



NATURAL HEALING

THROUGH THE LAWS OF HEALTH INSTITUTE

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

Cor. Redcliffe and Temple Streets | St. John's | Antigua and Barbuda | +1 (268) 720-0418
LP 110 Las Lomas | No. Via Cunupia | Trinidad and Tobago | +1 (868) 774-9535 / 724-4898
Website: www.nhtlh.com Email: nhtlinfo@gmail.com

RENAL FAILURE

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS RENAL FAILURE?

Kidneys are the organs that help filter waste products from the blood. They are also involved in regulating blood pressure, electrolyte balance, and red blood cell production in the body.

Renal failure or **kidney failure** (formerly called **renal insufficiency**) is a medical condition in which the kidneys fail to adequately filter toxins and waste products from the blood. The two forms are acute (acute kidney injury) and chronic (chronic kidney disease); a number of other diseases or health problems may cause either form of renal failure to occur.

Renal failure also refers to renal function that is greatly diminished or absent because about 90% of the kidney tissue has been destroyed. Renal failure often results from a chronic disease that affects the glomerulus or the small blood vessels of the kidney. Autoimmune conditions, high blood pressure and diabetes are the three chronic problems accounting for the majority of progressive renal failure.

SYMPTOMS

Long-term kidney problems have significant repercussions on other diseases, such as cardiovascular disease.



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The following symptoms may occur with acute kidney failure. Generally some people have no symptoms, while some have symptoms in the early stages. The symptoms may be very subtle.

- Decreased urine production
- Body swelling
- Problems concentrating
- Confusion
- Fatigue
- Lethargy
- Weakness due to anemia
- Shortness of breath
- Nausea, vomiting
- Diarrhea
- Abdominal pain
- Metallic taste in the mouth
- Loss of appetite as waste builds up in the blood
- Pain in the back or side
- Swelling of the legs, ankles, feet, face and/or hands
- Memory problems
- Itching
- Bone damage
- Abnormal heart rhythms
- Nonunion in broken bones
- Inability to regulate water and electrolyte balances, to clear waste products from the body, and to promote red blood cell production
- Seizures and coma may occur in very severe acute kidney failure
- Metabolic acidosis, or increased acidity of the body due to the inability to manufacture bicarbonate, will alter enzyme and oxygen metabolism, causing organ failure.



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- Inability to excrete potassium
- Rising urea levels in the blood (uremia)
- Because the kidneys cannot address the rising acid load in the body, breathing becomes more rapid as the lungs try to buffer the acidity by blowing off carbon dioxide.
- Foamy or bubbly urine due to excessive protein in the body
- Swelling in the hands, feet, abdomen, or face
- Appetite loss, a bad taste in the mouth
- Difficulty sleeping
- Darkening of the skin
- Excess protein in the blood

CAUSES

Chronic renal failure develops over months and years. The most common causes of chronic renal failure are related to:

- poorly controlled diabetes,
- poorly controlled high blood pressure, and
- chronic glomerulonephritis (inflammation of small blood vessels in the kidneys).

Less common causes of chronic renal failure include:

- polycystic kidney disease,
- large intake of animal protein and undigested protein,
- reflux nephropathy,
- kidney stones, and
- prostate disease.



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HOW IS KIDNEY FAILURE DIAGNOSED?

- Diagnosis of kidney failure is confirmed by blood tests measuring the buildup of waste products in the blood. BUN, creatinine, and GFR are routine blood tests used to measure the buildup of waste products in the blood. BUN and creatinine become elevated, and the glomerular filtration rate (GFR) decreases. This is the rate with which blood is filtered through the kidneys and can be calculated based upon the creatinine level, age, race, and gender.
- Urine tests may be done to measure the amount of protein, detect the presence of abnormal cells, or measure the concentration of electrolytes. Protein in the urine is not normal and can be a clue that damage to the kidneys has occurred. Abnormal aggregations of red and white blood cells called casts can be seen in the urine with kidney disease. Comparing the concentrations of electrolytes in the blood and urine can help decide whether the kidneys are able to appropriately monitor and filter blood.
- Other tests used to diagnose the type of kidney failure are ultrasound and biopsy. Abdominal ultrasound can assess the size of the kidneys and may identify whether any obstruction exists. Biopsy of the kidney uses a thin needle that is placed through the skin into the kidney itself to get bits of tissue to examine under the microscope.

DIET

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, butter, etc.). excessive amounts of animal protein destroy the kidneys. Meat also has a variety of waste products, bacteria, purines and uric acid.



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- **Avoid all dairy products.** Too much animal protein leeches calcium from the bones by creating an acidic environment in the blood. This can also lead to kidney stones and kidney inflammation.
- **Squash** acts as a mild diuretic in the kidneys, increasing urine production and encouraging the elimination of liquids from the body. Excellent for inflammation of the kidneys (nephritis, glomerular nephritis), edema (fluid retention) and any type of kidney failure.
- The **pear** stimulates renal function, thus it is highly recommended, even in cases of renal edema (fluid retention).
- Use **sea salt with iodine.** Pink Himalayan sea salt with 84 trace minerals including iodine is the preferred type of salt. Do not exceed 500mg of sodium daily.
 - When kidneys lose their ability to excrete urine, cardiac function can be affected. **Potassium** should be kept at 2 g daily. Since the kidneys cannot easily remove excess water, salt, or potassium, these may need to be consumed in limited quantities. Foods high in potassium include bananas, apricots, and salt substitutes.
 - Blood **Phosphorus** level increases. Do not exceed 800 mg daily. Phosphorus is a forgotten chemical that is associated with calcium metabolism and may be elevated in the body in kidney failure. Too much phosphorus can leech calcium from the bones and cause osteoporosis and fractures. Foods with high phosphorus content include milk, cheese, nuts, cola drinks, beet greens, spinach, rhubarb and Swiss chard.
- **Olives.** Use olive oil as the preferred oil of choice or eat seven olives daily.



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The oil in olives is a remedy for constipation and kidney diseases. *Counsels on Diet and Foods* p. 360

- **Cranberries** help acidify the urine, destroy bacteria and restore the bladder.

LIFESTYLE

- Avoid lead, other metals, pain relieving drugs (Advil, Nuprin, etc.) and infectious diseases (scarlet fever, measles, etc.) as it can damage the kidneys. **Spirulina** can be used to reduce kidney poisoning that is caused by mercury and drugs.
- **Avoid supplementation**, as too much nutrients can be toxic to the blood.

HERBAL TREATMENT

FOR MAKING TEAS:

As a Rule:

Always boil the hard parts of the plant such as: roots, seeds, rhizome or bark first for 15 minutes, then add the delicate parts of the plant such as leaves, flowers, buds, stems or clusters and steep for at least 40 minutes.

- **Tea made from Cornsilk, Parsley leaf and Uva Usi leaf** - 2 Tablespoons each. Prepare 4 cups of hot boiled water, pour over herbs and steep for 40 minutes to 3 hours. Strain and drink the tea.
- **Vitamin D** – there is a receptor site in every cell for vitamin D, however, in 1998 it was discovered that the Kidney is responsible for converting the pre-vitamin d into a form and in sufficient quantities for the body to use. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is transferred to the liver then to the kidney to be converted into vitamin D that the body can use.



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Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.

Unfortunately, persons with kidney failure have a hard time producing Vitamin D, therefore apart from getting natural sunlight, supplementation is recommended until the kidney is restored. The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line.

Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL. Avoid supplementing to toxic levels. (Once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.)

For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 9:00am – 3:00pm\).](#)

PS: If you are deficient in vitamin D, then you will need to take the



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prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, it would recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

HYDROTHERAPY

Use hot and cold-water treatment to the kidney area.

Need:

- 2 bowls (one with hot water, another with ice water)
- 2 washcloths for each bowl
- 1 light towel
- Place light towel over kidneys as to avoid placing the hot washcloth directly to the skin.
- Wring hot washcloth and place over kidneys for 3 minutes
- Then wring cold washcloth, lift towel and apply a quick friction with the washcloth over kidneys for 30 seconds.
- Repeat hot then cold treatment three times.

This will remove toxic waste and bring fresh blood to the kidney area and cause the blood to circulate.

POULTICE

Make a poultice from:

- 2 tablespoons Charcoal
- 2 tablespoons Turmeric
- 1 tablespoon Ground flax seed



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Make to a paste and apply to the back at the kidney points.
Cover with plastic, then gauze, then tape in place.
Keep this on for 12 hours at night.

PLEASE COMBINE THIS SHEET WITH THE HEALTH LIVING PLAN TO GET THE BEST RESULT.

For further information, please visit our website at www.nhtlh.com
or call us at the above number.



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RENAL FAILURE FOOD GUIDE

It is important to keep Potassium and Phosphorus levels to less than or equal to 200mg.

The following foods can be eaten. Foods allowed per 100g of raw edible portion.

Leach: To steam and throw out water

FOOD ITEM	COMMENTS
FRUITS	
Acerola cherry	
Apple	
Apricot, raw	
Banana	Eat half
Blackberry	
Blueberry	
Breadfruit	Must leach first: use with caution
Cape Gooseberry	
Carambola	
Cherimoya	Must leach first: use with caution
Cherry	Must leach first: use with caution
Cranberry	
Fig	Can eat fresh but must leach if dried
Grapefruit	
Grapes	
Guava	Must leach first: use with caution
Jackfruit	Must leach first: use with caution
Kiwi	Must leach first: use with caution
Kumquat	
Lemon	
Lime	



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FOOD ITEM	COMMENTS
Litchi	
Longan	Must leach first: use with caution
Loquat	Must leach first: use with caution
Mamey support	
Mango	
Melon	
Cantaloupe, honey dew	Must leach first: use with caution
Mulberry	
Nectarine	
Orange	
Papaya	
Peach	
Pear	
Persimmon	
Pineapple	
Pitanga	
Plum	
Pomegranate	Must leach first: use with caution
Prickly pear	
Quince	
Raspberry	
Rose apple	
Sapodilla	
Strawberry	
Sugar apple	Must leach first: use with caution
Tangerine	
Watermelon	
NUTS	
Coconut	Must leach first: use with caution
Coconut water	
Pecan	Must leach first: use with caution
Walnut	Must leach first: use with caution



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FOOD ITEM	COMMENTS
GRAINS AND CEREALS	
Bread, pumpernickel	
Bread, wheat bran	Toast bran first before making bread
Bread, whole wheat	Show caution – not too much
Corn, sweet	
Couscous, dry	
Macaroni, cooked	
Millet	Show caution – not too much
Popcorn	Without oil or butter
Brown rice, cooked	
Rice, white	
Rye flour, light	
Spaghetti, cooked	
Wheat flour, white	
Wheat, sprouted	
LEGUMES	
Alfalfa seeds, sprouted	
Bean, baked	Must leach first: use with caution
Bean, kidney	
Lentils	Must leach first: use with caution
Mung bean sprouted	
Tofu	
Artichoke	
Asparagus	Must leach first: use with caution
Broccoli	Must leach first: use with caution
Cabbage, red	
Carrot	Must leach first: use with caution
Cauliflower	Must leach first: use with caution
Cucumber	
Eggplant	
Green bean	



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FOOD ITEM	COMMENTS
Leek	
Lettuce	
Okra	Must leach first: use with caution
Onion	
Peas	Must leach first: use with caution
Pepper, sweet	
Squash	Must leach first: use with caution
Radish	Must leach first: use with caution
Red beet	Must leach first: use with caution
Rhubarb	Must leach first: use with caution
Tomato	Must leach first: use with caution
Turnip	
Watercress	
Zucchini	Must leach first: use with caution
OIL	
Coconut oil	
Olive oil	Or use 7 olives two times daily
Wheat germ oil	
SEAWEED	
Agar, raw	
Kelp	
SWEETENERS	
Honey	
Syrup, maple	
CONDIMENTS AND SPICES	
Garlic	Must leach first: use with caution
Parsley	Must leach first: use with caution