that are most beneficial to the kidneys<sup>14,15</sup> but not olive oil. All oils, butters, margarines or oil-based dressings, only thicken the blood and decrease its ability to carry oxygen to the kidneys<sup>16,17</sup>.

Fiber, especially soluble fiber, as found in oat and barley bran are extremely helpful.<sup>18,19,20</sup> It is recommended that someone desiring to improve the health of their kidneys take at least ½ cup of oat bran or similar fiber each day. It can be cooked, added to another food or eaten raw, for example, with soymilk or oatmeal etc.

Charcoal is an excellent supplement for reducing the burden upon kidneys as it adsorbs substances otherwise dependent upon the kidneys for removal from the body.<sup>21 22 23</sup> One teaspoon of activated charcoal powder can be mixed and drank in one cup of water and this can be repeated two to three times a day. Alternatively, charcoal capsules, 2 or more, taken three times a day, can be helpful. One good plan is to see how much charcoal you can consume while still avoiding constipation. I have had some people take 3 teaspoons of charcoal powder in a quart of water together with one teaspoon of psyllium<sup>24</sup> husk powder to maintain stool softness with success.

Avoid all animal products! (Milk, eggs, cream, yogurt, flesh of fowl or beast). Consumption of animal protein reduces kidney function almost immediately and causes progressively permanent deterioration of function over time.<sup>25,26</sup> Animal protein, especially cheese, increases the acid load that kidneys have to process, and also increases kidney damage.<sup>27,28</sup>

If you have any desire to maintain current kidney function or see improvements in kidney function, animal protein of all descriptions will not benefit you. Vegetable protein sources can be beneficial, even soy.<sup>29</sup> A switch from dairy to soy can: restored kidney function, improved insulin sensitivity, and lower blood pressure.<sup>30</sup>

Eating less food<sup>31</sup> (i.e., fewer calories, fasting<sup>32</sup> one day a week, is very helpful and skipping the evening meal is also very helpful. Two meals a day is best.) and losing weight<sup>33</sup> also are indispensable to kidney preservation and health. Being overweight increases the damage to your kidneys.<sup>34,35,36</sup> Weight loss decreases dangerous visceral fat lipid peroxidation.<sup>37,38</sup> Weight loss improves kidney function in obesity.<sup>39,40</sup>

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To preserve kidney function never eat inflammatory foods.<sup>41,42</sup> Inflammatory foods include anything created by fermenting, rotting, spoiling, aging, processing, refining, or frying. Examples include, but are not limited to vinegar, cheese, soy sauce, chocolate, vanilla, tempe, meso, yogurt, sour cream, sauerkraut, pickles, and mushrooms. No vinegar whatsoever! No sodas,<sup>43,44</sup> or refined fructose<sup>45,46</sup> containing products whatsoever; even Agave is dangerous.<sup>47</sup> No refined sugar or sweets.<sup>48</sup> It is imperative that you learn to read the ingredients on food labels. Fried foods fry the kidneys.<sup>49</sup> Refined oils, such as cooking oil, lard,<sup>50</sup> butter and margarine damage the kidneys.<sup>51,52,53</sup> Kidneys recover better on a low salt diet.<sup>54</sup>

Foods that help urine production include artichoke, celery, eggplant, cauliflower,

asparagus, green beans, apples, peaches, cantaloupe, pears, watermelon, grapes, onions, chives, and leeks. Also helpful for kidney disease are squash, chestnuts, dates, potatoes, and sweet corn (non-GMO)<sup>55</sup>. All in all, eating a diet consisting of 80% fresh fruit or vegetables is best for kidney restoration.

## DRUGS AND TOXINS

Anti-inflammatory pills<sup>56,57</sup> (Motrin, Naprosyn, aspirin, etc.,) or acetaminophen<sup>58,59</sup> (Tylenol) destroy kidney function and even baby aspirin<sup>60</sup> is a hazard. Ever notice a change in the color of your urine after taking supplement pills? Most supplements,<sup>61</sup> especially vitamins, are unhelpful because they only put an extra burden on the kidneys.

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Avoid exposure to toxic substances, such as diesel fumes, chemicals such as glyphosate herbicide (Roundup)

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Avoid exposure to toxic substances, such as diesel fumes,<sup>62</sup> chemicals such as glyphosate herbicide (Roundup),<sup>63</sup> heavy metals, industrial chemicals, elevated ambient temperatures, and infections.<sup>64</sup> Foods with them most glyphosate include pizza, wheat flour, crackers, pasta, oats, chick peas, and lentils.<sup>65</sup> Of particular importance is the assessment for the presence of mold/mildew in your environment. Mold/mildew exposure causes kidney failure.<sup>66,67,68</sup> Genetically modified foods (GMO) are a detriment to kidney health.<sup>69</sup>

If you drink more than 2 alcoholic beverages per day, your risk of kidney failure increases 4-fold.<sup>70</sup>

## TEA

Certain herbal teas can be beneficial. Dandelion tea, for example, helps with urine production<sup>71</sup> and reduces inflammation.<sup>72</sup> A

good plan is to drink one cup of Dandelion tea one-half hour before eating both breakfast and lunch.

## **CLOTHING**

Avoid tight bands around the abdomen, (elastics and belts) as these affect circulation to the abdomen and kidneys.<sup>73</sup> Clothe all parts of your body (head, arms, ankles, and especially legs, etc.) evenly and adequately, especially in cold weather.<sup>74</sup> Perfect health depends on perfect circulation.

## **OUTDOOR EXERCISE**

Get active exercise<sup>75,76</sup> in the open air, involving all your limbs. Get fresh air, even when indoors, open windows for ventilation, especially at night. Walking after every meal for 10-15 minutes improves circulation. People who lay around (as in hospital beds)<sup>77</sup> have their kidneys shut down whereas activity stimulates kidney function.<sup>78,79,80</sup> Gardening is a most excellent exercise for health. Sweating is helpful to remove toxins otherwise dependent upon good kidney function for removal. For this reason, saunas can be helpful.<sup>81,82</sup>

Sunshine and Vitamin D are beneficial to kidney function and slow its decline in kidney failure.<sup>83</sup>

Not getting enough sleep increases the risk of kidney failure by 80%.<sup>84</sup> Melatonin, increased by a good night's sleep, is also critical to kidney health.<sup>85</sup>

## **BATHING**

Bathe regularly and do thorough skin-scrubbing to open up the pores of the skin.<sup>86</sup> The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs.

In scientific studies a bath led to a significant increase of urine flow.<sup>87,88</sup>

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We recommend charcoal poultices over the kidneys at night for toxin removal while you are seeking to restore kidney function. This will eliminate toxins otherwise dependent upon the kidneys for removal from the body.

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## **CHARCOAL POULTICES**

We recommend charcoal poultices over the kidneys at night for toxin removal while you are seeking to restore kidney function. Our procedure is to take two 1-quart freezer bags. Put ½ cup of activated charcoal powder into each bag. Then add 2 teaspoons of psyllium husk powder to each bag. Close the bag and shake until well mixed. Add 1 cup (or 240ml) of water to each bag. Close bag and kneed it until it is well mixed and of a "playdough" consistency. Using a rolling pin, roll the charcoal "playdough" out while still in the bag to an even thickness. Cut the bag along its seam and peel off one side of the plastic bag. Place the charcoal poultices one over each kidney on the mid back and wrap the person's trunk with plastic wrap such as Glad "Press and Seal." Secure the poultices in place with a form fitting garment or large elastic bandage or "Ace wrap." Leave these on all night and remove them in the morning. The next night, turn the poultices over and use the other side. Peel off the plastic freezer bag from the remaining side and apply as before. You can make a lot of these and store them in a freezer for future use.

## HYDROTHERAPY

Hydrotherapy is beneficial at restoring circulation.<sup>89</sup> Twice a day you can apply the following: We like to use hot water bottles and ice packs. Fill two hot water bottles with hot water and apply the hot water bottles to the kidneys on the mid back for 3 minutes. Then remove the hot water bottles and apply the ice packs for 1 minute to the same area. Repeat this process 7 times and end with cold, then have the person lay down and rest for 20 minutes to finish the treatment. This stimulates kidney function.

## KIDNEY FAILURE REVERSED

“I would like to share with you the great blessing the Lord has done in my brother’s health with regard to his kidneys. I thank God for answered prayers. Dr. Clark, the Lord blessed the diet regime you so kindly recommended for my brother. He has been following the diet faithfully and that in itself is a miracle. They did another test of his blood and this time also the urine. The results that came back last week said “I have good news for you!” The creatinine had been 3.31 and kidney function 20% the first

time, which you might recall. Well, the second results showed a creatinine level of 1.12 and kidney function at 54% and another result showed 74%! A miracle of God! Dr. Clark, I want to thank you so much for your help which is always given with faith in the Lord.” L.B. from Needles, CA. (Northern Lights Health Education Newsletter Spring 2012 [www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)).

We have had people with fifteen percent kidney function return to seventy-five percent function in a matter of 6 weeks following the above recommendations.

## TO SUMMARIZE:

- Eat natural foods as grown.
- Avoid animal protein, fats, alcohol, caffeine, and fermented or refined foods.
- Avoid drugs and supplements.
- Drink plenty of water, not liquid meals.
- Exercise in the open air and sunshine.
- Get plenty of sleep.
- Let God be your healer!

*For further ideas on how to incorporate what you have just learned into your daily life, see the article entitled, “How Can I Apply Healthy Principles in My Daily Life”. Or Lifestyle Choices.*

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<sup>2</sup> [https://www.urologyhealth.org/urology-a-z/k/kidney-\(renal\)-failure](https://www.urologyhealth.org/urology-a-z/k/kidney-(renal)-failure)

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