



Totally Natural Kidney Solution

The Kidney Disease Solution

**A Proven Natural Program for Regaining
Kidney Function and Living a Normal Healthy Life**

By Duncan Capicchiano

The Kidney Disease Solution - Version 2.1

Copyright © 2009 Empowered Health Solutions Pty. Ltd.

The Mandatory 'Legal Stuff' - Disclaimer

This guide is copyrighted with all rights reserved. The author does not assume any liability for the misuse of information contained herein. The content in this guide is provided for educational and informational purposes only, and is not intended as, nor should it be, a substitute for professional medical advice, diagnosis, or treatment. The author is not a medical doctor, nor does he claim to be. Never disregard professional medical advice or delay in seeking it because of something you have read. Always consult your medical doctor or your primary health care provider about the applicability of any opinions or recommendations with respect to your own symptoms or medical conditions. Empowered Health Solutions Pty. Ltd., the website and author, shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this guide.

While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, this guide, make no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning, body type, and the specifics of the actual kidney disease presentation, successes will vary. If you are taking any medications, you should consult with your physician, health care professional or health care provider before making any changes in your health maintenance program or profile.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

This guide is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent, in any form of binding or cover, other than that in which it is published, and without a similar condition, including this condition being imposed on the subsequent purchaser.

No part of this publication may be reproduced, edited, stored in a retrieval system, or transmitted in any form, or by any means, electronic, digital, mechanical, including photocopying, recorded or otherwise, without the prior written permission of the copyright owner.

*Cure sometimes, treat often, prevent always.
(Anonymous)*

Contents

Contents	3
Introduction – Welcome!	7
Chapter 1 – Let’s Open the Hood	8
What Is Kidney Disease?.....	8
What Exactly Are The Kidneys And What Do They Do?	9
Interesting Facts	11
What Causes Kidney Disease?.....	11
Chronic Kidney Disease	12
Diabetes	12
High Blood Pressure	12
Glomerulonephritis	13
Acute Kidney Failure	14
1. Pre-Renal: where blood supply to the kidneys is affected. Examples include:.....	14
2. Renal: where damage to the kidneys is direct. Examples include:.....	14
3. Post-Renal: where clearance of urine away from the kidneys is obstructed and responsible. Examples include:	14
I Heard There Are Different Levels Or Stages Of Kidney Disease – What Are They?	15
Whom Does It Affect?	15
How Can You Tell If You Have Kidney Disease?	15
What Tests Can Be Used To Confirm Kidney Disease?	17
Urine tests.....	18
Blood tests.....	18
Scans.....	19
Tissue.....	19
Chapter 2 – Western Treatment Model	20
Early Stages of Kidney Disease – Treatment.....	20
Kidney Failure (< 15 GFR) – Treatment	21
1. Dialysis.....	21
(a) Hemodialysis.....	21
(b) Peritoneal dialysis.....	22

2. Transplantation	22
Chapter 3 – The Natural Way	23
Kidney Disease - So What Is Really Going On?.....	24
Chapter 4 – The Kidney Repair Tools	28
Herbal Medicine	37
The Ancient 5000-Year-Old Healing Tradition	38
More Kidney Healing Herbs	40
Herbs to Avoid with Kidney Disease	47
Chapter 5 – The Treatment Plan	48
The Kidney Disease Treatment Plan	48
Phase 1 – The Essentials	49
Phases 2 & 3 – The Specifics (Treat Your Cause & Symptoms)	50
Phase 2 – Treat Your Cause	52
1. Is your kidney disease caused by diabetes? If so, treat accordingly.....	52
2. Is your kidney disease caused by IgA nephropathy (Berger’s Disease)? If so, treat accordingly.	53
3. Is your kidney disease caused by physical trauma? If so, treat accordingly.....	53
4. Is your kidney disease caused by heavy metal overload? If so, treat accordingly.	54
5. Is your kidney disease caused by antibiotic use? If so, treat accordingly.	54
6. Is your kidney disease caused by an infection? If so, treat accordingly.....	54
7. Is your kidney disease caused by loss of blood flow and oxygen to the kidneys? If so, treat accordingly.	55
8. Is your kidney disease caused by high blood pressure? If so, treat accordingly.....	55
9. Has an autoimmune disease (e.g. Lupus SLE) caused your kidney disease? If so, treat accordingly.	56
10. Is your kidney disease caused by polycystic kidney disease? If so, treat accordingly	56
11. Is your kidney disease caused by Pyelonephritis? If so, treat accordingly.	57
Phase 3 – Treat Your Symptoms.....	57
1. Do you have blood in your urine (hematuria)? If so, treat accordingly.	57
2. Do you have kidney inflammation? If so, treat accordingly.	58
3. Do you have uremia (urea, azotemia)? If so, treat accordingly.	58
4. Do you have high creatinine? If so, treat accordingly.....	59
5. Are you fatigued? If so, treat accordingly.....	59
6. Do you have a lowered immune system? If so, treat accordingly.....	60

7. Are you on dialysis? If so, treat accordingly.....	60
8. Do you have anemia? If so, treat accordingly.....	60
9. Do you have high homocysteine levels in your blood? If so, treat accordingly.....	61
Chapter 6 – Kidney Stones.....	62
Chapter 7 – The Foundations.....	64
Chapter 8 – Food Glorious Food.....	65
Alkaline Diet in Depth	66
Alkalisng Recipes.....	71
Buckwheat Crepes with Honey.....	72
Butternut Pumpkin Soup	72
Char Grilled Calamari.....	73
Red Cabbage, Carrot and Sesame Salad	73
Asparagus Crepes with Hollandaise Sauce.....	74
More Recipes	75
Notes For A Healthy Diet	79
Beneficial Foods.....	79
Foods to Individualize with your Doctor or Dietician	79
Reduce Foods	80
Kidney Calm Hydration Technique	81
Chapter 9 – The Tea	82
Chapter 10 – Juicing	84
Chapter 11 – Lifestyle.....	89
Chapter 12 – Good Vibrations.....	91
Exercise – The Guiding Principles	93
Guiding Principle 1.....	93
Guiding Principle 2.....	94
Guiding Principle 3.....	95
Guiding Principle 4.....	96
Guiding Principle 5.....	97
Guiding Principle 6.....	98
Chapter 13 – Relaxation	99
8 ‘Easy As Pie’ Relaxation Techniques.....	99

Meditation Exercises..... 101

FAQs – Frequently Asked Questions 105

Resources 108

 Supplements – To get you started straightaway! 108

 Online Information, Organisations & Associations..... 110

 Other Useful Sites 110

 Have You Enjoyed The Kidney Disease Solution Experience?..... 111

Introduction – Welcome!

Congratulations! I commend you on taking action in joining many others and me on this healing journey.

You have taken your health into your own hands and decided, **“That is enough! I want more from life and I’m just going to get it!”**

You are now holding a program that is not only supported by science, but also has real world advice, tried and tested the world over by people just like you who believe that **“there must be another way”**.

I also want to congratulate you on being one of the **top three percent** of people suffering from this condition who are seeking answers. Seriously, only three percent of the population dares to take this type of opportunity. Why, I am not sure. I can only imagine that a fear within them stops them taking a chance to create a better life. That’s silly if you ask me, but who am I to judge? I’m scared of bugs!

You can use this guide in a number of ways. You can skip the ‘pre-information’ sections and direct yourself straight to the treatment protocols, or you can first educate yourself on the whys and hows of this condition. It is my belief that those with a better understanding of why and how things happen progress more easily and rapidly to their desired outcomes because they can see why they need to complete the necessary treatments. The power to change your life is essentially up to you. I cannot help you any more than you can help yourself. I cannot take the supplements for you, walk for you, or eat for you. However, this is the beauty of this type of healing and self-application format: the program empowers *you*. In addition, the sense of success and completion that you will experience after you have healed your kidney disease will be entirely to your credit! I am simply an observer of your health success. No one can give that to you, nor can anyone take it away from you once you have achieved it. I wish you the most incredible healing journey. I have no doubt that you will reclaim your life, and once again experience the ‘loves’ in your life that you enjoyed so often.

Yours in great health,

Duncan Capicchiano

**TO DOWNLOAD THE FULL VERSION
OF THE E-BOOK CLICK HERE**

