

TRUE *Medicine*

Natural Health & Beauty

Clinic location:

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www.truemedicine.com.au

- For health tips
- Diets
- Recipes
- The latest in health news
- Or blog a comment

Clinic Hours:

- Tue-Fri 9am-6pm
- Sat 9am-12noon
- Closed Sunday & Monday

Bookings essential.

Electronic health fund claims, EFTPOS & Credit Card facilities available

Kidney Health

My reason for discussing kidney health this month is to raise awareness about these two small but so important organs. If your kidneys are struggling or not working properly, chances are you won't even know it.

Blood pathology usually lists a value called eGFR which is the kidneys' filtration rate. Optimal levels are around 90 mL/min. Other values of importance are uric acid, urea, creatinine, sodium and bicarbonate levels. In addition to reviewing your blood pathology, I also conduct in-clinic urinalysis which may provide an indication of any weakness or infection. I may then refer you on for further medical assessment.

Kidney functions include filtering your blood and removing toxins, balancing minerals, secreting important hormones, regulating blood pressure and balancing your body's pH (acid/alkaline balance).

Diabetes and high blood pressure are considered to be the most common causes

of Chronic Kidney Disease (CKD). However, there are many other contributing factors, including:

- Smoking cigarettes
- Medications such as NSAIDs including ibuprofen and naproxen
- Recreational drugs
- Severe infection or inflammation
- Obesity
- High alcohol use
- Poor nutrition
- Dehydration
- Prolonged or high consumption of caffeinated soft drinks

Less conventional thoughts about contributing factors relate to stress and emotional influences. In particular partnership problems, criticism, disappointment and failure. Traditional Chinese Medicine acknowledges the role of unbalanced emotions in

disease progression while Western Medicine is only gradually acknowledging the role stress plays in disease.

Other conditions which may indicate a weakness in the renal system include kidney stones, urinary tract infections, urinary incontinence, raised uric acid levels, arthritic pain and frequent urination throughout the night.

Kidneys, as indeed all organs, are essential to our health and wellbeing. I recommend a complete health check in conjunction with your GP.

Coming into Spring is always a good time to have a look at your health, eating habits and general lifestyle issues.

Call today and arrange your 10-point health check on 3287 3015.

Kidney Statistics

You can lose up to 90% of your kidney function and not even know about it!

Death from Chronic Kidney Failure (CKF) has risen by 133% in the last three years.

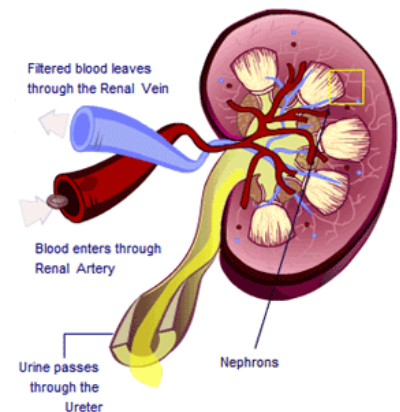
Kidney and urinary tract diseases kill more Australians than road accidents or breast cancer.

By 2020 the number of people undergoing renal dialysis is projected to double.

The current average annual cost of renal dialysis is \$65,000 per patient.

Read more about kidney failure, treatment options, costs involved at:

www.kidney.org.au



Dagmar Ganser, BHSc, ND(Adv)

Naturopathy * Herbal Medicine * Kinesiology *
Biomesotherapy * Nutrition

Drinking adequate amounts of water is essential to our health. Always drink water at **room temperature**; water should be **purified or filtered to remove chlorine and fluoride**; sip water throughout the day and **don't drink with meals**. You need **40ml of water per kg body weight** to remain hydrated. Read more about the **importance of water** at <http://truemedicine.com.au/>