

Four Simple Home Remedies

That Can Help In The Fight
Against
Chronic Kidney Disease



In this short guide, you will learn about four simple yet potent strategies that can help in stopping the progression of Chronic Kidney Disease (CKD). These strategies are time proven and well documented simple daily practices that will have you feeling better, strengthen your immune system, reduce inflammation and stop the decline of your health. When incorporated into a healthy diet and lifestyle, the benefits to your health can be quite substantial.

[To learn about a complete program that has already helped over 25,000 people stop the progression of CKD and reverse the condition in a completely natural manner, SIMPLY CLICK ON THIS LINK.](#)

Medical Disclaimer: The contents of this document are intended exclusively for informational purposes only and are not to be taken as medical advice. Before trying out anything new, and/or making any changes to your habits and/or diet, which may affect your health, you should always first consult with a qualified medical professional.

The Remedies

1. Apple Cider Vinegar (unfiltered)



This is an age-old remedy that has regained some prominence in recent years. Many people have this in their pantry already; if not, it is widely available for instance in health food stores, supermarkets and even some pharmacies. Make sure it is unfiltered though, as it is the cloudy sediment, also known as “the mother”, that actually provides the health benefits of ACV.

How to take it:

1 teaspoon of vinegar in 1/3 cup of water first thing on rising and up to three times throughout the day (preferably 10-15 minutes before meals, as this aids digestion as well).

What does it do?

- Warms and stimulates blood circulation
- Stimulates elimination of toxic wastes by the liver
- Improves digestion and elimination through the bowels, taking pressure off the kidneys
- Lowers blood sugar levels by improving insulin sensitivity – vital for preventing Type 2 diabetes
- Can regulate the appetite – this can help with weight loss or increased appetite in CKD
- Reduces cholesterol and triglycerides – major risk factors for heart disease
- Prevents and reduces blood pressure – a major risk factor in kidney disease
- Improves immunity and helps prevent infections

2. Bicarbonate Soda



Bicarbonate soda, or sodium bicarbonate, is a common household item that is found lurking in many pantries. It has a myriad of uses in the home, including as a non-toxic, abrasive cleaner, but it also has many health benefits, particularly for kidney disease sufferers. This is because sodium bicarbonate is actually produced by the kidneys and is used by the body as a buffering agent to help keep the pH level of the blood stable. Unhealthy diets can throw this balance out, and in chronic disease states the pancreas and kidneys can stop making enough sodium bicarbonate to efficiently neutralize blood pH.

One important thing to be aware of when taking bicarbonate soda is that it reduces stomach acid, which is why it is used in antacid preparations. For this

reason, it should be consumed separately from meals as low stomach acid can cause impaired digestion. Bicarbonate soda is a different product to baking soda, so also do make sure you do not use baking soda by mistake, and try to source pure or pharmaceutical grade bicarbonate soda to avoid impurities.

Metabolic acidosis can be a cause or symptom of chronic disease. It is vital for long-term health that we support our bodies to maintain normal pH levels.

Therefore, it is a good idea to buy some pH test strips from your local pharmacy to test the pH of your urine in a regular manner. This will help you to monitor the changes and also make sure your body's pH is remaining where it should be – which would ideally be from 7.0 – 7.4.

How to take it:

Take ½ to 1 teaspoon in ½ cup of water once or twice per day, at least 1/2 hour away from food. If you are taking any medications, it is best to get advice as to how often you can take bicarbonate soda.

What does it do:

- Restores the body's pH balance
- Has antiseptic, antifungal and antibacterial properties
- Can ease digestive complaints
- Studies have shown it can slow the progression of renal disease and in some cases even prevent the need for dialysis

3. Cinnamon, Turmeric and Raw Honey Elixir



Cinnamon is truly a gift from nature for our health. It is commonly used as the poster spice for “Food as Medicine”! From a kidney specific point of view, elevated blood sugar causes a reaction with enzymes and proteins in the body that create highly inflammatory AGEs (advanced glycation end-products). This is dangerous enough, but as the kidneys are involved in clearing these products out, they become even more dangerous for sufferers of CKD.

The amazing therapeutic properties of turmeric have been the focus of many studies over the last several years. According to a study published in the *Journal of Nephropathology* (2012), “Turmeric, a neglected Asian traditional drug, might re-emerge as remedy and/or preventive tool for various illnesses including different type of cancers, obesity, Type 2 diabetes, hyperlipidemia, hypertension, CKD [chronic kidney disease] and ESRD [end

stage renal disease], which are steadily increasing globally, claiming many lives and tremendous amounts of resources worldwide.”

How to take it:

- Juice of 1/2 a lemon
- 1/2 tsp turmeric
- 1/2 tsp raw honey
- 1/4 tsp cinnamon powder
- 1 cup warm water, or milk

Mix all ingredients together in a cup. The turmeric tends to settle to the bottom, so continue to stir as needed, or alternatively use a shaker.

What does it do?

- Stabilizes blood sugar
- Improves insulin sensitivity
- Regulates appetite and supports weight loss
- Prevents inflammation
- Protects against heart disease
- Warms and stimulates digestion
- Lowers cholesterol

4. Golden Milk



Turmeric is a pretty amazing spice with a very long history. In fact, it has been used for health and healing for thousands of years! Over the last couple of years, a lot of research has been done into its health benefits, and the diversity and effectiveness of turmeric are quite astonishing. Where there is chronic illness there is almost guaranteed to be inflammation, and this is where the golden spice really shines.

It has been proven capable of reducing inflammation in the musculoskeletal and digestive systems, as well as helping treat inflammatory conditions of the skin, respiratory and reproductive systems.

This simple home remedy, consumed on a regular basis, will provide antioxidant and anti-inflammatory benefits that can help prevent the onset and also protect from the effects of chronic illnesses including high blood pressure, high cholesterol and Type 2 Diabetes.

First of all, make the paste:

- 1/4 cup of turmeric powder
- 1/2 teaspoon of ground pepper
- 1/2 cup of water

Add all ingredients to a small saucepan and mix well over a medium heat. Once it has cooled down, you can keep it in a jar in the fridge and use it as needed.

To make the golden milk:

- 1 cup of milk, or substitute with almond or soy milk
- 1 teaspoon almond oil, ghee or olive oil
- 1/4 teaspoon or more of turmeric paste

Combine the ingredients in a small saucepan and heat until just below boiling point. You can add a small amount of raw honey before serving, just remember that honey is three times as sweet as sugar, so you don't need a lot!

What does it do?

- Reduces systemic inflammation in CKD
- Protects the cardiovascular system & reduces blood cholesterol
- Helps prevent Type 2 Diabetes
- Corrects gut permeability, supports immune and digestive function
- Has an anti-clotting action, reducing blood pressure
- Is a potent antioxidant, protecting cells against free radical damage

To wrap everything up...

There is no miracle cure for any type of disease, but the cumulative effect of many small things can make a big difference over time. If you also make a concerted effort to reduce or eliminate the things that are having a negative effect on your life and replace them with foods and practices that do the opposite, you are sure to make a significant difference quite quickly! The more changes you make, the better are the chances of *stopping the progression of chronic kidney disease*.

Try also keeping a food journal at least for week, as since we are often so used to our habits, we often do not even realize what we are doing on a regular basis that might be contributing to the decline of health or predisposing us to risk factors. It is NEVER too late to start taking your health into your own hands. If you are under medical care, go ahead and share these ideas with your doctor or specialist. You may be surprised, as they might just ask you for the recipes to try them out themselves!

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