

# Polycystic Kidney Disease (PKD)

## What Is Polycystic Kidney Disease?

Polycystic Kidney Disease, or Polycystic Kidney Syndrome, is a cystic genetic kidney disorder. The two types of PKD include: Autosomal Dominant Polycystic Kidney Disease (ADPKD) and the less-common Autosomal Recessive Polycystic Kidney Disease (ARPKD).



**“I have seen some good results from using Serrapeptase to help treat the symptoms of polycystic kidney disease. Thank you!”**

**- Emily B, Bristol**



## What Causes Polycystic Kidney Disease?

Polycystic Kidney Disease is marked by multiple cysts, often in both kidneys. The disease can occur in humans and in some animals. Numerous fluid-filled cysts can cause massive kidney enlargement. As the disease progresses, it can damage the liver and pancreas, as well as the heart and brain in rare cases. PKD is one of the most common life-threatening genetic diseases that affects 12.5 million people around the world. Medical professionals believe polycystic kidney disease is caused by genetic defects.

## Polycystic Kidney Disease FAQ

### **Q: What are the plans and essential supplements for Polycystic Kidney Disease?**

A: Please follow my Polycystic Kidney Disease Health Plan below which includes Serrapeptase, Curcumin, Progesterone cream, Nascent Iodine and a multivitamin and minerals formula.

*Follow the Health Plan as recommended for the best results:*

## POLYCYSTIC KIDNEY DISEASE HEALTH PLAN

The below health plan is designed to provide relief for polycystic kidney disease. By following the supplement regimen below and choosing a naturally healthy lifestyle, it's possible for your digestive and general health to improve in the long-term.

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

- **SerraPlus+** - Take 2 tablets/capsules 30 minutes before eating, with water x 3 times per day. Contains Serrapeptase and trace minerals to clear any inflammation and scarring.
- **Curcuminx4000** - Take 2 x 3 times per day with the Serrapeptase. Curcumin is a powerful antioxidant that can provide support for pain relief and inflammation.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 a teaspoon to skin daily. Regulates and controls hormone balance.
- **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.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.