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www.Doctorharold.com

<https://youtu.be/YkPbMGuWmOo>

Keeping your kidneys Healthy

Transcript:

We all think our cholesterol levels in the blood to keep the heart ticking well, but the kidneys being as important, would not bother to keep them healthy.

The main function of your heart is to pump blood with nutrients and oxygen to all tissue cells in the body.

On the contrary, your kidneys perform many functions to keep your health and wellbeing.

Your kidneys remove wastes and extra fluid from your body. Your kidneys remove acid that is produced by the cells of your body and maintain a healthy balance of water, salt, and minerals-such as sodium, calcium, phosphorus, and potassium- in your blood.

They also produce hormones that regulate blood pressure and control the production of red cells. They make two main hormones, vitamin D and erythropoietin. Vitamin D is essential for several different functions in the body. Most of the vitamin D that is in the blood is inactive and it is modified by the kidney and other tissues to activate it.

The other hormones the kidneys secrete are renin-angiotensin system or the RAS system, in addition to erythropoietin and dihydroxy vitamin D3. It also produces enzymes, such as kallikreins, which produce hormones in other, distant sites.

Your kidneys also activate a form of vitamin D that helps to absorb calcium for building strong bones and regulate muscle functions.

Certain medications can damage your kidney when taken regularly for a long time. They are NSAIDs or nonsteroidal anti-inflammatory drugs like ibuprofen and naproxen.

Using proton pump inhibitors for stomach ulcers and GERD- i.e. Gastro-esophageal reflux disease for a long time can raise your chances of chronic kidney disease.

You need to watch out for your kidneys when you take analgesics for pain, such as aspirin, Panadol or acetaminophen and caffeine.

These drugs when taken for a long time can cause a chronic kidney disease called chronic interstitial nephritis.

You need to be careful when you take certain antibiotics for a long time. Some types, like penicillin, sulfonamides, and cephalosporin can cause problems.

Be careful when you take herbal medicine. Some of them can damage your kidneys. Always, check with your doctor before taking any herbal supplement. Examples are- John's Wort, echinacea, ginkgo, garlic, ginseng, ginger, and blue cohosh

If you are on an immunosuppressive drug, taking very large amounts of turmeric/curcumin may lead to kidney damage -- possibly due to reduced metabolism of the drug). Minerals such as potassium, calcium, magnesium and phosphorus also have the potential to affect kidney function.

Turmeric has become popular for arthritic pains. It contains oxalates that can increase the risk of kidney stones. "The consumption of supplemental doses of turmeric can significantly increase urinary oxalate levels, thereby increasing risk of kidney stone formation in susceptible individuals."

Good supplements for the kidneys are- B1, B2, B6, B12, folic acid, niacin, pantothenic acid, and biotin, as well as some vitamin C, are essential vitamins for people with CKD. Vitamin C may be suggested in low doses as large doses can cause a buildup of oxalate.

To keep your kidneys healthy, the following tips may be useful.

Keep active and fit. ...

Control your blood sugar. ...

Monitor blood pressure. ...

Monitor weight and eat a healthy diet. ...

Drink plenty of fluids. ...

Don't smoke. ...

Be aware of the amount of OTC pills you take. ...

Have your kidney function tested if you're at high risk.

Ginger Tea

Ginger tea can have beneficial effects on kidney functions.

It's been shown to increase the body's natural antioxidants in the kidneys, lower renal inflammation, help remove toxins from the kidneys, reduce fibrosis in kidneys and help create healthier kidney tissues.

Early signs of kidney damage include:

You're more tired, have less energy or are having trouble concentrating. ...

You're having trouble sleeping. ...

You have dry and itchy skin. ...

You feel the need to urinate more often. ...

You see blood in your urine. ...
Your urine is foamy, brown and bloody
Your ankles and feet can swell.
Your appetite could be poor,
Your muscles can cramp frequently.
You're experiencing persistent puffiness around your eyes.
Foggy head
Swollen face and feet
Foul breath
Kidney stones
Eat Healthy.

Eat healthy plant-based foods. Your kidneys process everything you eat or drink, including anything that's bad for you, like lots of fat, salt, and sugar. Over time, a bad diet can lead to high blood pressure, obesity, diabetes, and other conditions that are hard on your kidneys. A healthy diet has lots of vegetables, fruits, and whole grains, and few processed foods.

Eat less salt in your food.

Salt increases the amount of protein in your urine and result in proteinuria. That can harm your kidneys or make kidney disease worse if you already have it. Lots of salt also raises your chances of high blood pressure, a typical cause of kidney disease, and kidney stones, which can be very painful and possibly cause damage without treatment.

Drink plenty of water to flush your kidney. Water is the best medicine to keep your kidneys healthy.

Exercise daily- a brisk walk for one hour will control your diabetes, prevent heart disease that led to kidney damage.

Limit your alcohol drinking. Alcohol dehydrates you which can lead to kidney damage, and result also in weight gain, liver disease, high blood pressure among others.

Control your diabetes and high blood pressure. These are the commonest condition that damages your kidneys.

If you are tired think of kidney disease. When your kidneys don't work right, toxins can build up. Over time, your kidneys may not be able to balance the minerals and nutrients in your body, which can lead to bone disease.

So, looking after your kidneys are as important as thinking of your cholesterol levels.

Hope this video talk was useful

Goodbye and stay safe.