

Be Healthy Now

Are You At Risk For Kidney Disease

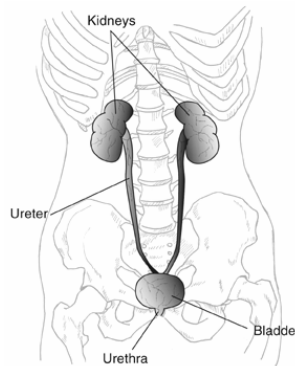
by Carl J. Donaldson, Jr., ND

Kidney disease is on the rise. Over the past five year kidney disease is one of the top ten causers of death in the United State. 13% of the American society now comes down with kidney disease. And, about 39 million American have kidney disease, but 35 million of them don't know it. Why is that?

Actually, there are two reason why this information is fact. Those two reasons are high blood pressure (HBP) and diabetes.

What do kidneys do?

Kidneys, and yes there are two, keep us safe from internal and external toxins. They do that by filtering our blood. They filter by-products of our metabolism, pharmaceutical drugs, and other toxins. Kidneys balance our blood so that it is not too the acid or alkaline. They balance water and electrolyte concentration (minerals) and controls blood volume. Kidneys help to control blood pressure by producing renin. They



also produce a hormone (erythropoietin), which creates new red blood cells. Finally, they manage bone health by changing Vitamin D that signals the intestines to absorb calcium for bone-building.

What is the Risk?

As we age our kidney function slows down. We said earlier that HBP and diabetes put undue pressure on the kidneys. HBP burns the organ out and diabetes injure the small vessels in with high blood sugar. Prescription drugs, poisons, pesticides, street drugs, and other chemicals in our environment damage our kidneys over our life time. Of the most dangerous are aspirins, acetaminophen, and ibuprofen.

When the kidneys get damaged they don't filter as well as they use to. So waste, and toxins don't get removed as well as they use to. Without this detoxification process you can't live long. When they fail you really

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FDA Aggressively Targets Herbal Cure Websites

By David Gutierrez

(NaturalNews) The FDA has sent letters to 25 companies, threatening them with disciplinary action if they do not stop claiming that their herbal products can prevent or cure cancer.

The agency identified a total of 125 "tablets, teas, tonics, black salves and creams" that made prohibited claims, including "shrinks malignant tumors;" "treats all forms of can-

cer;" "target[s] cancer cells while leaving healthy cells alone;" "avoid painful surgery, radiotherapy, chemotherapy, or other conventional treatments;" "80 percent more effective than the world's number one cancer drug;" "skin cancers disappear;" and "causes cancer cells to commit suicide."

"These claims are supplemented by use of the word 'cancer' in most of your product names, as well as in the URL address for your Web site," the FDA's letter to one company read. "Furthermore, the metatags used to bring consumers to your Web site include 'cancer,' 'herbs for cancer' and 'fight-cancer.'"

"FDA expects prompt and complete corrective action," said Office of Enforcement Director David Elder. "Firms that don't heed the warnings that we've delivered and other firms marketing similar unapproved products may face further regulatory action."

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Potential sanctions include injunctions, fines and product seizures.

The FDA expressed particular concern over the marketing of such herbal cures on [the Internet](#), which is much more difficult to regulate. It is easy for companies to shut down one Web site and start up another, while at the same time it is difficult for authorities to figure out exactly who owns and operates a given site.

"Although promotions of bogus cancer 'cures' have always been a problem, the Internet has provided a mechanism for them to flourish," said FDA regulatory chief Margaret Glavin.

The American Herbal Products Association responded by saying that while it is certainly illegal to make unapproved

medical claims, the products in question are not harmful.

The FDA has not received any consumer complaints or negative side effect reports from the targeted products.

Sources for this story include: [thelede.blogs.nytimes.com](#); [www.uk.reuters.com](#).

Massage Is Just As Good As Drugs For Pain Control (Healthy News Service)

Doctors immediately think of giving drugs to patients who are in pain after major surgery. But a new study has found

that massage is just as effective, and far safer.

A group of 605 patients who had undergone major surgery, and who were in great pain for more than four days afterwards, reported a significant improvement after massage.

The patients received either standard, drug care, or 20 minutes of massage, or back massage for five days after surgery. Both massage groups reported a greater lessening of pain and unpleasantness than those in the drug group.

(Source: Archives of Surgery, 2007; 142: 1158-67).

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only have two choices: dialysis or kidney transplant.

Learn To Cleanse Your Kidneys

With all the detox work your kidneys have to do, you need to help your kidneys do its job by periodically conditioning this organ. There are several natural herbs and vitamins that work well to help the kidneys recover from the detoxification job they do:

Tumeric – A root that many of us know as a spice used in cooking, research on this powerful herb has blossomed in the last few years, and it has been discovered that tumeric aids the liver, helps ease the symptoms of arthritis and heart disease, and prevents and treats certain cancers. Tumeric also protects the kidneys from being damaged by drugs and other chemicals.

Ginger – This herb is well known for calming the stomach, and being good for the heart. Ginger acts as an anti-inflammatory, and it protects the kidneys from damage by a variety of drugs and chemicals.

Garlic – The number of studies demon-

strating the way in which garlic is a boon to health could fill a small room. While most beneficial for the heart, garlic is also great for the digestive system. It is both an antioxidant and anti-inflammatory. Garlic aids the kidneys by protecting them from damage at the hands of heavy metals such as lead and cadmium, and it helps reduce kidney-damaging high blood pressure.

Aloe – This herb is great for both digestive problems, and for offering the kidneys protection from the damage normally caused by diabetes.

Milk Thistle – There is likely no better herb for the liver than milk thistle. And current research is beginning to illustrate how milk thistle helps the kidneys function better, and protects them from the damaging effects of a wide variety of insults.

Glutathione – If you want your kidneys to last a long time, make sure that you have enough glutathione in your body. Glutathione is the all body super-antioxidant. It can be supplemented directly, or can be recharged in the body by

taking enough vitamin C. Glutathione helps the kidneys detoxify many chemicals, and may even help to reverse chronic kidney disease.

Methionine – The kidneys can be damaged by oxidants; the solution to this problem is to ensure there are enough antioxidants in the blood by supplementing with methionine, which also helps to lessen the effects of the overburdening of toxins on the kidney.

Can You Detox Your Kidneys?

The surest way to help cleanse your kidneys is to lessen the burden placed on them. What do I mean? Like we said months ago, learn to cleanse your colon and your liver. This will ease the job the kidneys have to do.

Healthy kidneys are important to our health. So you must be proactive in trying to prevent disease with kidney detoxing several times a year or live a constant detox in your daily life.

Drink Water – Kidneys are designed to handle toxins. Depending on your life-

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style, the environment you live in, and what you put in your body, toxic materials will bring your kidneys down. Drinking plenty of water dilutes the toxic load and keeps the kidneys flushed. You know you are drinking enough water if your urine is very light yellow or clear.

Detox and Cleanse Your Colon – New research is showing that when you cleanse your colon and liver, you are having a positive detoxifying effect on the kidneys.

Control Diabetes and Heart Disease – Since we said earlier that these two conditions have an effect on the kidneys, controlling these two health areas is a great benefit to your kidneys.

Kick The Salt Habit – High Blood Pressure, kidney disease, and salt have a rela-

tionship. Try to eliminate as many sources of salt from your diet. Get rid of foods that have a lot of salt within them: cured meats (bacon, ham, lunch meat), fast foods, snack foods, pickled foods (olives, sauerkraut, pickles), canned foods, soups, processed foods.

Good Nutrition – Our body works best when we give it proper nutrition so eat well and take good vitamins.

Avoid High Phosphorus Foods – Weak kidneys don't remove phosphorus well from the blood. Too much phosphorus makes us lose calcium. We said earlier that the kidneys help to produce bone building with calcium. So eat less phosphorus foods: NO dairy products (cheese, milk, pudding, yogurt), not too many beans (no kidneys, lentils, and split peas), NO nuts and peanut butter, and NO beer,

cocoa, and cola sodas.

Eat Less Protein – Too much protein may build up an excess of urea – a waste product of protein. Get an adequate amount of protein, but not to excess. Avoid dairy, meat, and seafood. Sparingly eat bread, cereals, grains, starches, fruits, and vegetables. Limit your protein, don't eliminate it.

Supplements – When the kidneys are beginning to fail, you have to be mindful to not use too many supplements. Most often B-complex, Vitamin C, Calcium, and Vitamin D3 are usually recommended.

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A Popular, Unhealthy Fish?

Farm-raised tilapia is one of the most highly consumed fish in America. Yet it has very low levels of beneficial omega-3 fatty acids and very high levels of potentially detrimental omega-6 fatty acids.

That's according to new research from Wake Forest University School of Medicine. Tilapia has higher levels of long-chain omega-6 fatty acids than 80-percent-lean hamburger, doughnuts and even pork bacon, says an article in the July, 2008 issue of the *Journal of the American Dietetic Association*.

Omega-6 fatty acids are pro-inflammatory, and inflammation is known to cause damage to blood vessels, the heart, lung and joint tissues, skin, and the digestive tract.

For their study, the authors obtained fish from several sources, including seafood distributors that supply restaurants and supermarkets, two South American companies, fish farms in several countries, and supermarkets in four states. They found that farmed tilapia contained only modest amounts of omega-3 fatty acids: less than half a gram per 100 grams of fish, similar to flounder and swordfish. Farmed salmon and trout, by contrast, had nearly 3 and 4 grams, respectively. At the same time, the tilapia had much higher amounts of omega-6 acids.

This is important information. Cardiologists are telling their patients to eat more fish, but if those patients are buying and eating farm-raised tilapia, they could clearly do better. As a follow-up to this report, a coalition of more than a dozen doctors pointed out that tilapia should be considered a better choice "than most other meat alternatives," but my response is, why not eat the best fish of all? So I strongly suggest adding wild-caught Alaskan salmon to your diet to get the benefit of their impressive omega-3 fatty acid content and low contaminant load. It is more expensive than tilapia, but a worthy investment in health that will reap dividends in the future.



To Bromate or Not To Bromate That Is The Question

Bromated flour has been banned in much of the world, but remains available in the United States. Potassium bromate is an additive used to strengthen bread dough.

But the Food and Drug Administration (FDA) has known since 1982 that it can cause tumors of the kidney, thyroid, and other organs in animals. In July, CSPI petitioned the FDA to ban bromate.

In 1992 and again in 1998, the FDA found baked goods that had bromate at levels the agency considers unsafe," said CSPI attorney Darren Mitchell. "But instead of banning the additive, as the United Kingdom and Canada have done, the FDA has tried—with only partial success—to get bakers to voluntarily stop using it."

To avoid packaged foods that contain bromate, look for "potassium bromate" or "bromated flour" in the ingredient list.

Some brands that still use it are:

Home Pride, Martin's, Schmidt, Sunbeam, TastyKake, Wonder, and Boston Market (in its French sandwich bread).

Many bakers, including Best Foods, Inc. (maker of Arnold, Entenmann's, and

Orowheat brand breads and rolls), Pepperidge Farm, and Pillsbury, have switched to bromate-free processes. Also, some supermarket chains, including Giant, Jewel, Ralph's, and Von's, do not use bromate.

In contrast, Interstate Brands Corp. (Wonder, Home Pride), Schmidt Baking Co. (Schmidt, Sunbeam), Tasty Baking Co. (TastyKake), and Martin's still use potassium bromate in some of their products. Among fast-food chains, Burger King, Arby's, and Wendy's use bromate in buns, and Boston Market uses it in its french sandwich bread.

So avoid bread, rolls, doughnuts, and cakes that list "potassium bromate" or "bromated flour" among their ingredients. FDA's limited surveys found that rolls and buns are especially likely to contain high levels of bromate.

<http://www.commondreams.org/pressreleases/july99/071999b.htm>

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<http://en.wikipedia.org/wiki/Flour>

http://en.wikipedia.org/wiki/Potassium_bromate



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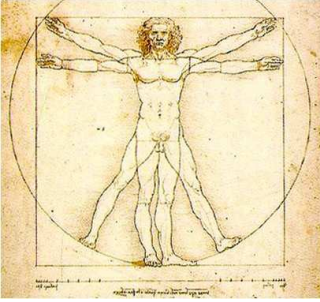


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COUNTERTHINK





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