



Kidney Disease: An Eastern Medicine Point of View

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Healthy kidney function, like many other body tissues, always relies on a balance between proper nutrition and detrimental factors like toxicity and viral illnesses. One of the chief functions of the kidneys is to rid the body of toxins and by-products of metabolism like uric acid and creatinine. From an Eastern medicine point of view, these functions are dependent on the balance of kidney and spleen energy. Without a correct balance, the kidneys may not be able to perform their function resulting in the increase of creatinine in the body (kidney failure) and loss of protein into the urine (proteinuria). The increased toxicity of the tissues make it prone to autoimmune disease—a disorder in which immune cells destroy abnormal cells in the body. As a catch 22, the toxicity impairs renal clearance of toxins leading to more toxicity and more chance of autoimmune reactivity and declining renal function.*

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All tissues with increasing toxicity are prone to autoimmune destruction. The function of a normal immune system is to survey the cells of the body and destroy cells which are abnormal. Cells with too many chemicals or heavy metals like mercury present a cell membrane to the immune system that it doesn't recognize – causing the immune cell to destroy it. Eastern support for kidney function is primarily

to restore energetic balance to the kidneys and associated organs as well as supporting the body's healthy cellular detoxification pathways. This approach can be a very effective way to support healthy kidney function.*

Many of the vital functions of the cell are performed by the cells' membranes. They control fluid balance, mineral ion balance, nutrition, and detoxification, communication with other cells and other organs, immune functions, hormone and neurotransmitter receptors and energy balance. One of the key words here is energy. All cellular functions are energy dependent. Without energy, nutrients aren't transported into the cells and toxins aren't exported out of the cells. The normal cellular function is tied to the use of essential fatty acids and can be enhanced by supplements like CoEnzyme Q10. Sugar is another energy source but it is a far less efficient energy system in the cell membrane (glycolysis).*

Toxicity and poor nutrition make the body susceptible to viral illnesses complicating health recovery. The abnormal immune response in the body with elevated toxicity levels may cause the body to waste valuable energy. It may also cause the body to overreact to, and target some essential cells in the body like kidney cells. If the body is spending time overreacting to kidney cells, it will be less efficient at reacting to and targeting harmful viral infections.*

Restoration of kidney health comes down to nutrition, detoxification, energy and an improvement in the overall immune system.

The results of all these changes in the kidney contribute to many kidney disorders experienced by individuals like glomerulonephritis, nephrotic syndrome, nephropathy, FSGS, proteinuria, high creatinine and kidney failure. These conditions often have complicated names but the cause is often related to the basic concepts expressed above. Restoration of kidney health almost always comes down to better supporting the body and kidneys by restoring nutrition, detoxification, energy and an improvement in the overall immune system. From an Eastern medicine point of view, the best way for a person's body to recover from kidney disease naturally is to support the body by taking effective kidney and spleen based herbal dietary supplements as well as with the assistance of other supplements that support healthy energy and detoxification capacity.*

Five products come to mind in regards to offering effective support to the body in terms of healthy kidney function. Get Well Natural's original "[Kidney Well II](#)" is the foundation of any kidney health protocol, and with the combination of "[Phyto Antioxidant](#)" and "[Alisma](#)," this trio offers the body maximum support for maintaining healthy kidney function. For healthy energy and detoxification capacity, Get Well Natural's "[Detox Kit](#)" supplies

two products that contain the necessary herbal ingredients, zeolites, trace minerals, fulvic acid and Aloe to provide overall support for the body in relationship to the removal of stored toxins and energy capacity.*



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If you have any questions regarding the use of herbal dietary supplements to support your health, contact Get Well Natural at contact@getwellnatural.com or call 1-888-522-HERB (4372) or 408-260-9714, or visit the GWN website at www.getwellnatural.com.

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