

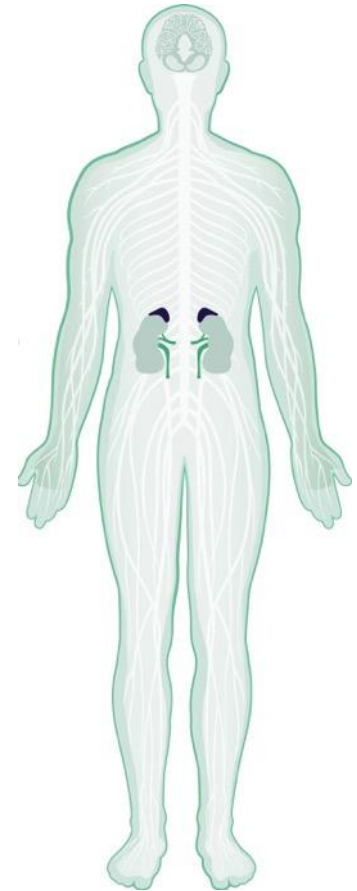
Supporting Kidney Health





Kidney Facts

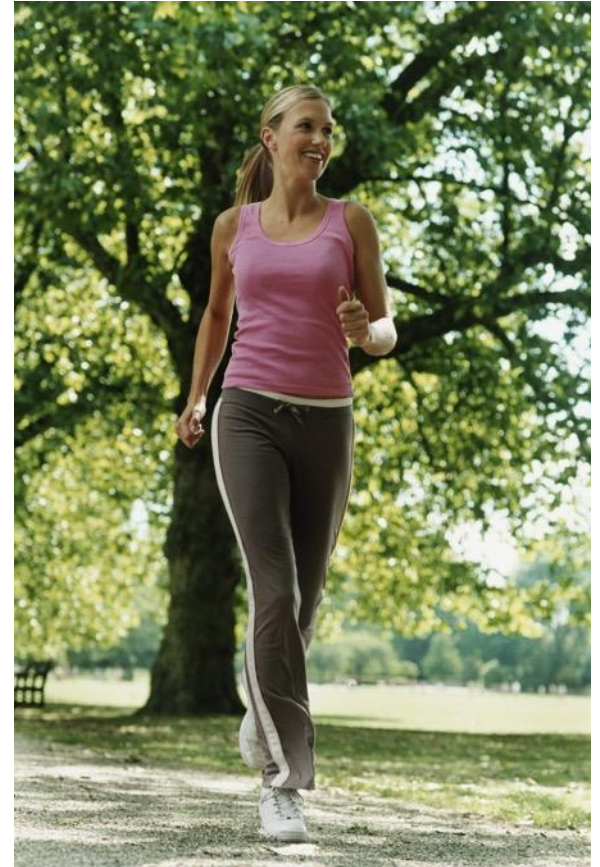
- Two kidneys with each being the size of your fist
- 1.5 percent of your total body weight
 - 25 percent of cardiac output
- Filter 200 quarts of fluid every 24 hours
 - 198 quarts recycled, 2 quarts excreted as urine
- Convert 1,700 liters of blood into 1 liter of water





What do kidneys do?

- Prevent the buildup of waste and extra fluid in the body
- Regulate the body's concentration of water and salt
- Make hormones that regulate circulation, support healthy red blood cells, and support healthy bone density

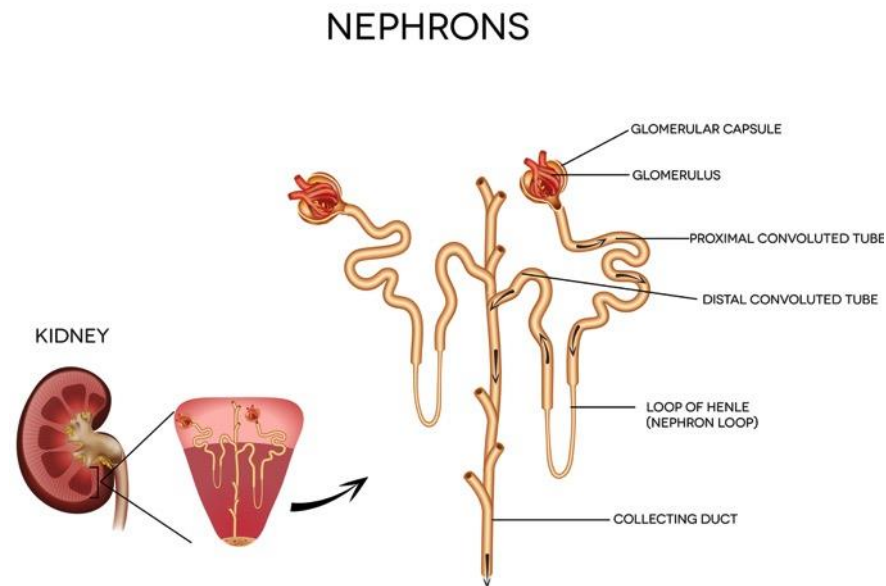




Nephrons

Functional unit of the kidney:

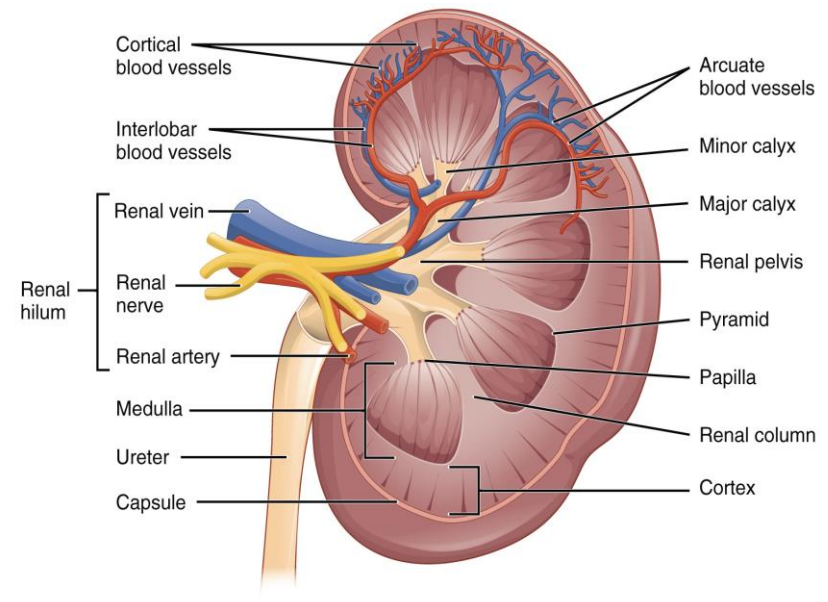
- **Glomerulus:**
 - Filters the fluid from blood
- **Tubule:**
 - Water and electrolytes (sodium, potassium) added to the fluid according to the needs of the body
 - 1 million per kidney





A Fragile System

- The blood vessels flowing into the system are “end branches.”
 - One way, no alternate route
- Damaged capillaries may deprive surrounding tissue of effective gas exchange.



https://upload.wikimedia.org/wikipedia/commons/8/87/2610_The_Kidney.jpg



Blood Sugar Metabolism and the Kidney

- Glucose (sugar) is reabsorbed by the healthy kidney using active transport.
- Think pickers on the line pulling sugar and making sure it stays in the blood.
- If there is too much sugar, the workers cannot keep up; some sugar gets through and ends up in the urine.



How do you show love to your kidneys?

- Drink enough water.
- If you are dehydrated, the filter has to work harder.
- Maintain a healthy sodium-potassium ratio by watching your sodium intake.
- Pay attention to your overall health.
 - Blood pressure, blood sugar levels (hemoglobin A1C), cholesterol





Standard Process® Kidney Support

Arginex®

- Supports the organs that help cleanse the body, primarily the liver and kidneys
- Promotes healthy breakdown of protein byproducts in the liver
- Helps to maintain healthy kidney function*

Renafood®

- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Supports healthy kidney function*





MediHerb[®] Kidney Support

Cranberry Complex

- Combines Cranberry, Crataeva, Buchu, and Uva Ursi to help support a healthy urinary tract system*

Uva Ursi 1:2

- Contains hydroquinone glycosides (particularly arbutin), polyphenols, flavonoids, and other compounds that help encourage healthy urinary tract function and tone and support the genitourinary tract*





References

Retrieved September 7, 2016, from WebMD®,
<http://www.webmd.com/a-to-z-guides/function-kidneys>.

Retrieved September 7, 2016, from
<http://www.niddk.nih.gov/health-information/health-topics/Anatomy/kidneys-how-they-work/Pages/anatomy.aspx>.

Kumar, V (2005). Robbins and Coltran pathological basis of disease (7th ed.). Philadelphia, PA: Elsevier Saunders.