

## **Kidney Support - updated 10/14/21**

### **Peter Brodhead CN**

Stinging Nettle Seed Extract - the best botanical for supporting stressed kidneys  
Herbalist Alchemist - Kidney Support formula - David Winston's kidney support combination - excellent formula - it contains Stinging Nettle Seed extract in it  
Cordyceps Mushroom extract  
Milk Thistle Extract - protects the kidneys  
CoQ10 - or Ubiquinol (even better) - helps with the energy production of the mitochondria in the kidneys  
Asparagus is a great food for the kidneys - it is soothing a demulcent to kidney tissue, it is a prebiotic also.

**Dr Jenna Henderson ND** - [www.holistickidney.com](http://www.holistickidney.com) she has a practice in Connecticut and is a naturopathic physician who specialized in treating kidney disease - had an excellent interview with Dr. Ronald Hoffman MD on his Intelligent Medicine Podcast - this episode is from October 2021

Here are her "clinical pearls"

L-Carnitine - tartrate or fumarate are the best forms for kidney patients  
Astaxanthin helps the energy production in the kidneys along with CoQ10  
Resveratrol protects the kidneys  
Reishi Mushroom extract - helpful and protective of the kidneys  
You need vitamin D but not too much - keep your blood level around 30ng/dl - too much allows for a higher retention of Phosphorus which is bad for the kidneys  
You can get phosphorus binding drugs from your nephrologist if they feel you need them.  
Magnesium supplements are fine  
Kombucha helps the kidneys deal with environmental toxins  
Chinese red sage ( Salvia Mithorriza ) is a good botanical for the kidneys - in Chinese Medicine it is considered to be blood moving herb - thins the blood and helps circulation.

Zinc - B-complex vitamins and vitamin c get washed out of the kidneys - especially in dialysis supplement with a co-enzyme B-complex  
Sauna or sweat can lower elevated potassium and phosphorus levels - activate the skin to be an organ of elimination. Dry brush massage the skin to open up the pores  
Get adequate sleep - insomnia and kidney issues are linked.

When eating protein - important to prevent muscle wasting - eat small amounts throughout the day not a big amount at one time. This helps prevent stress to the kidneys

BUN in bloodwork - elevated BUN means your dietary intake of protein may be too high - check it against your creatine numbers.  
Histidine (an amino acid) helps the body deal with a high protein intake.  
Garlic extract ie. Kyolic Garlic protects against the negative effects of Tylenol on the Kidneys

Look at the supplements you are taking and avoid these additives that are often used in supplement manufacture: Silicon Dioxide, Calcium Phosphate and Propylene Glycol

Kidney stones - Curcumin protects the kidneys during lithotripsy  
Nefur (Nephur) sp. ? powder protects against oxalate absorption.