

Helping Kidney Health, By The Book

Kidney Rehabilitation Plan
For Overall Health

**Edition
3.01**

By Robert Redfern

All the books in this series:

Curcumin: Nature's Miracle Spice
 Helping Acne, Eczema and Psoriasis, By The Book
 Helping Alzheimer's, By The Book
 Helping Arthritis, By The Book
 Helping Arterial-Vascular Disease, By The Book
 Helping Asbestosis, By The Book
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 Helping Bronchitis, By The Book
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Turning A Blind Eye

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EquiHealth Equine Acupressure





About the author

Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with the Healthier Heart book and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 80s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their sixties that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and well-being. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

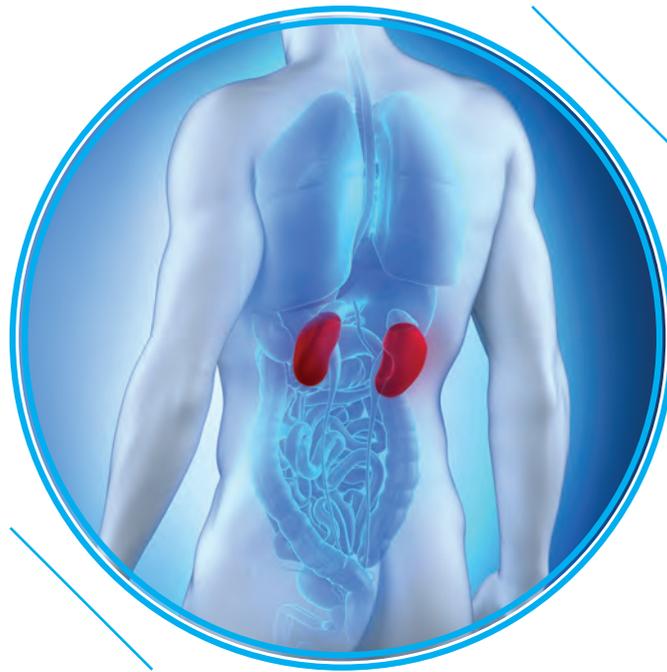
In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 74, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.



ROBERT REDFERN: YOUR PERSONAL HEALTH COACH
Provides step-by-step guidance on -

Kidney disease prevention and recovery:

Achieve and maintain healthy kidney function
through long-term rehabilitation





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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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YOUR COMMITMENT PLAN FOR BETTER KIDNEY HEALTH

TODAY	I DID THIS	SIGNED	DATE
I Committed	To restoring and supporting my health for all of my life.		
I Committed	To drinking 6-8 glasses of water per day with a pinch of sodium bicarbonate in each glass.		
I Committed	To spending time in the sun for 20 minutes each day (except when not advised).		
I Read	Robert's <i>Improving Kidney Health in 30 Days</i> Book.		
I Ordered	The recommended supplements to support my plan and healing.		
I Planned	My Daily Menu with ReallyHealthyFoods.com .		
I Started	My breathing exercises.		
I Started	Massaging the appropriate acupressure points.		
I Reread	Robert's <i>Improving Kidney Health in 30 Days</i> Book.		
I Reviewed	The recommended supplements to support my plan and healing.		
I Reviewed	My water intake.		
I Reviewed	My Daily Menu.		
I Reviewed	My breathing exercises.		
I Reviewed	My life-giving sun exposure (except when not advised).		
I Reviewed	How to massage the appropriate acupressure points.		
I Recommitted	To restoring and supporting my health for all of my life.		
I Recommitted	Robert's <i>Improving Kidney Health in 30 Days</i> Book.		
I Recommitted	To the recommended supplements to support my plan and healing.		
I Recommitted	To my water intake.		
I Recommitted	To following my Daily Menu.		
I Recommitted	To doing my breathing exercises.		
I Recommitted	To life-giving sun exposure (except when not advised).		
I Recommitted	To massaging the appropriate acupressure points.		



What is kidney disease?

Kidney disease is considered by many to be the silent killer. It is the ninth leading cause of death in the Western world. More than 20 million adults over the age of 20 have kidney disease—though many don't know they have the condition.

The kidneys are small but mighty. Kidneys are fist-sized organs shaped like beans. Two kidneys can be found in the middle of your back, on the left and right of the spine.

Kidneys are essential to the body. They filter out excess water and waste from the blood to make urine.

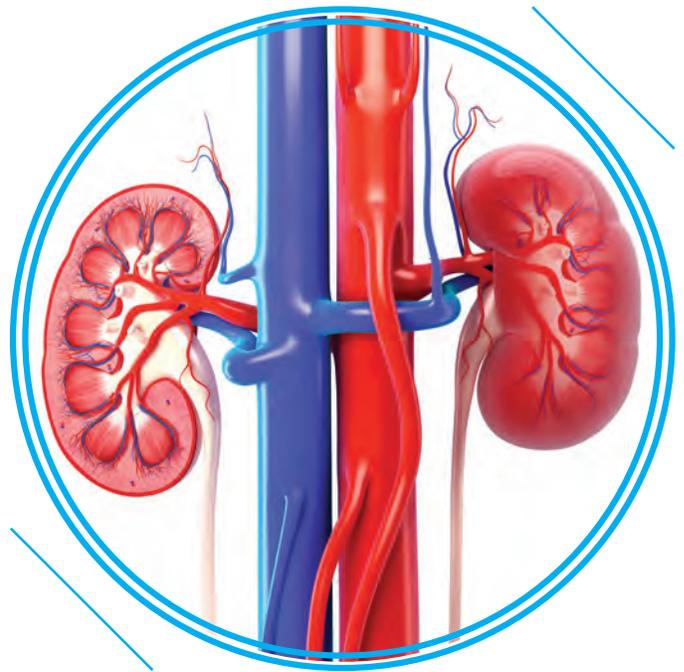
Most people are familiar with this basic kidney function, but kidneys do much more:

- Kidneys control blood pressure, vital to balanced health.
- Kidneys produce hormones needed by the body.
- Kidneys monitor fluid content, adjust mineral levels, and activate vitamin D, an essential vitamin absorbed from the sun.
- Kidneys produce urine to excrete waste and reabsorb water, glucose, and amino acids.

When kidneys become damaged, waste quickly accumulates in the body. "Renal" is a word commonly associated with kidney health. Kidney function may be referred to as renal function. Your doctor may call kidney failure *renal failure*.

Kidney disease occurs when damaged kidneys can no longer effectively filter blood. Once waste builds up as a result of kidney damage, it can cause a domino effect in the body that ultimately leads to poor health.

Kidney damage is likely to occur over several years and may be diagnosed as chronic kidney disease (CKD). Chronic kidney disease differs from a sudden change in kidney health related to injury, illness, or medication, otherwise known as acute kidney injury.





Signs of chronic kidney disease

Chronic kidney disease, or chronic kidney failure, occurs through a gradual loss of renal function. Once this gradual deterioration progresses to an advanced stage, waste, electrolytes, and fluid will build up in the body at dangerous levels.

Early stages of chronic kidney disease are more difficult to detect. As symptoms intensify, chronic kidney disease may be diagnosed when renal function has greatly declined.

Symptoms of chronic kidney disease may include:

- Vomiting/nausea
- Loss of appetite
- Weakness/fatigue
- Difficulty sleeping
- Puffiness around eyes, especially in the morning
- Changes in urine output
- Increased urge to urinate, especially at night
- Difficulty concentrating
- Swollen ankles/feet
- Muscle cramps/twitches
- Chronic itching
- Shortness of breath, related to fluid buildup in the lungs
- Chest pain, related to fluid buildup around heart lining
- Hypertension, or high blood pressure

It is important to address kidney health if you have been diagnosed with chronic kidney disease. If CKD goes untreated, complications like anemia, weak bones, high blood pressure, poor nutrition, and even nerve damage can result. Chronic kidney disease can increase the risk of heart and blood vessel disease. Long-term chronic kidney disease can lead to kidney failure, requiring dialysis or a kidney transplant to survive. However, CKD patients are more likely to die from heart disease than kidney failure.

Early intervention can help to prevent kidney failure.



Source: National Kidney Foundation



What are the different types of kidney disease?

Kidney disease includes any disorder, condition, or disease that affects the kidneys.

Kidney disease may be broken down into the following categories:

- **Acute Kidney Disease:** Acute kidney disease is characterized by a sudden loss of kidney function triggered by high levels of waste byproducts collected in the blood. Causes may include severe infection, dehydration, injury, kidney stones, or damage from toxins or medication.
- **Chronic Kidney Disease:** Kidney damage occurs gradually over several years until permanent kidney disease develops. Additional treatment may be needed for CKD complications, including anemia and nerve damage.
- **Pediatric Kidney Disease:** Both acute and chronic kidney disease can develop in children. Pediatric kidney disease may be caused by genetic factors, birth defects, infection, systemic diseases, trauma, Nephrotic Syndrome, and urine blockage or reflux. Birth defects and hereditary diseases are the top causes of kidney failure in children under four.
- **Polycystic Kidney Disease:** Polycystic kidney disease (PKD) is the most common inherited kidney disease in Western countries; it affects 12 million people worldwide. Polycystic kidney disease results in the growth of kidney cysts that compromise kidney structure and function. Cysts can spread to other organs, namely the liver. PKD is the third most common cause of kidney failure.



Source: *The Rogosin Institute*



Kidney disease may also include:

- **Alport Syndrome:** Genetic disorder common in young men that damages the blood vessels of the kidneys; may also cause severe hearing loss.
- **Diabetic Nephropathy:** Kidney damage caused by diabetes and high blood sugar.
- **Fabry Disease:** Rare genetic disorder where fatty deposits accumulate in blood vessels to damage the kidneys, heart, and brain.
- **Focal Segmental Glomerulosclerosis:** Scarring of the small blood vessels in the kidneys (glomeruli).
- **Glomerulonephritis:** Inflammation of the small blood vessels used for filtering in the kidneys.
- **IgA Nephropathy (Berger's Disease):** Buildup of IgA protein in the kidneys that causes blood vessel inflammation.
- **Kidney Stones:** Solid mineral concretions formed in urine in the kidneys; large calcium stones can block urine flow to cause severe pain. Long-term kidney stone obstructions can lead to scarring and kidney damage.
- **Minimal Change Disease:** MCG is the leading cause of Nephrotic Syndrome in children and may be related to NSAID use, tumors, vaccinations, viral infections, and allergic reactions.
- **Nephrotic Syndrome:** Nonspecific disorder characterized by damage to the kidneys' blood vessels, resulting in protein in urine and edema. MCG (Minimal Change Disease) may be used interchangeably with Nephrotic Syndrome.



Source: University Kidney Research Organization



What causes kidney disease?

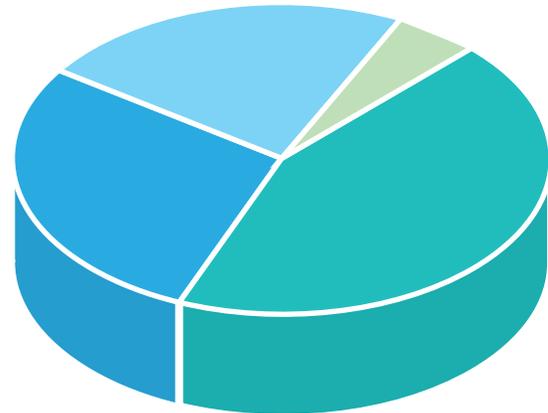
Kidney disease may be caused by:

- Diet high in sugar
- Diet high in starchy carbs
- Overly acidic diet
- Diabetes
- High blood pressure
- Sodium bicarbonate deficiency
- Pharmaceutical drugs
- Immune system conditions, including HIV/AIDS, hepatitis B, hepatitis C, and lupus
- Multiple urinary tract infections that result in scarring
- Inflammation of the kidney's tiny filters (glomeruli)
- Polycystic kidney disease
- Congenital birth defects

Type 1 and 2 diabetes and high blood pressure are the most common causes of chronic kidney disease.

It is important to understand that type 2 diabetes and high blood pressure are lifestyle conditions. These health issues are caused by eating pastries, bread, cookies, breakfast cereals, pizza, white rice, potatoes, parsnips, pasta, sugary drinks, and other high-sugar foods.

New Cases of Kidney Failure by Primary Diagnosis: CDC, 2011



- 44% ● Diabetes
- 28% ● High Blood Pressure
- 23% ● Other
- 5% ● Unknown

Avoiding unnatural foods and supplementing with missing nutrients can correct serious health issues like diabetes and high blood pressure, in the majority of cases. Addressing these health issues can restore kidney health in the early stages of kidney disease and can help to prevent irreparable kidney damage.

The best way to control kidney disease is by managing blood pressure and blood sugar through a non-inflammatory lifestyle.



Chronic kidney disease risk factors

Chronic kidney disease risk factors may include:

- Age - over 65
- Genetics
- Ethnicity - American Indian, Asian-American, and African-American
- Smoking
- Obesity
- High cholesterol
- Autoimmune disease
- Type 1 and 2 diabetes
- Cardiovascular disease
- Atherosclerosis
- Kidney or bladder cancer
- Kidney infection
- Liver cirrhosis or failure

High blood pressure and diabetes are the major risk factors for chronic kidney disease that are under your control. One out of three adults with diabetes has chronic kidney disease. One out of five adults with high blood pressure has chronic kidney disease. Incidences of chronic kidney disease increase over the age of 65, and CKD may also run in families.

 **Men with chronic kidney disease are 50% more likely than women to experience kidney failure.**

Chronic kidney disease is becoming a worldwide epidemic related to a rise in hypertension (high blood pressure), diabetes, and cardiovascular disease. CKD rates have increased throughout the developed world, in the United States, Europe, Asia, Australia, and areas of India, China, and Africa.



Source: CDC



Sodium bicarbonate for chronic kidney disease

Researchers believe that sodium bicarbonate, a.k.a. baking soda, can help to slow the progression of chronic kidney disease. Baking soda is a product you're likely to find around the house. It can be used for baking and cleaning, as well as a home remedy for acid indigestion.

Seriously ill patients with chronic kidney disease (CKD) may have to spend hours a day hooked up to a dialysis machine to filter waste and substitute kidney function. Patients in need of dialysis or a kidney transplant may benefit from a simpler and more effective approach: a baking soda supplement for CKD patients with low bicarbonate levels.

Low bicarbonate levels in CKD patients are referred to as metabolic acidosis. Royal London Hospital studied this effect in 134 patients with chronic kidney disease. CKD patients were administered a small daily sodium bicarbonate supplement, in addition to their regular treatment protocol.

One year later, patients who received sodium bicarbonate showed significantly slower kidney function decline compared to patients who did not receive the baking soda supplement. Patients in the sodium bicarbonate group had a rate of kidney decline considered slightly above the normal effects of aging.

Even more impressive was the fact that patients who took sodium bicarbonate tablets were less likely to progress into end-stage renal disease and require dialysis.

Sodium bicarbonate has been used as a chemotherapy and radiation adjunct to protect against kidney damage. Because of its ability to neutralize acid in the blood and urine, sodium bicarbonate has even been used in emergency rooms to provide relief for serious kidney problems and treat some medication overdose.

Since the kidneys are vital to flush excess acid from the diet, a patient with kidney disease is likely to collect acid in the body. Excess acid can change metabolism. Sodium bicarbonate supplementation is recommended by the American Association of Kidney Patients to slow down kidney disease and restore function.



Source: JASN September 1, 2009 vol. 20 no. 9 2075-2084



The sodium bicarbonate and sea salt connection

The beauty of sodium bicarbonate as a treatment for kidney disease is that it is an entirely natural substance. Baking soda can be found in soil, in the ocean, in food, and in the body. Baking soda is a neutralizing compound that can be used as a medicinal remedy.

Your body makes sodium bicarbonate to act as an acid buffer.

Sodium bicarbonate is being constantly produced by the stomach's cover cells to alkalize acidic foods and liquids that you eat. This sodium bicarbonate produced in the stomach also buffers respiratory and metabolic acids to maintain delicate blood and tissue alkalinity (7.365 pH).

Critical alkaline balance in your body can be compromised by low levels of sodium bicarbonate. Your body may be unable to produce sodium bicarbonate because of a very common mineral salt deficiency in the diet.

According to Robert O. Young, D.Sc., Ph.D., NMD, low sodium bicarbonate levels directly affect the stomach, pancreas, and kidneys. Dr. Thomas P. Kennedy of the American Medical Association confirms that sodium bicarbonate ions can neutralize acids that trigger chronic inflammation; sodium bicarbonate can be beneficial in treating chronic inflammatory and autoimmune diseases. Low sodium bicarbonate levels related to mineral salt deficiency have been directly linked to inflammation, edema, diabetes, cancer, and kidney disease.

Your body needs raw organic salt in the diet to produce sodium bicarbonate. For a completely healthy body, raw sea or rock salt is essential.

Anyone worth their salt can tell you that!



Source: *Sodium bicarbonate uses and science* by Robert O. Young, D.Sc., Ph.D., NMD



Why it pays to be proactive about kidney disease

The American Association of Kidney Patients confirms that 7.5% of patients with moderate chronic kidney disease do not know they have the condition. A growing number of people who have been diagnosed with CKD do very little about it.

Kidney disease can be treated and managed if it is caught early on.

Making the essential lifestyle changes outlined in this book will pave the way to a healthy, balanced life. You can restore kidney health and greatly reduce symptoms of chronic kidney disease, in many cases. Treating kidney disease early can also help to prevent heart disease.

Kidney disease left untreated without lifestyle changes will not go away. It will get worse. Over the long-term, chronic kidney disease will cause kidney failure or even heart failure. Once kidneys fail, a drastic treatment like dialysis or a transplant will be needed to save a life. Long-term kidney disease can lead to a number of health complications that could otherwise be prevented, including heart attack and stroke.

If you have symptoms of kidney disease or have been diagnosed with CKD, it's time to take your health seriously. You must:

1. **Commit to a new, non-inflammatory lifestyle.**
2. **Learn to balance blood pressure.**
3. **Learn to manage or reduce diabetes.**
4. **Increase your antioxidant intake.**
5. **Start bicarbonate therapy right away.**





The western un-natural food diet

A diet which will definitely hinder one's recovery from kidney disease is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle choices can perpetuate kidney disease.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all too common diet is lacking in high-fiber foods and the foods that provide essential nutrients necessary to find relief from kidney disease.

These missing foods include:

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)

Antioxidants are essential for sufferers of CKD. Research has confirmed that antioxidants can help to slow the development of chronic kidney disease in patients with CKD.

Where can you find vital antioxidants to protect against advanced kidney disease? Antioxidants are best found in a Really Healthy Foods diet full of fresh, whole foods, along with powerful supplements to provide missing nutrients. Antioxidants can relieve whole body inflammation and support the healing process.



Source: Jun M, Venkataraman V, Razavian M, Cooper B, Zoungas S, Ninomiya T, et al. Antioxidants for chronic kidney disease. *Cochrane Database Syst Rev.* 2012;10:CD008176.



Can I reverse kidney disease?

I prefer not to use the word “cure” when talking about these health conditions since many cases are directly related or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, you can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since these health conditions are inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.



... transform your health with a balanced lifestyle and essential nutrients...



Essential nutrients

According to research, these nutrients can manage or prevent kidney disease in most cases:

Sodium Thiocyanate and Sodium Hypothiocyanate - Clear any remaining infection in the cells.

Nascent Iodine - Essential for a completely healthy body; aids the body in processes, such as detoxification, protecting cells and tissues, increasing metabolism, and improving energy.

Serrapeptase, Nattokinase, Protease, and Lipase - Serrapeptase gives powerful support to the digestive system and lowers inflammation.

Curcumin – Provides superior support and pain relief for digestive problems, the liver, and the gallbladder.

Probiotic – The body relies on these healthy “bugs” to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health.

Vitamin B1, B2, B3, B5, B6, and B12, et al. - Supports healthy homocysteine levels, giving a healthy boost to the immune system and improving B12 absorption.

Vitamin C, D3, ExSelen (Selenium), Zinc, Elderberry Fruit Extract 4:1, et al. - Protects against infection and maintains a balanced immune system.

Cinnamon Bark, Cedar Leaves, Wild Rose Root, Fenugreek Seed, Damiana Leaf, et al. - Powerful herbal formula designed to cleanse and support kidney health.





What if my doctor doesn't support my recovery?

You can use the Kidney Rehabilitation Program to improve your health! Your doctor has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake - these organizations make money off basic healthcare for sick individuals. They don't have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel better, but in many scenarios, they could lead to their death.

These industries won't support long-term health recovery in any circumstance!

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties that continue to fund the disease-promoting monopoly I have just described.

Yet when you follow the Kidney Rehabilitation Program to the letter, you can see results within 30 days.

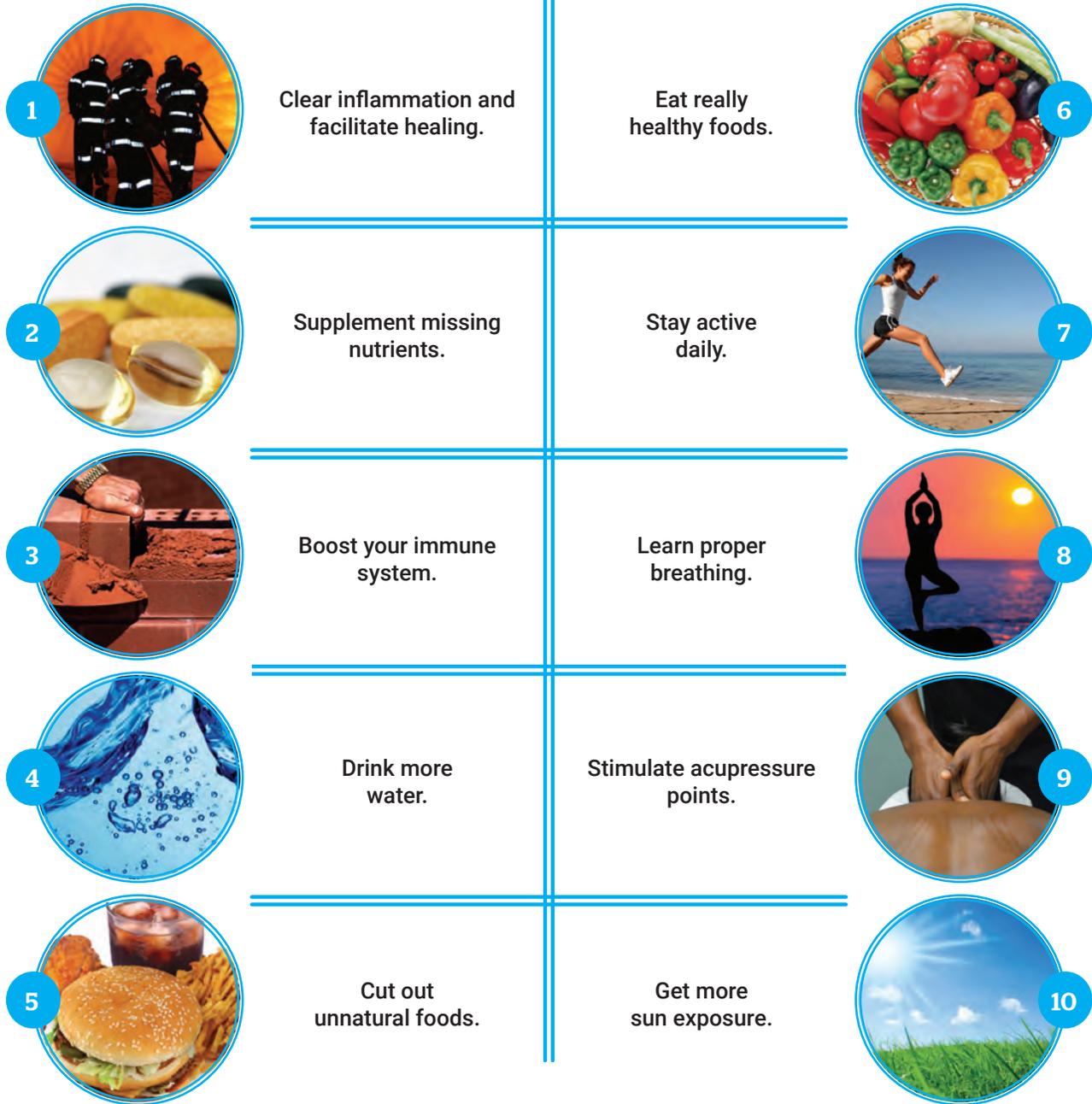




Your Kidney Rehabilitation Plan

10 Steps for long-term health recovery

This self-recovery protocol can be used by sufferers of kidney disease, in most cases:



It's almost impossible not to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.



For details of the suggested plans, turn to **page 32**.

1. Clear inflammation and facilitate healing.

Helping Kidney Pack - Essential

- **Blockbuster AllClear™** - is a powerful combination formula of Serrapeptase, Nattokinase, Digestive Enzymes, antioxidants and proanthocyanidins to support normal arterial and cardiovascular health. Take 2-4 capsules daily, 30 minutes before a meal.
- **CurcuminX4000™** - Take 1 capsule, 3 times per day with BlockBuster™. Curcumin provides superior support and pain relief for digestive problems, the liver, and the gallbladder.
- **Kidney Rescue** - Take 2-5 tablets, 5 times per day, 6 days per week. Kidney Rescue cleanses the liver, while providing adrenal support.
- **PrescriptBiotics™** - Take 1 x 4 capsules a day. "Bio-Identical" SBO Probiotics Consortia™ with Gut-Boosting Benefits. This is the next-generation, clinically-proven vegan probiotic supplement.





2. Boost your immune system.

Helping Kidney Pack - Ultimate

- **Blockbuster AllClear™** - is a powerful combination formula of Serrapeptase, Nattokinase, Digestive Enzymes, antioxidants and proanthocyanidins to support normal arterial and cardiovascular health. Take 2-4 capsules daily, 30 minutes before a meal.
- **CurcuminX4000™** - Take 1 capsule, 3 times per day with BlockBuster™. Curcumin provides superior support and pain relief for digestive problems, the liver, and the gallbladder.
- **Kidney Rescue** - Take 2-5 tablets, 5 times per day, 6 days per week. Kidney Rescue cleanses the liver, while providing adrenal support.
- **PrescriptBiotics™** - Take 1 x 4 capsules a day. "Bio-Identical" SBO Probiotics Consortia™ with Gut-Boosting Benefits. This is the next-generation, clinically-proven vegan probiotic supplement.
- **B4 Health Spray** - Take 6 sprays daily. Supports healthy homocysteine levels, gives a healthy boost to the immune system, and improves the absorption of B12.
- **Nascent Iodine** - Take 5 drops, 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 3. Take 1st dose on waking, 2nd mid-morning, and 3rd mid-afternoon. Iodine is essential for a completely healthy body. 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.
- **ActiveLife** - Contains essential vitamins, a natural and highly absorbable form of folate, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in the body that are depleted each day.
- **D.I.P. Daily Immune Protection™** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.

ALSO, TAKE:

- 6-8 glasses of water per day with a pinch of bicarbonate of soda in each glass.





3. Supplement missing nutrients.

Optional - but highly recommended for at least 1 to 2 months



1st Line (Thiocyanate) Immune Support Kit - Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow. This kit clears any infection remaining in the cells.



4. Drink more water.

Drink at least 6-8 glasses of RO filtered or distilled water each day; **add a generous pinch of baking soda to each glass**. This step is essential for patients with chronic kidney disease.



5. Cut out unnatural foods.

Until you've achieved full recovery, cut out starchy carbohydrates altogether, i.e. pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.



6. Eat Really Healthy Foods.

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50% raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support CKD, heart disease, diabetes, and even cancer recovery.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).



Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.



Add healthy oils to your favorite foods, like krill, omega 3, hemp, coconut, and olive oils. Pair with healthy carbohydrate alternatives, like amaranth, quinoa, buckwheat, and chai and millet seeds. You can also try couscous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so Nascent Iodine is recommended in your Rehabilitation Plan.



Recommended vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - all types (Kelp, Wakame, Noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (Courgettes)

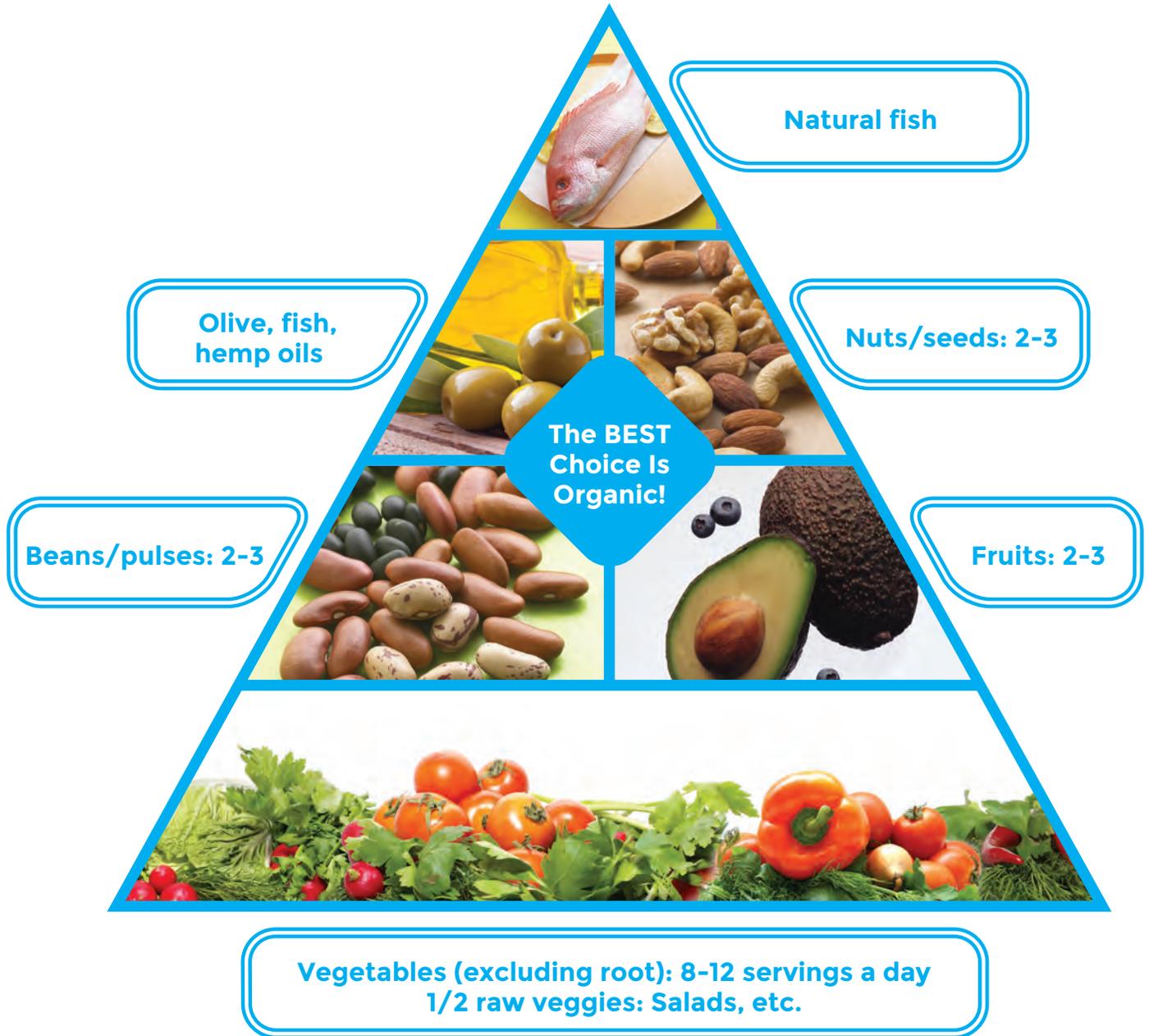
Recommended fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (Blackcap)



The Garden of Eden pyramid





7. Stay active daily.

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your lungs and muscles connected with your heart and lungs will get stronger, and health will balance perfectly.



Physical activity is vital to your rehabilitation plan.





8. Learn proper breathing.

B *Breathing properly is critical since oxygen is the foundation of overall health.*

There are two types of breathing:

1. **Anxious Breathing:** In the chest.
2. **Relaxed Breathing:** In the diaphragm or stomach area.

The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to Breathe Correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can. **You can access more resources on breathing lessons here.**





9. Stimulate acupressure points.

Another component in your Rehabilitation Plan is to stimulate acupressure points that connect to your kidney health recovery system. There are a number of points that can be massaged gently with a finger to mimic actual acupuncture. Please read more about this on **page 37**.

10. Get more sun exposure.

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 35**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



Recommendations for sun exposure:

- **Expose as much skin as you can to the sun each day, such as on your morning walk.**
- **Build up your sun exposure gradually from spring to summer seasons.**
- **Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to sunscreen.**
- **If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.**
- **It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!**



More about clearing inflammation and promoting healing

Blockbuster AllClear™

Blockbuster AllClear is, by any measure, the best and most powerful enzyme formula available. This carefully formulated blend of powerful enzymes such as Serrapeptase, Nattokinase, Digestive Enzyme, antioxidants, and proanthocyanidins (including Grape Seed Extract and Pycnogenol) is now in a delayed release capsule – all with a long history of studies and a reputation for great effect.

BlockBuster™ contains Serrapeptase to provide powerful support for the digestive system and lower inflammation. BlockBuster™ is perfect for those requiring the highest level of support for their health or long-term maintenance.

Ingredients:

- Serrapeptase - 80,000 IU
- Nattokinase - 1600 FU
- Protease - 20,000 HUT
- Lipase - 1500 FIP
- Amylase - 4000 DU
- Cellulase - 600 CU
- Lactase - 1000 ALU
- Acerola extract - 50 mg
- Amla extract - 50 mg
- Olive Leaf Citrus Blend - 230 mg
- Trace Minerals (Coral Calcium) - 100 mg
- Bacillus Coagulans - 376,000,000 CFU
- Protease S - 5 mg
- Grapeseed extract - 100 mg
- Policosanol - 6 mg
- Pycnogenol® - 10 mg

Dosage:

Take 2 capsules, 2 times per day, 30 minutes before eating a meal with water; reduce to 1 x 2 after a month.

Curcuminx4000™

Curcuminx4000™ provides superior support and pain relief for digestive problems, the liver, and the gallbladder. Curcumin also has well-established properties that compare to supplemental vitamins C and E in their antioxidant abilities to neutralize free radicals.

Ingredients:

- Meriva® (root) Curcuma longa extract - 600mg

Dosage:

Take 1 capsule, 3 times per day with the BlockBuster™.





Kidney Rescue

Kidney Rescue cleanses the liver, while providing adrenal support. Kidney Rescue may also support the lymphatic system (lungs, kidneys, liver, colon, and skin), adrenal glands, ligaments, and joints.

Ingredients:

- Proprietary Blend: 1455 mg
- Cinnamon Bark
 - Cedar Leaves
 - Lycci Fructus
 - Wild Rose Root
 - Fenugreek Seed
 - Holy Basil Powder
 - Borage Leaves
 - Damiana Leaf
 - Red Raspberry Leaf
 - Cloves Powder
 - Pygeum Bark
 - Cayenne

Other Ingredients:

Croscarmellose sodium, dicalcium phosphate dihydrate, silicon dioxide, magnesium stearate, stearic acid

Dosage:

Take 2-5 tablets, 5 times per day, 6 days per week.



Click for more details



Click for more details

PrescriptBiotics™ -

PrescriptBiotics™ contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy “bugs” to digest food, absorb nutrients, and produce the B vitamins and enzymes

Ingredients:

- *Bifidobacterium Bifidum*, *B. Lichenformis*, *L. Acidophilus*, *L. Lactis*, *L. Casei*, *B. Subtilis*, *L. Rhamnosus*, and *L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary, nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)

Other ingredients:

- Hypromellose (Veggie Cap)

Dosage:

Take 1 x 4 capsules a day, or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.



More about immune strengthening formulations

B4 Health Spray

B4 Health Spray may support healthy homocysteine levels, the heart and cardiovascular system, proper vitamin B12 absorption through the digestive tract, and a healthy immune system.

Ingredients:

- Vitamin C (as ascorbic acid) - 60mg
- Vitamin D (as cholecalciferol) - 400IU
- Vitamin E (as D-alpha tocopherol acetate) - 30IU
- Thiamin (Vitamin B1) as (Thiamin HCL) - 1.5mg
- Riboflavin (Vitamin B2) (as Riboflavin) - 1.7mg
- Niacin (Vitamin B3) (Niacinamide) - 20mg
- Vitamin B6 (as Pyridoxine HCL) - 2mg
- Folate (as Folic Acid) - 400mcg
- Vitamin B12 (as Methylcobalamin) - 6mcg
- Biotin - 300mcg
- Pantothenic Acid (Vitamin B5) (as D-Calcium Pantothenate) - 10mg
- Magnesium (as Magnesium gluconate) - 400mcg
- Selenium (as Selebium amino acid) - 70mcg
- Proprietary Complex - Trimethylglycine, N-Acetyl-D-Glucosamine, Ribose, Taurine, Grapeseed Extract, Pine Bark Extract, Co-Enzyme Q10 - 63mg

Other Ingredients:

De-ionized water, glycerin, aloe vera extract, trace minerals, stevia (leaf), grapefruit seed extract, potassium sorbate, natural flavors.

Dosage:

Take 6 sprays daily.

Nascent Iodine Colloidal Drops

Nascent Iodine is Iodine in its atomic form, rather than its molecular form. Nascent Iodine is a totally different form of Iodine from its denser state where it is sold as an antiseptic. All the cells in your body contain and make use of Iodine. It is concentrated in the glandular system of the body, with your thyroid containing the highest amount compared to any other organ.

Ingredients:

- Iodine (in its atomic form) – 400mcg

Dosage:

Take 5 drops, 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 3. Take 1st dose on waking, 2nd mid-morning, and 3rd mid-afternoon.





Active Life™ Capsules

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy, modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™-style, offering an all-natural source of 130 vitamins, minerals, and other essential nutrients.

Dosage:

Take 1 capsule, 3 times per day.

Ingredients:

	Amount per Serving	% Daily Value
• Vit A (Palmitate / 10% Natural Beta-Carotene)	5000IU	100%
• Vit C	500mg	833%
• Calcium (from DiCalcium Phosphate and Calcium Citrate)	152mg	15%
• Magnesium (from Magnesium Citrate)	76mg	19%
• Vit D3 (from Cholecalciferol)	400IU	100%
• Vit E (as Natural d-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
• Vit K2 (K2 - Menaquinone)	80mcg	100%
• Vit B1 (Thiamin)	10mg	666%
• Vit B2 (Riboflavin)	10mg	588%
• Niacin - Vitamin B3 (from Niacinamide)	80mg	400%
• Vit B6 (from Pyridoxine Hydrochloride)	10mg	500%
• Folate (as (6S)-5-methyltetra hydrofolic acid, (equivalent to 1600 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt***)	800mcg	200%
• Vit B12 (from Methylcobalamin)	100mcg	1,666%
• Biotin	300mcg	100%
• Vit B5 (from Pantothenic Acid)	20mg	200%
• Phosphorus (from DiCalcium Phosphate & DiPotassium Phosphate)	128mg	12%
• Iodine (from Potassium Iodide)	150mcg	100%
• Zinc (from L-OptiZinc®)**	25mg	166%
• Selenium (from Selenomethionine)	200mcg	285%
• Copper (from Copper Gluconate)	2mg	100%
• Manganese (from Manganese Gluconate)	4mg	200%
• Chromium (from Chromium Polynicotinate)	120mcg	100%
• Molybdenum (from Molybdenum Citrate)	75mcg	100%
• Chloride (from Fulvic Trace Minerals)	16mcg	<1%
• Potassium (from Potassium Malate and DiPotassium Phosphate)	250mg	7%
• Boron (from Boron Citrate)	1mg	*
• Aloe Vera Powder (200:1)	2mg	*
• Bilberry Extract 5:1	300mg	*
• Choline Bitartrate	25mg	*
• Fulvic Trace Minerals	200mg	*
(77 trace minerals and elements, electrolytes and 18 amino acids)		
• Inositol	40mg	*
• Lutein (from the Marigold flower - ZanMax®)	20mg	*
• Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
• L-Cysteine	10mg	*
• L-Glycine	10mg	*
• L-Taurine	400mg	*





Daily Immune Protection (D.I.P.)

D.I.P. Daily Immune Protection™ is designed to support the fight against infection, boost the immune response to allergens, strengthen healthy cells, and balance the immune system.

Ingredients:

- EpiCor® - 500mg
- ExSelen (2% Selenium) – 100mcg
- Vitamin D3 (Cholecalciferol) - 500IU
- Vitamin C (Ascorbic Acid) – 60mg
- OptiZinc 20% - 21mg
- Dimethylglycine HCL – 250mg
- Immune Assist – Micron Powder – 250mg
- Larch Arabinogalactan Powder – 600mg
- Beta Glucan 1,3 1,6 (Glucan 85%) 90mg
- Elderberry Fruit Extract 4:1 – 200mg
- **Other Ingredients:** Vegetable cellulose (capsule), Microcrystalline cellulose and Medium Chain Fatty Acids.

Dosage:

Take 1 capsule, 30 minutes before a meal. Take 2 daily.





More about optional/missing nutrients

Ultimate immune system support kit - 1st Line (Thiocyanate) Immune Support Kit

Sodium Thiocyanate and Sodium Hypothiocyanate can provide strong immunity against the first signs of infection. 1st Line clears any infections that may reside in the cells and provides a strong defense against viruses, yeasts, and fungi.



Ingredients:

- Sodium Thiocyanate – 100ppm
- Sodium Hypothiocyanate – 60ppm

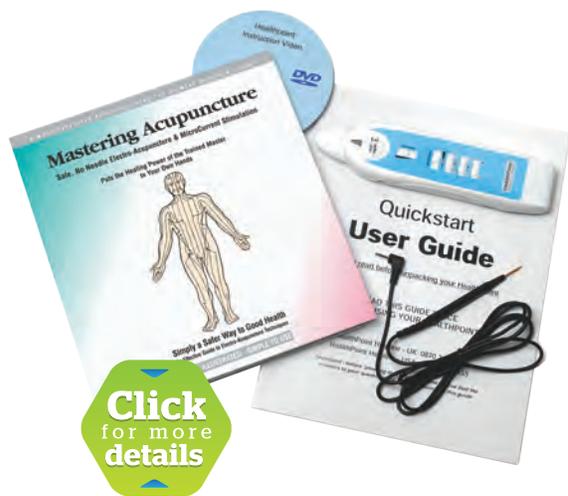
Dosage:
Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

More about acupuncture

Stimulating the points in page 1.23 of the book **Mastering Acupuncture** will help to balance kidney health. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon, MD 21 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for chronic kidney disease.





In conclusion:

The Kidney Rehabilitation Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage your kidney disease.

Kidney disease can better be understood as a lifestyle disease. This means that if you change your lifestyle, there is a great chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.

Drugs won't improve your health.

Drugs aren't effective since they can't make you healthy again. In a best-case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death.

Of course, the pharmaceutical industry would love you to continue on your current drug regimen and ineffective rehabilitation plan, relying on toxic medications that inhibit your true path to long-term healing.

Thankfully, you have discovered that there is a better way

You can use the Kidney Rehabilitation Program to prevent or manage kidney disease, even if other medical alternatives have not worked for you:

- This program will help you to embrace your health and improve your quality of life in a rehabilitation plan that includes education, coaching, and exercise.
- This program will incorporate support and therapy to provide assistance so that you can achieve the best results possible.

You will find the Kidney Rehabilitation Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.

This rehabilitation plan will always offer health improvements.

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or kidney disease.

Start slowly and begin rehabilitation step-by-step.

If you're not used to making major changes in your life, it may be difficult to adopt new healthy habits at first. But stick with it because...

Your health is invaluable...

Robert Redfern, Your Health Coach

Email: robert@goodhealth.nu
www.MyGoodHealthClub.com
 for step by step coaching and support.



Daily kidney rehabilitation plan

TIME	ACTION	AMOUNT
Just before eating	1st Line Kit	Take 1 kit daily for 3 days; should be taken 90 minutes before and 90 minutes after food, approximately
BREAKFAST		
30 mins before breakfast	B4 Health Spray	Take 5 sprays in the mouth
30 minutes before breakfast	Blockbuster AllClear™	Take 2 capsules
Just before eating	PrescriptBiotics™	Take 1 capsule with 6-8oz of juice or purified water
With breakfast	Kidney Rescue	Take 2 tablets
With breakfast	D.I.P.	Take 1 capsule
After breakfast	Curcuminx4000™	Take 1 capsule
LUNCH		
30 minutes before lunch	Nascent Iodine Drops	Take 1-3 drops in half ounce of water
With lunch	Kidney Rescue	Take 2 tablets
With lunch	D.I.P.	Take 1 capsule
After lunch	Active Life™	Take 3 capsules
After lunch	Curcuminx4000™	Take 1 capsule
DINNER		
30 minutes before dinner	Blockbuster AllClear™	Take 2 capsules
30 minutes before dinner	Nascent Iodine Drops	Take 1-3 drops in half ounce of water
With dinner	Kidney Rescue	Take 2 tablets
With dinner	D.I.P.	Take 1 capsule
After dinner	Active Life™	Take 3 capsules
After dinner	Curcuminx4000™	Take 1 capsule

**All products in this book can be
obtained from following places:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in
Tel: +91 9640428251
From 10am-6pm IST

About This Book

My Good Health Club

Robert Redfern - Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health. This book combines all of Robert's work and research on kidney disease into a user-friendly Kidney Rehabilitation Plan that can be used for naturally improved health.

For more information, you can consult the Naturally Healthy Publications website for dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today to find more information on health conditions related to:

- Diabetes
- Liver Health
- Digestive Problems
- Colitis
- Crohn's Disease
- IBS
- Gallbladder
- Constipation
- Thyroid Health

And much more!

"I am finding the pain in my kidneys has vastly decreased since taking Serrapeptase. I want to thank you for your advice in recommending it, along with the health plan I am following. I am beginning to see a big difference in my overall health."

Mark T., Dundee

