

# Enhancing Kidney Function

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Dialysis clinics have been popping up everywhere. You may have noticed dialysis is becoming more common for a growing number of patients. Let's review some basic lab tests and strategies to assess and feed the kidneys prior to end stage disease.

Let's start with a simple urine test, specific gravity. If the result is less than 1.020, the kidneys are not concentrating or filtering properly. Have patients drink 8 glasses of pure water daily and retest in 30 days to see if the result is still below 1.020. Less than 1.020 means the kidneys have lost approximately 20% of their function. We are not measuring disease, rather the health or function of the kidneys long before disease is apparent.

Next, look at two blood tests: creatinine and BUN. These are the most frequently used lab tests to assess kidney status. Unfor-



tunately by the time results are outside lab ranges, we've lost 75-80% of function and we are assessing disease. See the attached link for a more expanded discussion of lab ranges and tests.

The following information comes from Dr. Harry Eidenier and his seminar "More Than Just a Bunch of Numbers: Making Sense of Blood Chemistry Values." Dr. Eidenier presents a two day seminar on blood chemistries that causes

writer's cramp because it is so full of information. A physician at the seminar reported dramatic results with 12 of his dialysis patients using the protocol I'm about to share.

When someone is on dialysis repeat testing is essential to monitor progress. Eventually as patients were monitored it became clear that their kidneys were beginning to filter and concentrate themselves to the point where they no longer

needed the therapy. Please understand "I am NOT saying we can get all patients off their life saving devices, like dialysis; but I AM saying we should support and feed the body whenever the need for advanced equipment is necessary to augment therapies." And of course if we can prevent or treat early, perhaps we can avoid using costly and inconvenient procedures whenever possible.

Here is the rationale and nutrients that can be used to feed the kidneys and enhance function. First consider the oxidation that occurs with damaged kidney tissue. All the cells in the body, but especially kidney and heart cells, have more concentrated levels of Coenzyme Q10. CoQ works as an antioxidant inside the mitochondria or energy power plant of the cell. CoQ-Zyme 100 Plus from Biotics Research Corporation is a pre-emulsified form of Coenzyme Q10 and will raise blood levels higher and much faster than dry forms. One capsule, twice a day provides 200 mg of Coenzyme Q10 and the cofactors needed for the Krebs cycle to work efficiently.

Nephra-Zyme at two capsules, three times per day is added to further the antioxidant mixture and to provide botanical agents to help cut through the mucus that often makes nephrons less effective. Nephra-Zyme is also used at higher doses for kidney infections so it has an immune enhancing effect.

Cytozyme-KD at 2 tablets, 3 times per day provides neonatal kidney tissue to spark rebuilding. Neonatal glands from Biotics Research Corporation are from animals 1-3 days old. It is difficult to build a building without the specific raw materials. A young kidney is at the height of anabolic growth when it is in the earliest days of life. So,

neonatal tissue provides specific raw materials for kidney growth. An earlier study has shown that gram for gram neonatal tissue is the richest source of DNA and RNA.

Next, Argizyme at two capsules, three times per day provides further antioxidant activity by supplying mixed carotenoids, sprouted vegetable cultures as well as some essential amino acids. This formula is rounded out with a healthy blast of organic beet culture, some neonatal liver concentrate and an herb called Tillandsia.

Also add Gammanol Forte with FRAC at two tablets, three times per day. This synergistic blend has been effective to increase lean muscle mass in athletes and growth hormone factors in women. It appears to have an adaptogenic effect on many tissues as clinical feedback has been favorable on a number of issues from increasing strength and fat loss to normalizing menstrual cycles. Gammanol Forte with FRAC contains Gamma Oryzanol which works as a fat soluble antioxidant much like vitamin E, protecting cell membranes.

As a footnote, I want to remind you that if the chemistry is too acidic, it will be more difficult for a damaged kidney to rebuild and repair. So please encourage your patients to take their diet seriously. We need to give the body what it needs to heal and an alkaline medium is one of the critical factors needed to reverse many of the degenerative conditions we are treating.

As we discussed earlier we can give targeted nutritional supplements that will feed the body; but if the chemistry is too acidic, the level of oxidation is increased exponentially. Thanks for reading this week's edition. I'll see you next Tuesday.