

KIDNEY CARE AND KIDNEY DISORDERS

by Dr. Lawrence Wilson

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INTRODUCTION

The kidneys are very important organs whose proper activity is essential for health. The two kidneys are located nearer the back of the body, in the 'small' of the back, near the bottom of the ribs in the back. The kidneys are each about the size of your fist.

The kidneys are very toxic in most people today. This is due to eating contaminated and "junk" food, toxins in the water and air, the use of medical drugs, vaccines, and other environmental toxins.

Good kidney energy is rare today. It is associated with qualities of courage, fearlessness, mental sharpness and mental acuity. Good kidneys also make the mind work faster and make one smarter. Healthy kidneys also help one to have more energy, stamina and determination. These are important qualities that are missing in many, if not most people in modern societies.

Sadly, in welfare states such as Europe, Japan and the United States to a degree, people have been spoiled and do not want to work. This may be called a kidney yin disease. Eating sugars of any kind, too much sex, aging and widespread infections, including sexually transmitted infections, also can damage the kidneys.

The kidneys are closely associated with the activity of the adrenal glands, which sit atop the kidneys. Both are very weak in many people today, even young people.

A complete nutritional balancing program is one of the few ways I know of to help restore the kidneys. Just taking vitamins and eating better is often not enough.

I. BASIC CARE OF THE KIDNEYS

Many serious problems with the kidneys can be avoided or at least delayed by doing the following:

1. Drink about three quarts or three liters of spring water or carbon-only filtered tap water each day. This is the single most important procedure to avoid some kidney stones and reduce stress on the kidneys.

Avoid dehydration by staying away from reverse osmosis water, alkaline waters, coffee (1 cup is okay), caffeinated teas or other caffeinated beverages such as diet soda. Also, stay away from all sugars, including all fruit, and all alcohol.

2. Eat a proper diet. This is described in articles such as The Slow Oxidizer Diet. It means do not eat food chemicals such as additives, preservatives, flavorings, sweeteners, pesticide residues and others that abound in processed and prepared foods. Also, avoid vegetarian diets! Also avoid fruit, which is somewhat toxic for the kidneys due to its content of toxic potassium, today, and its sugar content. Also, avoid wheat, white flour products, pig products, and too much meat.

3. Rest adequately. For most people, this means at least 9 or 10 hours of actual sleep every single day.

4. Avoid too much sex with orgasms or masturbation with orgasms. This is known in Chinese medicine to weaken and deplete the kidneys. This is discussed below in more detail

5. Avoid toxic exposures. Some chemicals and metals are extremely hard on the kidneys and bladder. A few of these include most hair dyes, fluoride, chlorine in water and elsewhere, iron found in all white breads, and hundreds of other toxic chemicals.

6. Limit sexual orgasms to once a week, or less if you are ill. This applies to both sexual intercourse and masturbation. The reason is that loss of sexual fluids weakens the kidneys.

7. Breathe pure, clean and highly oxygenated air, if possible, all day and all night long. Oxygen is helpful to get rid of some poisons that affect the kidneys. I recommend an ozonator/ionizer air purifier to assist with this. To read about this excellent machine and how to use it, [click here](#).

8. Avoid constipation. Constipation can allow toxins to build up in the body quickly. Avoiding it is often easy if you drink 3 quarts or 3 liters of water daily, eat correctly, and relax enough. We also recommend ox bile and pancreatin to promote regular bowel movements. Rarely, extra magnesium is needed to alleviate constipation.

9. Obey the call of nature quickly and reliably. This means, do not allow urine or feces to build up in the body.

10. Obtain regular chiropractic care, or do the Spinal Twist exercise daily.

11. Rub the feet daily, including the kidney/bladder, urethra areas.

II. COMMON KIDNEY DISORDERS

The most common kidney problems include weakness in this area of the body for various emotional and physical reasons, followed by kidney infections. Others that are more chronic include toxicity, kidney stone formation, cysts and other malformations, and finally kidney cancers and renal failure. The latter are often very serious conditions, although nutritional balancing can often help both of them.

The kidneys also cause many other dysfunctions in our bodies. These range from electrolyte imbalances to many cases of high blood pressure or hypertension to some degree. This is often due to toxicity of the kidneys or arteriosclerosis of the kidneys.

While disorders of the kidneys overlap to some degree, it is most helpful to consider them separately and then realize that one person may have three or four of the following at the same time.

KIDNEY STONES (or RENAL CALCULI)

One of the most painful kidneys conditions occurs when the components of the urine congeal to form renal calculi or kidney stones. Several types are possible such as calcium or oxalate stones. A properly designed nutritional balancing program is excellent to stop stone formation, in our experience. Often one must take calcium as part of the program, and this is not a concern. Drinking enough water and eating correctly, of course, are also very important. For more specifics on a nutritional balancing program, read the articles on this website about it. I can only recommend the practitioners that I work with directly who are listed on the web page entitled How To Begin A Nutritional Balancing Program.

In a few cases, remedies for kidney stones are helpful. However, in general these are not recommended as they do not work well enough. Some people recommend vitamin B6, magnesium, foot reflexology, drinking plenty of only distilled or spring water, and perhaps also Epsom salt baths. However, a much better way to handle kidney stones on a permanent basis is to embark on a complete nutritional balancing program.

Existing stones will break down and pass. The only frustrating aspect of a nutritional balancing program for kidney stones is that any existing stones lodged in the kidneys will soon begin to break down and become smaller during the program. As this occurs, some, if not all of them, will pass out of the kidneys. This can cause temporary kidney stone symptoms. Once all of them have passed, the kidney stone problem is generally over, however. The only solutions to this problem are to:

1. Put up with the passing of the existing kidney stones until all of them have passed.
2. After a few months on a nutritional balancing program, perhaps have all of the existing stones broken up and removed using lithotripsy. This is a simple procedure in which high-frequency sound waves are beamed to your kidneys and they break up kidney stones, often easily and painlessly.

KIDNEY INFECTIONS

These are often termed glomerulonephritis or just nephritis. The kidneys are such vital organs that if they become infected, the entire body is often weakened. Symptoms may include pain upon urination, a need to urinate often, difficulty urinating, and low back pain that may radiate around to the front of the body. Some infections are silent, however, and present no symptoms at all, or very few.

Kidney infections are common, especially among women. One reason is the urethra is very short in women, and infection can easily enter the body through the urethra and travel up this short tube to the bladder, and from there to the kidneys. This is the reason for more kidney infections in women, especially those who are sexually active.

Among young women who are angry with men, interestingly, the kidneys and bladder are often the site of chronic infection. Kidney infections also occur in men, but they are not quite as common.

Infection of the kidneys is always potentially serious and should never be ignored. Most are easy to heal. The two methods are:

1. Simple natural remedies. An excellent one is simply vitamin A, in doses of 50,000 iudaily. Do not use beta carotene, however. Colloidal silver works in a few cases. Another excellent procedure is the genital bath. It is described in the article entitled Detoxification Procedures.

Another simple remedy is shining a reddish 250-watt heat lamp on the lower back area over the kidneys for at least 1 hour every day. Hold the lamp as close to the back as you can comfortably tolerate. This

procedure is described more in the book, Sauna Therapy.

With these, always drink plenty of spring or distilled water only, and no other beverages. Also, strictly avoid all sugars, sweet foods or beverages, fruit, fruit juices, rice milk, soy milk, Rice Dream, and sweeteners. Sugars are often very upsetting for the kidneys and damage them a lot.

2. A complete nutritional balancing program. This is best. The program will slowly improve the health of the kidneys and allow them to fight off any and all infections, which may be viral, bacterial, parasitic or fungal.

The use of drugs such as antibiotics. These should rarely be needed, in my experience, if one follows a nutritional balancing program and uses the natural remedies described above. In fact, most antibiotics are toxic for the kidneys and do not address viral and parasitic infections. However, kidney infections can be quite dangerous and even cause death. So do not ignore them ever, and the drugs are occasionally helpful. I would use the natural methods first, however.

RENAL FAILURE

This is common, and is a common cause of death from so-called old age. The kidneys become infected and toxic, and they stop working correctly. The body becomes more and more toxic as a result, and the body systems eventually shut down.

Quite amazingly, a complete nutritional balancing program with one of the Approved Practitioners only, can sometimes reverse renal failure. I know this sounds like an arrogant claim, but our experience is that in many cases, especially if the person is less than about 80 years old, the cause of the renal failure is nutritional deprivation and the accumulation of toxic metals. If this can be reversed, and it often can, then the condition clears up without the need for dialysis, kidney transplant surgery, drug therapy or anything else.

An aspect of the correction is to use Renamide or a kidney glandular supplement with vitamin C and usually uva ursi in it at a dosage of about 5 tablets three times daily for at least 6 months. This supplies many nutrients the kidneys require, although it is not nearly enough. One must follow the entire nutritional balancing program correctly.

A serious kidney hair analysis pattern is a four lows pattern along with a sodium/potassium ratio of 0.5:1 or less.

RENAL HYPERTENSION

This means high blood pressure due to congestion, toxicity, arteriosclerosis or infection, perhaps, in the kidneys. It is an extremely common condition in people over the age of about 50 or so. However, it is not diagnosed too often because the medical profession generally does not have sensitive enough detection methods to identify it. Usually, hypertension or high blood pressure is just called "essential", which means they don't know the cause. A common cause, however, is problems in the kidneys.

Fortunately, renal causes for hypertension respond beautifully to a properly designed nutritional balancing program in almost all cases. The longer the problem has been there, the longer it may take to correct. However, most cases of hypertension, including essential hypertension, can be corrected by this method. There is no reason to suffer from high blood pressure, in most cases, and it is a dangerous condition in all instances.

KIDNEY CYSTS AND MALFORMATIONS

The kidneys are prone to cyst formation and many unusual birth defects or genetic malformations. Some people only have one functioning kidney, and others have the kidney twisted around, or other unusual malformations.

In most cases, these conditions do not affect one's health too much if the rest of the body is in good condition. However, as a person ages, pain in the lower back, impaired creatinine clearance on a blood test, a high blood urea nitrogen or other indicators may let a person know that the kidneys are weak.

Fortunately, the other healthy kidney can usually hypertrophy and compensate for a weak second kidney. Also, using nutritional balancing, a weak kidney may be improved substantially.

KIDNEY CANCER

This is also a common condition today. It may be handled by a nutritional balancing program, although in most cases I prefer the Kelley metabolic cancer therapy as offered by Mrs. Pamela McDougle for later stage cancers of all kinds.

KIDNEY TOXICITY

Toxicity in the kidneys is almost universal today, due to general toxicity of the food, the water, the air and through contact with toxic substances. Toxic metals and chemicals easily accumulate in the kidneys in many cases. Medical drugs such as antibiotics and many others also contribute to kidney toxicity. Chelation drugs can also cause kidney toxicity.

Toxicity is also due to nutritional depletion. As this occurs, the body replaces physiological or vital minerals with less preferred toxic ones.

Toxic metals that accumulate in the kidneys, in particular, include mercury, most commonly. Others include lead, cadmium, arsenic and nickel. Aluminum and the "three amigos" can also accumulate and irritate the kidneys, along with irritating the adrenals.

Slow oxidizers are prone to this condition, as their overall circulation and vitality are lowest. It is even worse in most cases of four lows pattern, which is a more advanced derangement of the body's energy system.

At times, the toxicity is obvious on a hair mineral analysis. In other cases, the toxic metals are hidden, usually because the body is unable to mobilize them. This means they are so locked in the kidneys, liver, brain and elsewhere the body cannot remove them. This is common today, especially in slow oxidizers. A hair test may show poor eliminator patterns for mercury, cadmium and nickel, in particular.

CALCIFICATION OF THE KIDNEYS

Calcification in the kidneys can begin at a very young age, in some cases. We see evidence of it in children today. This can be due to congenital weaknesses of the body of a child, along with horrible diets and too many medical drugs and vaccines. Kidney calcification usually becomes worse in older people and may be a cause of death.

Calcium buildup in the kidneys has a terrible effect upon them, causing the delicate arteries and veins in the kidneys to weaken and narrow. This is an important cause of high blood pressure, for example. It also reduces the efficiency of the kidneys and eventually causes the buildup of toxins in the blood that can be lethal.

The accumulation of bioavailable calcium in the kidneys is associated with an elevated hair calcium level, and even more so with a calcium shell pattern. However, it may be occurring even when a person's hair calcium level is not too high. In these cases, for some reason the hair calcium level remains fairly normal or even stays low.

It is not clear why this occurs, except to say that calcium is not building up in the hair and other soft tissues for some reason. It may have to do with a pH imbalance, for example, that keeps calcium more soluble in the soft tissues. On a retest hair analysis when a person follows a nutritional balancing program, however, eventually the hair calcium level often begins to rise as calcium begins to be eliminated from the kidneys and other organs and tissues.

SYSTEMIC WEAKNESS AND ITS EFFECTS ON THE KIDNEYS

As a person ages or becomes ill, the kidneys often suffer along with the rest of the body. This condition is more common in those who are older, and in the conditions of slow oxidation or a yin body chemistry, and a four lows pattern.

The weakness of the entire body has to do with its enzyme strength, with the balance of the oxidation rate and/or with other more subtle mental and emotional factors.

EMOTIONAL ASPECTS OF KIDNEY PROBLEMS

Fear and the kidneys. If a person is very fearful, this alone will affect the kidneys. Fear is the dominant negative emotion related to the kidneys, just as anger is more related to the liver. Fear is related to the heart as well. However, fear in relation to the heart has a more emotional basis, whereas fear as it relates to the kidneys and adrenals is more of a physical type of fear. This may be a fear of being raped, beaten, tortured, starved, burned in a fire, drowned, or some other physical fear.

This aspect of kidney functioning may be critical for some people afflicted by kidney weakness, infections or other kidney problems. Removing the causes of fear, or at least reduce them, such as by moving, changing your relationship or job, or doing something else, may be very helpful to improve the kidneys.

KIDNEYS AND THE BODY'S ENERGY OR CHI

The kidneys in Chinese medicine are the "seat of the chi". By this is meant that the chi resides or is stored in the kidneys and from here it flows to the rest of the body. This is critical to understand. It means that if the chi is depleted in the kidneys, one's stamina or reserves are down.

This is exactly the case with a sympathetic dominance pattern, for example, in which a person simply wears himself out. One ends up with very low kidney energy or chi, which is related to exhausted adrenal glands. This is always a serious condition, even if it gives few obvious symptoms. For more on this, read Sympathetic Dominance on this website.

The kidney chi has a lot to do with health, but it is a subtle Chinese medical concept that is not well understood or appreciated in Western medical care. If it were, many fewer drugs and much less surgery would be routinely prescribed, because these both weaken the kidneys and shorten the lifespan for this reason.

In fact, any toxins at all weaken the kidney chi. Unfortunately, today many Chinese, East Indian, Ayurvedic and other herbs, and even some vitamins taken in large doses can weaken the kidneys in this way. This is one reason for living as natural and toxin-free lifestyle as possible.

The causes of weak kidney chi include:

1. Natural aging. In Chinese medicine, the kidneys and adrenals are called the "seat of the chi". This means that a type of energy is stored there. As a person ages, the kidneys, in particular, become weakened because they no longer receive as much nerve energy or chi, as it is called in Chinese medicine. As this occurs, they can, in some cases, become more delicate and easily stressed.
2. Too much sexual activity. This has been discussed above. Most women can handle 10-12 orgasms per week without a problem. Women can often reabsorb their sexual fluids, which is very helpful. Men should not have an orgasm more than once a week particularly if the man is not healthy. More is not good for the kidneys and adrenal glands. This is a serious problem in some people that keeps them from healing their bodies and their minds.
3. Sympathetic dominant personality type. This was discussed above.

4. Four highs delicate type. Delicate kidneys are sometimes found in those in a four high pattern on a properly performed hair mineral analysis in which the hair is not washed at the laboratory. In these cases, the four highs pattern tends to persist on many repeated hair tests. This is related to a personality pattern called delicate souls. This is discussed in another article entitled Personality Patterns.

Symptoms of delicate kidneys. These include:

1. Pain in the lower back, usually on one side or the other, and perhaps alternating. However, this can be confused with muscle tension and other problems in this area of the body.
2. A tendency to stoop over, as many older people do. This actually relieves some pressure and may bring a little more chi or energy to the kidneys when they are depleted.
3. Water retention or edema, especially in the legs or ankles. An old test of a person's vitality is to check for edema or swelling of the ankles.
4. Dark circles under the eyes, bags under the eyes, and generalized swelling or edema of the entire body.
5. Problems with urination such as very light-colored urine. This symptom means the kidneys are not concentrating the urine very well and one is mainly losing water. However, if the urine is very dark, this is not good either. It means a person is not drinking enough water, in most cases, and the dark urine means the kidneys are having to work harder to remove enough toxins from the body.

SUNSHINE AND THE KIDNEYS

There is obviously a connection between vitamin D, sunshine and the kidneys. Sunshine tends to produce a happy disposition, and it produces vitamin D in the skin. The kidneys convert the vitamin D to its active form. Today almost every adult needs about 4000 to 5000 iu daily of supplementary vitamin D.

This need may be due in part to toxicity in the kidneys causing them to malfunction. It seems to be due also to liver toxicity, and perhaps to alterations in the dairy products so they contain imbalanced amounts of fatty acids or other compounds.

While some sunshine is good for the kidneys, do not rely on sunshine to provide vitamin D. However, getting a little sunshine daily or as often as possible is helpful for most people. Do not get burned and limit sun exposure to about 20-30 minutes daily at the most. Be careful of too much sun between 10 and 3 PM. It is best to sun earlier or later, or do less if you do it during the hot part of the day.

HAIR MINERAL ANALYSIS INDICATORS OF KIDNEY PROBLEMS

As with the liver, hair mineral tests do not provide many specific indicators for kidney disease. However, the test does provide a number of general indicators. These include:

1. An elevated hair level of any of the toxic metals, but particularly mercury, cadmium, nickel and/or lead. The more that are elevated, and the higher they are, often the worse the condition.
2. A very low hair level of a toxic metal, or of iron, copper or manganese. This is called a Poor Eliminator Pattern. The more of these very low toxic metal levels a person has, and the lower they are, the more likely is the kidney toxicity.
3. A low sodium/potassium ratio. This is a common sign of kidney infections and other kidney problems. For example, Dr. Paul Eck found that intravenous chelation always caused a decrease in the sodium/potassium ratio, probably due to kidney toxicity of the chelating drugs.
4. A four lows pattern. This is a general toxicity indicator.
5. A hair phosphorus level less than 11 mg%, possibly. This is another low vitality and general toxicity indicator.
6. A calcium/magnesium ratio greater than about 40:1 or less than 3:1.

7. A very slow oxidation rate. It is a yin condition of the body chemistry. For more indicators of a yin condition, read Yin Disease on this website.

8. Possibly, a hair zinc level above about 20 mg%.

This is another general toxicity indicator.

9. Four highs pattern, in some cases.