



# • KICKSTARTING • KIDNEY FUNCTION

YOUR DOG'S KIDNEYS ARE AMAZING ORGANS. IF THEY'RE NOT PERFORMING AT 100 PERCENT, THERE ARE A NUMBER OF NATURAL WAYS TO HELP GIVE THEM A LITTLE SUPPORT.



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**T**he kidneys are two bean-shaped organs right below the rib cage. Their job is to remove toxic wastes from your dog's body. They concentrate those wastes, removing them from the blood and filtering them into the urine to be excreted. They also remove acid to keep your dog's body alkaline. In addition, they control blood pressure and stimulate red blood cell production.

## KIDNEYS ARE VERY EFFICIENT ORGANS

Folks can be born with one kidney or donate a kidney and still maintain excellent kidney function. It's only when 75 percent of the kidneys are destroyed that the levels in your dog's blood test will go above normal. That means, if your dog has slightly elevated kidney enzymes, he has 25 percent or less healthy kidney tissue left. That's why it's important to move right on to helping those kidneys function better the minute the levels peak above normal.

## TYPES OF AND SIGNS OF KIDNEY FAILURE

When a dog's kidneys are failing he will usually drink more water and urinate more to compensate. That's because damaged kidneys can't filter out wastes as efficiently, so drinking more water gives them an opportunity to flush out more waste even though they're not as efficient in concentrating the waste.

There's another kind of kidney failure called Lyme Nephritis (Protein Losing Nephropathy). This particular kind of kidney failure progresses slowly, enabling the dog to compensate. Thus, the disease is oftentimes well advanced – with very elevated blood test levels – before there's protein loss into the urine. Every dog who's tested positive for Lyme disease

should have a routine urinalysis done every year, checking for elevated protein as a proactive measure.

The protein loss is due to damage to the kidney tubules which makes them porous, allowing protein to leak through. The antigenic makeup of the kidney tubules is very similar to the tail of the bacteria that cause Lyme disease. In these cases, a dog's immune system confuses one for the other. If your dog's routine yearly urine test shows +2 or over, ask for a urine Protein/Creatinine Ratio test to quantitatively assess and follow the amount of protein. Here's the rub; dogs with this kind of kidney failure don't exhibit an increase in water intake along with the other normal telltale signs of renal failure. They can, inexplicably, lose weight until it's found to be due to the protein loss.

The homeopathic remedy *Apis mellifica* works dependably to reduce protein loss through the urine. The potency may need to be adjusted but you can begin with the 30X potency three to four times a day and then recheck the urine a month or so later, changing the potency if needed. Up it to 200C three times a day if the lower potency doesn't work.

## HEAVY METAL AND KIDNEY FAILURE

Chronic exposure to mercury causes kidney damage in dogs and humans. In my clinical experience, heavy metal exposure is affecting more and more of my patients. Mercury irreversibly inhibits selenium-dependent enzymes. Among their numerous functions, selenoenzymes prevent and reverse oxidative damage in the organs. The National Center for Health Research warns people with impaired kidney function that they can be harmed by mercury exposure from eating fish. I never recommend fish oil for my patients any

more. First of all, the omega-3s you're purchasing it for are long gone, but that same fish oil can have lots of toxins in it. It's also very unstable and oxidizes easily. If you feed fish (or eat it yourself), visit [nrdc.org/sites/default/files/walletcard.pdf](http://nrdc.org/sites/default/files/walletcard.pdf) for a list of safe levels of different seafoods according to you or your dog's weight).

## THE KING OF ALL ANTIOXIDANTS: GLUTATHIONE

Glutathione is a major antioxidant pathway in kidney tubules. Research has proven, over and over again, that glutathione is an incredibly important supplement for those with kidney disease. It's a tiny but powerful and abundant protein compound made up of three amino acids. Glutathione exists in every single cell of your dog's body, where it protects the minuscule but important energy machines called mitochondria. For dogs with liver or kidney problems, glutathione is powerfully healing. In fact, all other antioxidants depend on glutathione to function properly.

Since glutathione is made up of three amino acids, the oral route of administration simply doesn't work because the glutathione is simply digested. I prescribe transdermal or injectable glutathione through a compounding pharmacy. I don't trust oral glutathione precursors. Only the real thing does the trick with kidney disease.

## HELPING THE KIDNEYS WITH AN ALKALINE ENVIRONMENT

Kidneys function 40 times better in an alkaline environment.

Diet plays an important factor in the pH of the body. Feeding veggies that alkalize the body, along with eggs, cottage cheese and dairy as protein, works to keep



a healthy alkaline pH. Dairy is better than animal protein as animal proteins create ammonia in the gut. This toxic ammonia must then be neutralized by the body's own bicarbonate stores being dumped into the gut, rendering the body tissues acidic.

Greens such as chlorophyll, chlorella, alfalfa, barley grass and wheat grass help to flush the organs and promote a healthy pH.

**“WHEN A DOG’S KIDNEYS ARE FAILING HE WILL USUALLY DRINK MORE WATER AND URINATE MORE TO COMPENSATE.”**

Though acidic, apple cider vinegar promotes an alkaline environment in the body. Make sure it is a **raw** organic apple cider vinegar. Dogs up to 20 lbs can have ¼ teaspoon a day, ½ teaspoon for dogs up to 40 lbs, ¾ teaspoon for dogs up to 60 lbs and 1 teaspoon for dogs 80 lbs or over. This can be mixed in food or something liquid and tasty and syringed into the mouth.

## THYROID FUNCTION AND KIDNEY DISEASE

One important objective when treating the kidneys is to increase the circulation through them. Thyroid function affects kidney perfusion (the flow of fluids) and a dog with low thyroid and elevated kidney enzymes will show an improvement simply by correcting the thyroid with medication (your vet can prescribe natural thyroid medication such as Armour or

Naturethroid). That's why you should check your dog's thyroid levels, preferably getting a full thyroid panel (T3, free T3, T4, free T4 and TGAA), but at the very least, T4 and free T4.

## STANDARD PROCESS PRODUCTS FOR KIDNEY DISEASE

The company makes several supplements that can support your dog's kidney function. Here are the ones I use.

**A-C Carbamide** is a product that can assist with the osmotic transfer of fluids through the cell wall. It helps promote a healthy pH in the kidney and correct the acid-base balance. Also, Carbamide acts as a physiological diuretic in the body. A starting dose range of for dogs under 50 lbs is three per day, dogs 21 to 49 lbs, two per day, and small dogs and cats can have one per day.

**Arginex** aids in metabolizing urea for excretion and with flushing the kidneys. It works synergistically with Chlorophyll Complex.

Large and medium sized dogs can have two pills twice a day while small dogs can have one pill twice a day.

**Canine Renal Support** provides nutritional factors for direct renal support and indirect support by helping the liver.

## HERBAL PRODUCTS FOR KIDNEYS

While there are many herbal products for kidneys, I've found one company called Marco Pharma has always been reliable. Their excellent products are available in the US. **Bucco #25** is an excellent herbal combination for kidney impairment. It

improves and protects the kidney tissue. The dose would be five to ten drops twice a day mixed in some water, depending on the size of your dog.

## VITAMIN D LEVELS WITH KIDNEY DISEASE

The kidney completes the critical conversion of vitamin

D3. This means kidney patients must be vitamin D3 fortified.

This will help with both the high phosphorus and the low

calcium levels that occur in canine kidney disease. Human end-stage renal patients have been shown to greatly benefit from

more vitamin D. Vitamin D from food is biologically inert and must undergo two hydroxylations in the body to be activated. The first hydroxylation occurs in the liver and converts vitamin

D to 25-hydroxyvitamin D (abbreviated as 25(OH)D), also known as calcifediol. The second occurs primarily in the kidney and

forms the physiologically active 1,25-dihydroxyvitamin D (1,25(OH)2D), also known as calcitriol. If your dog has failing kidneys you can test his vitamin D3 levels through VDI Labs.

Doctors can also inject the active hormone because the kidney can't convert the form of vitamin D from food or supplementation into the final form. Vitamin D3 injections are easy to obtain from a compounding pharmacy with a prescription.

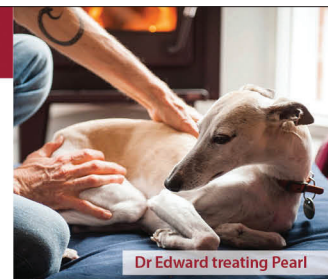
Your dog's kidneys are amazing organs. Knowing what to look and test for and how to give them a little support can make all the difference in the world. 🐾

## Make Your Dog HAPPIER!

**Whole Energy Body Balance is a gentle, deeply effective neuro-fascial bodywork method for dogs developed by Dr Edward, The Healing Vet.**

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