

Kidney Disease

What Is Kidney Disease?

Kidneys are bean-shaped organs that are essential to regulate overall health, including urinary function and the balance of electrolytes and blood pressure in the body. Kidneys naturally filter the blood and remove waste, which is then directed to the bladder. Kidneys produce urine to excrete waste and also reabsorb water, glucose, and amino acids.

Diseases of the kidney vary but may share a number of common symptoms, including renal cysts, chronic kidney disease, acute kidney injury, urinary tract infection, urinary tract obstruction, nephrolithiasis, and nephritic and nephrotic syndromes. Cancer can also affect the kidneys; renal cell carcinoma is the most common type of adult renal cancer.

Painful kidney stones can also plague the kidneys, although they are not normally considered harmful. Chronic kidney stones can lead to scar tissue formation; kidney stones may need to be broken up with an ultrasound treatment that allows smaller pieces to pass through the urinary tract.

What Causes Kidney Disease?

Different kidney conditions may have their own specific causes, but some of the most common contributing factors to kidney disease include autoimmune conditions, urinary tract infection, inflammation, toxin exposure, and congenital defects.



“I have been reading about kidney rescue in your issue 14 catalogue. My kidneys are what have given me the main problem with my Lupus. Every day I have some pain with them, but most of the time it’s only a little. Since I’ve been taking your SerraPlus+, I have been able to sleep on my sides at night.”

- Tracey C., United Kingdom



Follow the Health Plan as recommended for the best results:



KIDNEY HEALTH PLAN

The below plan is designed to provide relief for any kidney problems and to boost kidney health. When this is combined with a naturally healthy lifestyle, it's possible for symptoms to improve and for good health to return, if the plan is followed consistently.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:*

- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **BlockBuster AllClear** - Take 2 x 3 times per day, 30 mins before eating with water. Reduce to 1x3 after a month. BlockBuster AllClear contains Serrapeptase, Nattokinase, Protease and Lipase. Serrapeptase gives powerful support to the digestive system and lowers inflammation.
- **Curcuminx4000** - Take 1 capsule x 3 times per day with the Blockbuster. Curcumin provides powerful support and pain relief for digestive problems, the liver, and the gallbladder.
- **Prescript Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**
- **B4 Health Spray** - Supports healthy homocysteine levels, gives a healthy boost to the immune system and improves the absorption of B12. Take 6 sprays daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **Kidney Rescue** - Take 2-5 tablets, 5 times per day, 6 days a week. Kidney Rescue cleanses the liver, while providing adrenal support.

Also Take

- 6-8 Glasses of water per day with a pinch of bicarbonate of soda in each glass. (This is very important, see attached.)

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.