

# Kidney Support, Lab Review & Urine pH Readings

## Supplements

CoQ-Zyme 100 Plus™	1 tablet, two times per day
Renal Plus™	2 capsules, three times per day
Cytozyme KD™	2 tablets, three times per day
Argizyme™	2 capsules, three times per day
Gammanol Forte™ with FRAC®	3 tablets, three times per day
Carbamide Plus®	2 capsules, three times a day
EFA's	2 grams, three times a day
Multi-Mins™ (Iron & Copper Free)	to replete minerals the kidney cannot resorb and are lost in urine

## Lab Review

Specific gravity... if the result was less than 1.020, the kidneys are not concentrating or filtering properly, and they have lost approximately 20% of their function. At this stage we are assessing health.

Urine pH should be 6.5-7.5 using first morning urine. If less than 6.5, the cells are too acidic and alkalizing diet should be recommended.

Creatinine and BUN are tests used to assess kidney health; by the time lab test is outside the lab range we have lost 75-80% of function. At this stage you are measuring disease when outside the lab range.

Estimated GFR which stands for glomerular filtration rate which is a calculation to evaluate kidney function based on the creatinine, bun, age, sex, weight, and often race. If the results are outside the range, to really assess kidney status, turn to the gold standard for kidney function which is the 24 hour creatinine clearance test.

**Regardless of the tests you use, make sure to repeat the test to make sure you are making progress.**

## Rationale For Nutrient Suggestions

**CoQ-Zyme 100 Plus™** First we want to address the oxidation that occurs with damaged kidney tissue. All the cells in the body need Coenzyme Q, but the kidney and heart cells have more concentrated levels of Coenzyme Q. CoQ works as an antioxidant inside the mitochondria or energy power plant of the cell. We use **CoQ-Zyme 100 Plus™** from Biotics because it is pre-emulsified and will raise blood levels much faster than the dry forms. 2 tablets per day yield 200 mg but because of the greater absorption action we can expect it to work like 3 times that amount.

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## Rationale For Nutrient Suggestions cont.

**Renal Plus™** furthers the antioxidant mixture and provides botanical agents that could cut through the mucus that often makes the nephrons less effective.

**Cytozyme KD™** provides neonatal kidney tissue to spark rebuilding. It is difficult to build a building without the specific raw materials needed to build that building. Neonatal tissue provides specific raw materials for kidney growth and is at the height of anabolic growth in the earliest days of life. So Biotics uses tissue from animals 1-3 days old. Earlier studies have been done with DNA and RNA from neonatal glands and results have shown that gram for gram neonatal tissue is the richest source of DNA.

**Argizyme™** provides further antioxidant activity by supplying mixed carotenoids, sprouted vegetable cultures as well as some essential amino acids. The formula is rounded out with a healthy blast of organic beet powder, some neonatal liver concentrate, and an herb called tillandsia.

**Gammanol Forte™ with FRAC®.** This product 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. One of the ways Gamma Oryzanol works is as a fat soluble antioxidant much like vitamin E, protecting cell membranes.

**Carbamide Plus®** is a combination of Carbamide (USP urea) along with herbal diuretics and enzymatically processed organic beet, tillandsia (Silver Spanish Moss), rice bran along with vitamins, minerals, amino acids, molasses, SOD, and catalase. Carbamide reduces the electrical conductivity of water. You might think of it as removing the static electricity from the fluids so they don't stick together and can move "more easily" through membranes. This increases the rate of fluids transferring across the cell membranes of patients with edema. This process will denature the proteins that may be impairing or blocking healthy fluid exchange. This causes the release of free calcium phosphate into the blood which reacts with sodium bicarbonate to provide calcium bicarbonate an important blood buffer. **Carbamide Plus®** should be considered for kidney and bladder dysfunction, fluid retention (edema), excess perspiration, or diminished perspiration (use with Celtic sea salt), gastric inflammation, glaucoma, low protein diets, systemic acidity, Meniere's, and allergy.

## Final Thoughts

If the chemistry is too acidic it will be more difficult for a damaged kidney to rebuild and repair. It is important 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 treated. Vegetables are one of the best ways to buffer excess acids. If the chemistry is too acidic the level of oxidation is increased exponentially. Also, for severe cases, consider lowering oxalic acid foods.

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## A Quick Guide to Urine pH Readings

The best time to test the pH of your urine is first thing in the morning, after a rest of at least six hours. Using Hydrion pH paper, dip the pH strip into urine briefly and check the color chart immediately that comes with the test paper to determine the correct pH. It is best to test your urine several days in a row in order to get an accurate reading.

### INTERPRETING YOUR pH READING

#### Your pH Reading    What It Means

Under 6.5	You probably have an acid condition.
6.5 to 7.5	You probably have an ideal acid-base balance.
Consistently 7.6 Or higher	Although this can be an indication of alkalosis, it is more likely that this reading represents a “false alkalinity” and that you have an acid condition.

## Some Simple Tips for Healthy Eating

The following ideas were taken from Dr. Susan Brown’s book, the Acid Alkaline Food Guide. This excellent book gives great detail in the identification of acid or alkalizing foods. In general the following categories can be made regarding acid alkaline ash of food.

Alkalizing Foods: vegetables, fruits, seeds, nuts, lentils, herbs, and healthy expeller pressed oils.

Acidifying Foods: meat, eggs, milk, dairy products, refined grains, refined foods, pop, hydrogenated french fries, chips, sugar, high fructose corn syrup, ice cream, pasta, and pastries.

### RECOMMENDED pH EATING PLANS

Your Urine PH Level	Recommended Percentage	Recommended Percentage
Slightly Acidic to Slightly Alkaline (6.5 to 7.5)	35% to 40%	60% to 65%
Moderately Acidic (6 to 6.4)	20%	80%
Extremely Acidic (5 to 5.9)	20%	80%

According to Dr. Russell Jaffe, the pioneering researcher, if you are striving to correct an acid-alkaline imbalance, for every ten foods you eat, you should make six of them vegetables, with a special emphasis on leafy greens; two of them fruits; one of them protein; and one a high-starch alkalizing food, such as yams or potatoes.

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## Some Simple Tips for Healthy Eating

- o In the morning, before breakfast, combine the juice of half a lemon or lime with eight ounces of water—preferably, spring water with a high mineral content. Repeat a few times during the rest of the day. As an alternative, substitute one or two tablespoons of organic apple cider vinegar for the fruit juice.
- o Make lentils, as well as yams, sweet potatoes, and other root crops staples in your meal plans. These foods help to quickly alkalize the body.
- o Eat at least one cup of alkalizing green vegetables each day. Endive, kale, and collard, mustard, and turnip greens are especially healthful choices, as they are not only highly alkalizing, but also rich in important vitamins, minerals, and beneficial phyto-compounds.
- o As often as possible, add alkalizing miso or seaweed to soups and other dishes. Also try adding a bit of grated ginger or daikon radish to your dishes. They will not only alkalize the dish, but will also spice it up and help to improve digestion.
- o When eating grains, choose those that are more alkalizing. Excellent choices include organic oats, wild rice, and quinoa—a staple grain in South America that is increasingly found in our nation’s health food stores and in the health food sections of many supermarkets chains.
- o Substitute alkalizing root crops—yams, turnips, sweet potatoes, rutabaga, jicama, burdock, lotus root, daikon radish, taro root, onion, kohlrabi, parsnips, and beets—for breads, pastas, flour, and other grain products.
- o Eat several servings of fresh fruits a day, especially as snacks. Fruit salads are a great way to include a variety of nutrient-rich alkalizing foods in your diet.
- o Drink spring water—especially one with a high mineral content.
- o Consume fresh “green” vegetable juices, as they are great alkalizers.
- o To further improve acid-alkaline balance, consider using alkalizing supplements.