

# Be Kind to Your Kidneys

I shared a great story last week about migraines and how supporting the kidneys can bring an end to the cycle of pain. In the case of Cathy her kidneys were doing double time because her bowels were not doing their job. By activating her bowels along with supporting her kidneys with an alkaline diet and gemmotherapy, Cathy was able to turn around a lifelong problem in record time. If you or someone you love deals with migraines, I advise looking downward beyond that pain in the head and taking some steps to engage the bowels and support your all-important kidneys.



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Before reviewing some practical steps to take, let me point out what we may be doing each day to tax this most important filtering station.

- Eating processed foods and drinks that are acidic in

nature—high on that list is soda.

- Prolonged sitting
- Not staying hydrated
- Taking NSAIDs for pain relief, antibiotics and some supplements

Did you know those two fist size little organs need to filter a total of 200 liters (53 gallons) of blood, and sift through about 2 liters (.5 gallons) of waste and water that your body excretes as urine per day! Working against them will just lead to a host of symptoms such as migraines, headaches, lower back pain and night time urination.



Protecting the health of your kidneys is not complicated and the benefits can be quite direct, just like it was for Cathy. Here are five straightforward steps to take now.

1. Load up on fruits and veggies from the very start of your day as these high alkaline foods do their part to neutralize the acidic wastes our kidneys must filter.
2. Pay attention to your bowels and note if they are doing their job removing acidic wastes by emptying two or more

times daily. If they are not, try refining your diet further.

3. Discuss a protocol of gemmotherapy extracts or other herbal support to promote kidney health and increase bowel function with your health practitioner.
4. Get up and move throughout your workday and include a few of these yoga poses into your before-bed routine
5. Avoid chronic use of pain medications and antibiotics. Instead, focus on the source of inflammation by engaging your lymphatic system to eliminate the acidic wastes.

Kidney health drives the health of your entire body and your longevity. Taking them seriously can ward off a host of chronic conditions. Be proactive and aware that your daily habits can have either a positive or adverse impact on your health. The choice is yours and you have the power to make a difference for yourself.

Watch for next week's post about a case of irritable bowels.