

KIDNEY RESTORE:

2-DAY FLASH
DETOX AT HOME



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INTRODUCTION

Hobbling with your legs intent on doing their own rendition of 'the bends', the searing pain in your abdomen has you literally gasping for air. As if this wasn't enough to contend with, the sweat drips from every pore of your body, and waves of nausea hold you to ransom.

No, you aren't struggling with a serious case of food poisoning and, even though you would enjoy blaming this on the in-laws, this isn't a case of murder by weekly family dinners either.



Sadly, even if it feels like you are slowly dying with no apparent cause, the pain you're feeling does not require the expert services of Magnum PI or Poirot, but rather personal intervention and a little medication to relieve the pain.

As you stand or sit (whichever you prefer), straining to pass a tiny droplet of pinkish urine, you might have to admit that something is wrong with your kidneys.

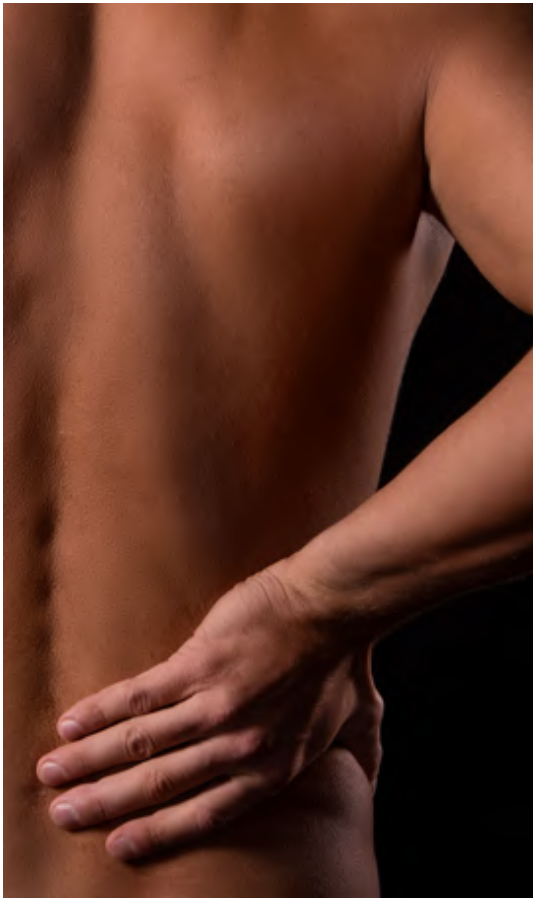
It's possible that you only give your bladder or kidneys any thought when you are caught short without a loo nearby. At this point, your thoughts are mostly directed at where to find the nearest public restroom to relieve yourself and, hopefully, it's one that's somewhat clean.

Even then, you readily dismiss such concerns in your eagerness to rid yourself of the urge to pee. This is a perfectly natural response to a full bladder. Unfortunately, what isn't natural is the next half hour spent draped over the cistern or hanging onto the sides of the porcelain throne, racked with waves of pure agony. Worse still, as your pain increases and

your ability to keep dinner down rapidly decreases, is the urgent need to pee that produces a tiny dribble that only a microscopic ant would respect!

This is exactly how an elephant must feel while in labour! However, instead of producing a fully grown baby elephant, the tiny pip or stone that appears is smaller than a gnat's egg!

To top it all, despite the relief you feel having passed this dratted kidney stone, there's no grand entrance, fanfare, or praise. No; for this great occasion, it's only the bog roll standing in patient attendance as you clean up, knowing 'there's more where that came from!'



Many factors can cause kidney stones, but their primary cause is when our urine contains high levels of oxalate, uric acid, and calcium. Usually, the fluid in our urine can dilute these crystal-forming substances, but if there isn't enough fluid, this can cause kidney stones to develop.

While kidney stones are more prevalent in men, they can also affect those who are overweight, sit at a desk all day, and don't drink enough water. So, chances are, if you are an overweight male accountant who thinks drinking eight glasses of water a day is for those yuppie health fanatics, you need to be reading this!

Of course, hearing about the pain of kidney stones is one thing, but understanding how and why they cause us so much pain is another. In fact, if we all understood these little pebbles a bit better, we could save ourselves a lot of blood, sweat, and tears (literally) and go back to peeing with pain-free confidence.

So, how has having a satisfying pee gone from a quick flash splash followed by the usual 'shake, rattle, and roll' turned into a prayer vigil with the toilet brush? To understand this, you need to grasp the basic concept of how your body processes waste products. You're probably rolling your eyes at this point, but a recap never hurt any kidneys we know of!

Contrary to how this must feel, kidney stones are neither your body's way of punishing you for that extra glass of wine or beer you had last night nor are they signs of old age; although, age-related issues requiring long-term medications can add to this eye-watering issue!

Our kidneys and bladder are part of the delicate urinary system that filters our blood and creates urine (pee) as a waste product. After the body has absorbed the nutrients it needs from the foods and liquids we ingest, waste products are left in the bowel and blood. The kidneys and urinary system (ureter, bladder, urethra) help the body expel liquid waste, called urea, via our sweat and urine.



So, basically, food and water go in at the top, then the middle section (gut) extracts the nutrients and absorbs this into the blood where waste products are then filtered and sent to the exit hatches (bladder and rectum); job done!

It's that simple when things are ticking along as they should, until one day, they don't. This is when you find yourself crippled on the bathroom floor, convinced that that baby elephant is about to be born!

Some kidney stones are so tiny many of us don't notice when they pass through the delicate urethra, into the bladder, and out into the loo. However, others range from a few millimetres to whoppers that can be measured in chunky centimetres on the average school ruler. Youch!

As you can imagine, the body's sensitive urinary system isn't made for hardened objects to pass through. This causes the pain we feel each time they decide it's time to play pebble-skipping with our insides.

If you're still lying on the bathroom floor anticipating the next wave of pain and wondering if you should go on the list for a kidney transplant, the answers you need are right here in this e-book. No, you won't need to become a super active, water-guzzling sports nerd, although, that is a good life choice.



Instead, you can easily detox your body in the comfort of your own home without leaving your bathroom sanctuary, safe in the knowledge that the loo brush won't be sharing your pain-induced confessions with the world! All you need are a few spices and herbs to get your kidneys ready and 'pumped' for action! If you're ready to turn the page, we will tell you all about them!

Chapter One: Ice Hack

If you are currently struggling to birth that baby elephant we discussed in the introduction, you may feel that going 'nil by mouth' forever is your only solution. Sadly, after all the straining, sweating, grunting, and squeezing, all you have to show for your efforts is a smidge of blood-stained fluid that evaporated before it even hit the toilet.



If you have ever experienced the eye-popping agony of passing a kidney stone, these ice hacks are for you, especially if you struggle with these dried-up water pump conditions regularly!

Before we delve into the hacks and unblocking tactics needed for clogged-up waterworks, let's take a closer look at what kidney stones are, what causes them, and how to get your spout or spigot gushing back into action!

What Are Kidney Stones

According to medical gurus, kidney stones are small, sometimes microscopic, lumps formed from hardened crystals in the urine. Unfortunately, for those who have to pass them (pee them out), there's nothing tiny about them!

Furthermore, these pesky stones collect in the kidneys and ureter (the pipe or tube linking the kidneys to the bladder) where they wait to be expelled from your body each time you go for a pee. The thought of this probably makes you want to cross your legs and never 'go' again!

In addition to the enormous pain felt, those with kidney stones are also at risk of a kidney infection and impaired kidney function if left untreated.

Causes Of Kidney Stones

Our lifestyles, fluid intake, medication, and health all play a part in whether we develop these crystal-like lumps in our waterworks. Below are some typical reasons for your current affliction:

- Insufficient fluid intake (constant & frequent dehydration)
- Medications affecting the balance of minerals, calcium, and uric acid
- Medical conditions (diabetes, gout)
- Eating too much red meat (increases uric acid)
- High intake of sodium (salt) via processed foods and table salt
- Obesity
- Bowel issues (Crohn's, ulcerative colitis)

Kidney stones don't develop overnight. They build up over time, with some turning into chunky, eye-squint-causing nuggets over months or years.

Types of Kidney Stones

And there you thought kidney stones were all the same! On the contrary, while kidney stones come in various shapes and sizes, they also vary in the type of substance that forms them.



- **Cystine Stones**

The rare (not valuable) cystine stone is formed when the kidneys leak the amino acid, cystine, into the urine. Only people with cystinuria, a genetic disorder, will develop this type of stone.

- **Uric Acid Stones**

Dehydration through chronic diarrhoea or medical conditions such as diabetes or metabolic syndrome can cause uric acid stones. High-protein diets can also increase your risk of developing uric acid pebbles! Bring on the veggies!

- **Struvite Stones**

UTIs (urinary tract infections) can cause ammonia to build up in your pee, creating the perfect environment for developing struvite stones. This type of kidney stone is known for its ability to grow very quickly!

- **Calcium Oxalate Stones**

The liver naturally produces oxalate daily, but this substance is also found in nuts, chocolate, and certain fruits and vegetables. High doses of vitamin D can also spike the calcium or oxalate levels in your urine, raising your risk of developing this type of stone.

- **Calcium Phosphate Stones**

Renal conditions, such as renal tubular acidosis and certain medications for seizures or migraines, can cause calcium phosphate stones to develop.

Once you have passed a kidney stone, it's a good idea to have it checked by your doctor, who can send it for lab analysis to figure out what kind it is. This will help you determine what is causing your bladder pebbles and how you can prevent them. But, of course, this might mean you need to do a little loo-diving to retrieve your stone!

Symptoms Of Kidney Stones

Without meaning to sound rude, if you have kidney stones, you will know it! The pain, lack of pee, and lashings of tears (all of them yours) will be a dead giveaway! However, for those needing to see this information in black and white, below are the symptoms you can typically expect to endure while passing kidney stones (birthing a troop of elephants!)



- Severe pain - in the abdomen or groin
- Testicular pain (could it get any worse?)
- Sweating
- Fever
- Nausea and vomiting
- UTI (urinary tract infection)

It's fairly obvious that all of these symptoms are worrying, especially the one about feeling pain in the urinary department! The truth is that kidney stones, while often joked about and laughingly compared to childbirth, can escalate into a serious condition very quickly; that's no laughing matter.

Contact your medical practitioner or emergency department immediately if you have any symptoms below:

- Blood in your urine
- High temperature
- Severe pain
- Shivering/shaking episodes



Kidney Stones Affect Spigot Control

Much like the garden hose, when you pop in for a quick pee, you expect a decent stream or flow of urine to appear. However, when faced with a dribble that requires biting down simply to remain conscious, you may be forgiven for thinking there's a 'kink' in the hose.

Unfortunately, much like a bend in the garden hose causes water to become backlogged, kidney stones block the ureter (tube between the bladder and kidney) and prevent your pee from passing freely. This can lead to bacteria building up and, subsequently, a kidney infection.



Symptoms of a kidney infection include:

- High fever
- Chills/shivering
- Diarrhoea
- Tiredness/weakness
- Bad smelling/cloudy urine

Please note that you should contact your doctor immediately if you suspect a kidney infection.

The Ice Hack

Now that we have covered everything relating to kidneys, their function, and why kidney stones are so painful, it's time to look at the ice hack remedy this chapter is supposed to be about! First, drag yourself off the loo; that dribble isn't going to improve without a little intervention. Then, let's dive into a remedy that will have you splishing and splashing faster than a garden hose in no time!

Icy Apple Cider And Lemonade Spritz

This remedy is the kidney-stone sufferers' elixir of life. Not only does this juice taste better than the cistern lid, but the ingredients also have some powerful healing properties. First, let's look at the recipe, then, we'll examine the ingredients.



What you need:

- 1 x cup /8 ounces lemonade
- Ice cubes (as many as you like)
- 2 tbsp apple cider vinegar

What to do:

Add the apple cider vinegar and ice to the lemonade, gently swirl to mix thoroughly and sip slowly throughout the day.

Don't be tempted to drink more than one cup of this mixture daily, as excessive consumption of apple cider vinegar can cause osteoporosis and low potassium levels. Not the result you are looking for!

Ingredient #1: Apple Cider Vinegar

The acetic acid in apple cider vinegar can help dissolve kidney stones. When we drink or eat foods with apple cider vinegar, it has an alkaline effect on our blood and urine. This helps prevent kidney stone formation and aids in breaking down these pesky lumps.

Apple Cider Vinegar vs The Kidney Stone

ACV makes urine less acidic, which can help prevent kidney stones from developing. However, while apple cider vinegar is the kidneys' version of superman minus the undie issues, it can only aid with reducing the size of kidney stones, not completely dissolve them once they have developed.

- Softens and reduces the size of kidney stones over time, allowing them to pass easily through the urinary tract
- Has an alkalizing effect on blood and urine, enabling the breakdown of kidney stones
- Flushes the kidneys, helping them to get rid of kidney stones
- Promotes the production of hydrochloric acid, which helps with proper digestion and prevents the formation of kidney stones
- Relieves pain and inflammation caused by passing kidney stones



Ingredient #2: Lemonade/Fresh Lemons

Lemonade or freshly squeezed lemons contain citrate, a chemical beneficial for preventing and breaking down calcium-based kidney stones. As you know, kidney stones are formed over time, created by layers of salts and minerals sticking to existing stones, thus, increasing their size. The citric acid in lemons prevents this layering action and stops calcium and oxalate from crystalizing and forming new stones.

Lemons vs The Kidney Stone

Lemons are known for their hydrating and toxin-flushing properties. Of course, it's an added benefit that lemon juice has other superpowers, including inhibiting bacteria growth and high levels of vitamin C.



- Slows the growth of kidney stones by preventing calcium and oxalate crystallization
- Reduces kidney stone size as lemon juice contains citrate, which helps break down smaller stones and enables them to pass through the urine tract easily
- Acts as a diuretic, increasing the amount of urine you pass (spigot freeing!), thus, helping the body rid itself of kidney stones
- Lemon peel contains essential oils with anti-inflammatory properties, which help to reduce pain and inflammation

Tip* Grate a little lemon peel into your apple cider and lemonade spritzer!

Ingredient #3: Ice blocks/water

Increasing your daily water intake can help to flush toxins and kidney stones through the urinary tract. One of the main causes of kidney stone development is not drinking enough fluids (water) throughout the day. Because the body is made up of millions of cells that require water to function effectively, when water is in low supply, it impacts important body processes, including proper kidney function.

The average adult should drink at least six to eight (8-ounce) glasses of water daily to prevent kidney stones.



Common Kitchen Ingredients Used To Combat Kidney Stones

If the thought of apple cider vinegar and lemon juice has your gag reflexes kicking into action, we don't blame you; not everyone enjoys their citrusy flavours. However, there are other ingredients you can combine with ice water to alleviate the blockage in your water pipes.

- **Celery juice** - blend two stalks in water and sip on the liquid during the day. Celery has antioxidant properties that help flush kidney stone-forming toxins from the body. It also acts as a diuretic and anti-inflammatory agent, increasing the amount of pee you pass and helping to flush the stone through the urinary tract.
- **Pomegranate juice** - you can make juice from fresh pomegranates or purchase it from most grocery stores. Packed with antioxidants, pomegranate juice is thought to improve kidney function by flushing stones and toxins from the body. The juice also helps lower urine acidity, reducing the risk of kidney stone development.
- **Kidney bean broth** - okay, so you probably won't add this broth to icy water, but you should leave it to cool before gulping it back! Once the beans are cooked, the broth is drained and left to cool. In India, drinking this liquid is thought to help dissolve and flush kidney stones while enhancing kidney health.

Please remember to chat with your doctor before taking any herbal remedies to relieve the painful symptoms of kidney stones. When struggling with the pain of eye-popping kidney pebbles, the last thing you need is added pain and discomfort, particularly if this pain is enhanced by side effects caused by home remedies interacting with prescription medications.

Lastly, hydration is the key to good kidney function and avoiding the bladder strangling strain of kidney stones. In addition, drinking plenty of fluids will ensure your spigot is worthy competition of that garden hose!

Chapter Two: Exotic Fruit (Coconut)

Quite frankly, the last thing you need while stuck in the loo is some helpful soul tapping on the door, offering you a slice of fruit. Who could be thinking of dessert at a time like this? Don't they know you are in the midst of something?

As you weave around, straining to pass a single droplet of pee, the last thing on your mind is dessert. At least, that's what you've tried to politely explain through gritted teeth, the cords in your neck bulging from exertion as you hold back a torrent of profanities threatening to cloud the air!



If you're wondering why someone would offer you fruit while stuck in the loo, you've lost track of time! How long do you think you've been in the john? Longer than any dinner party is supposed to last, we can assure you! Don't you remember dinner, in-laws? Sadly, it's easy to lose track of time when playing the painful game of 'to pee or not to pee.'

Often, the choice is not to pee, as you sit there straining and then trying to hold onto it as you feel yourself passing out from the pain. This vicious circle continues and, as you resurface, waves of pain engulf you again, sending you back towards that bright white light.

Worse still, you know the exact moment you are about to lose the game of 'pee-patience' to your kidneys! As a tiny dribble of urine finally escapes, the searing, burning sensation leaves you convinced that, somehow, you managed to baste your genitals with chilli paste!

Unfortunately, no amount of offering your soul to the pagan porcelain deity provides any relief from these burning symptoms, leaving your nether regions frazzled and in need of an ice bath.

Okay, now that we have caught you up on matters, the truth is that the unfortunate dessert-bearing loo attendant may be on to something when it comes to fruit, especially if said fruit happens to be a coconut!

The humble coconut originates from South Asia and contains healthy fatty acids that are beneficial for treating and preventing kidney stones and urinary tract infections. Dessert, anyone?



However, before you shimmy up the nearest palm tree in search of this urinary tract godsend, let's examine a few things. This chapter will look at the difference between UTIs, kidney infections, and kidney stones and the benefits of using coconut to promote spigot health, keeping the water hose kink and blockage free.

UTI vs. Kidney Stones Are They The Same Thing?

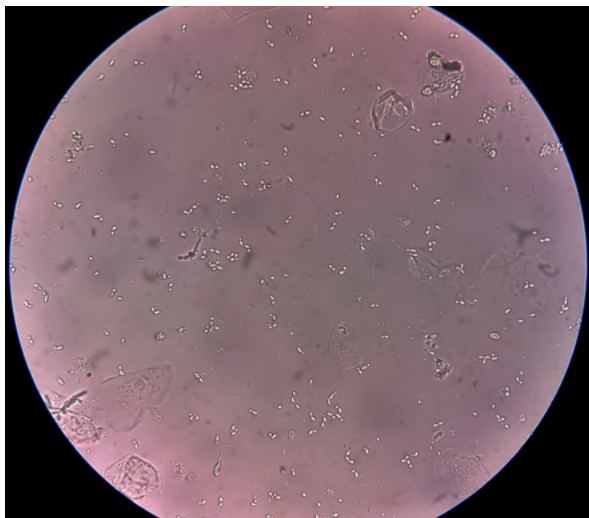
In most cases, UTIs and kidney infections feel like a donkey has repeatedly kicked you in the family jewels, leaving you braying in pain every time you approach the urine shrine. But, while each is considered a different medical malady, they both affect the body's waterworks in similar eye-watering ways! This is because an untreated UTI is a precursor to a kidney infection and the subsequent development of kidney stones.

- **UTI (Urinary Tract Infection) Symptoms**

The urinary tract comprises the body's entire drainage system for waste products. Namely, this includes a urethra (outlet pipe), bladder (urine storage unit), two ureters (tubes linking the bladder and kidneys), and two bean-shaped kidneys (the body's blood filtration and urine-producing factory site).

Women tend to struggle with UTIs more than men due to the length of the urethra (spigot pipe). In women, this pipe is about 1-2 inches long while, in men, it's about 6 inches.

The shorter pipework in women provides bacteria with less distance to hike to reach the bladder, resulting in painful urinary infections.



UTI Symptoms:

- Burning sensation when passing pee (chilli basted genitalia)
- High fever
- Pain in the lower back/abdomen
- Urine that stinks to high heaven
- Blood spots in your pee
- Feeling ill or tired

When you contract a UTI, the entire drainage system is compromised, leaving you with much-reduced piddle power and pain so intense that dying in your own vomit seems preferable!

Kidney Infection/Stones

Your kidneys form part of the urinary tract and are located just below your ribcage on either side of your spine. When things are trickling along normally, they filter the blood, removing waste and producing healthy volumes of urine as a by-product of this process.

Unfortunately, there's some bad news for the guys reading this e-book. It seems kidney stones are more common in men than in women. This is because your penis is far more complicated than your feminine counterparts.

In addition, as men grow older, their prostate may get bigger (not a good thing, chaps!) This can impact proper bladder function, obstruct urine flow, and increase the possibility of kidney stone formation. At last, an actual reason for being a grumpy old man!

Kidney Infection Symptoms:

- Fever/chills
- Abdominal pain
- Groin pain
- Frequent urge to pee
- Nausea and vomiting
- Pain/burning when peeing
- Blood/pus in your urine
- Back pain



When an infection strikes or kidney stones develop, they can cause a definite kink in the hose, leaving you to contend with a painfully clogged and dripping spigot!

Why Coconut?

The coconut is the urinary tract-soothing gift from the kidney gods themselves!

This fibrous, nut-like tropical fruit is produced by the coconut palm tree and is high in potassium and other beneficial nutrients for urinary health. In fact, the coconut's fleshy meat and watery coconut juice, also known as coconut milk (sounds delicious!), help reduce urine acidity and flush chemicals (uric acid, phosphates, and calcium) from the body.

In addition to its UTI and kidney stone-zapping superpowers, the coconut's succulent white meat has many culinary uses and is enjoyed in fresh and dried forms. It's also great tasting and easily obtained, which means adding it to your daily diet is easy-pee-sy!

Benefits Of Coconut For The Urinary Tract And Kidneys

Coconut oil, or *Coccus Nucifera* (yes, gents, you read that correctly, we snickered too!), is the oil extracted from the milk and flesh of the coconut.

The extracted virgin (pure) coconut oil is a lauric acid (saturated fatty acid) with antifungal, antibacterial, and antiviral properties that protect the body against urinary and kidney infection-causing bacteria. Below are some truly astounding benefits of coconut on the body and the spigot-works; trust us, this isn't the cock-a-mamy you might think it is!

▶ **Antioxidant Properties**

A diet rich in coconut oil enhances the body's production of antioxidants, reducing the negative effects of free radicals and oxidative stress.



▶ **Anti-inflammatory**

Inflammation is the body's primary response to injury or infection. When you are suffering from the pain, fever, and fatigue associated with UTIs and kidney issues, this is your body's way of saying, "whoa, hello there, Houston, we have a problem in the hose department."

According to the sciency-medical gurus, the body's healing process is stimulated once it has notified you of infection by subjecting you to the indescribable pain of inflammation. Thanks, body, I needed kicking in the goolies a million times to forewarn me that something was up with my spout!

Unfortunately, those who suffer from the frequent 'squeeze' of crippling bladder pain caused by UTIs and kidney infections also struggle with inflammation. However, the anti-inflammatory properties of coconut oil help reduce the body's knee-jerking (healing) inflammatory response to infection.

► **Anti-microbial & Anti-fungal**

In most cases, kidney infections occur when a urinary infection (Pyelonephritis) caused by bacteria, such as E Coli and other viruses, travels from the bladder to the kidneys. Left untreated, it can lead to scary things like high blood pressure, chronic kidney disorders, and (gulp) kidney failure!



Thankfully, coconut oil is an excellent antibacterial agent and inhibits the growth of pesky bacteria such as Staphylococcus aureus, a common UTI-causing bacterium.



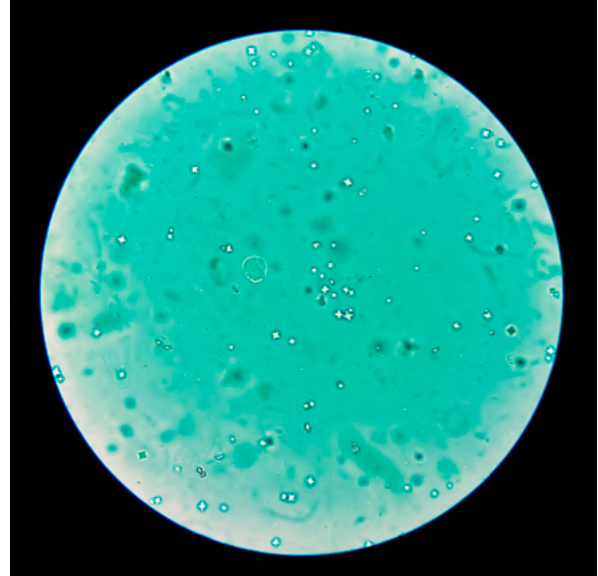
► **Lowers LDL (bad cholesterol) caused by kidney damage**

LDL (low-density lipoprotein), also known as bad cholesterol, can build up in the body, leading to heart disease and an increased risk of a stroke. Unfortunately, high levels of bad cholesterol have consequences, primarily kidney damage.

Virgin coconut oil helps reduce LDL cholesterol and other low-density lipoproteins and aids in increasing HDL (high-density Lipoprotein), also known as good cholesterol. Therefore, it can help prevent kidney damage caused by high cholesterol levels.

► **Prevents kidney Stones**

Frequent UTIs impact the kidney's ability to function correctly. This, in turn, reduces the renal urokinase enzyme in the kidneys, which is responsible for preventing kidney stone growth. When this enzyme is low, it increases the risk of kidney stone formation, leading to your current position, hovering over the john and praying to the bladder gods for a swift death.



Coconut oil aids with the restoration of this essential enzyme, which helps prevent and treat kidney stones and UTIs.



► **Protects kidneys against the damaging effects of high blood pressure**

High blood pressure (hypertension) can cause the kidneys to malfunction, resulting in serious renal disorders. However, the high polyphenolic content of pure coconut oil makes it an extremely powerful antioxidant, helping to eliminate DNA-damaging free radicals caused by high blood pressure.

Please note, coconut oil cannot treat high blood pressure - that's a job for your blood pressure medication. However, it can protect the kidneys from the damaging effects of hypertension. Finally, some good news, seeing as your blood pressure has probably been

through the roof with all the loo-seat-gnawing currently happening whenever you go for a flash splash!



How To Use Coconut For UTIs and Kidney Health

There are many coconut products on the market that can easily be bought online, in health shops, or even in your local supermarket. Generally, coconut oil is sold in jars as a semi-solid paste. When heated, the solidified coconut softens and melts into liquid oil.



When using coconut for urinary tract health, it's best to use the purest form of coconut oil (virgin coconut oil) to benefit from the highest concentration of fatty acids.

Remember, it's the fatty acids in this fruit that make it such a bladder-soothing guru. Furthermore, avoid perfumed products if you apply coconut oil 'down under', as they can further aggravate the lava-like burning sensation typically experienced with UTIs and kidney infections.

Dietary Use

Incorporating coconut oil into your diet is extremely easy, as it can be used for stovetop cooking and baking. It's also a great-tasting salad dressing and peeps up a bland sauce in minutes.

- Frying vegetables, meat, fish, eggs - 1-2 tbsp
- Roasting meat - baste with coconut oil and rub with seasoning

Coconut oil can also be substituted for oil or butter when baking using a simple 1:1 ratio.

*Tip - Use room temperature ingredients to ensure the oil blends well and doesn't form clumps.

Alternatively, add it to protein shakes, smoothies, curry, or your favourite hot beverage; yum!



Coconut Tea Recipe

Adding coconut oil to your daily tea ritual is possibly the easiest way to enjoy the benefits of this exotic fruit.

What you need

- Herbal tea (chai, chamomile, peppermint, or your preferred brand)
- 1 tsp cream
- 1 tbsp unsweetened cocoa powder
- 1 tsp virgin coconut oil
- Sweetener to taste (stevia or honey are good alternatives)

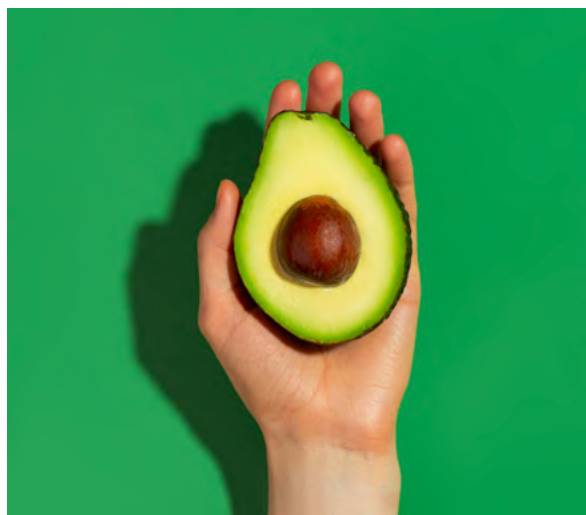
What to do

- Place your tea bag in a large mug and add boiling water
- Allow the tea to steep for at least 2-3 minutes
- Then add the cream, cocoa powder, and coconut oil, stir well
- Lastly, add your preferred amount of sweetener, stir the tea again and enjoy!

After hearing about the coconut's amazing spigot-benefiting properties, you may be tempted to start guzzling it in copious quantities. However, because of this fruit's high saturated fat content, it's best to keep your daily intake of coconut oil to approximately two tablespoons (28g) per day.

Chapter Three: “Superfoods” To Avoid

We all know that eating a healthy balanced diet ensures good health and proper growth, that is, until your healthy food choices take on a mind of their own and set out to kill you! At least, that's how it feels after indulging in a seemingly innocent dish of nutritious food. You find yourself praying for a sweet release from this earthly life.



Avocados, bananas, leafy greens, whole grain bread, and cereals all have one thing in common – they are considered superfoods in the fitness and weight loss world. But, unfortunately, for those of us with sensitive bladders and kidneys capable of producing kidney stones, those represent one thing- pain. And when we say pain, we mean the kind that has you sweating at the mere thought of it.

This can be confusing, as eating these foods is supposed to benefit your body. After all, isn't a superfood supposed to be highly nutritious and full of health-promoting goodness? So, why aren't your bladder and kidneys in the full 'flush' of good health? Good question!

And it's probably one you can't answer as you sit or stand, desperate to pee, very much aware that your bladder and its co-conspiring henchmen (your kidneys) are about to put you through your ablution paces. However, have you ever considered it might be time to rethink your healthy diet?

Sadly, kidney wars and urinary tract skirmishes continue ad nauseam unless you grasp one very simple concept - many purported superfoods promoted by seed nibbling health nuts are not beneficial for urinary tract health. There, we said it; cue the pitch-fork-bearing, chickpea-worshipping health gurus; you're about to get a severe 'spork' in the royal hiney!



However, before you do a 360-degree turn and start to stuff your face with candy bars, renounce vegetables, and ditch that lunchtime power smoothie, there's more to this than simply falling off the superfood wagon into the fast food ditch of gluttony. That would be far too easy! Besides, many processed foods, including fast food, ready meals, and other 'unhealthy' alternatives are super-high in UTI and pebble-producing minerals.

Of course, this may leave you feeling the only thing to eat is dirt. Definitely not a tasty substitution, but one most UTI and kidney stone sufferers would gladly consider if it meant freedom from the bog wars they have had to endure!

While it's hard to believe that eating certain healthy foods could be the cause of you doing the 'worm' along the bathroom floor, the truth is they contain certain urinary tract impacting minerals such as potassium and phosphorus. These, coupled with high sodium levels, can seriously affect your spigot health and flash-splash power.

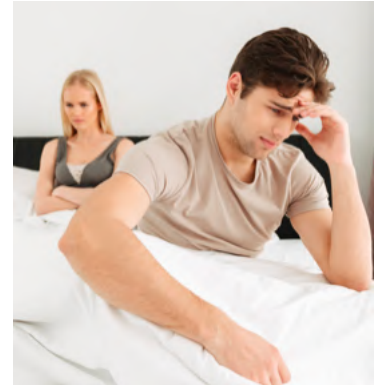
Furthermore, if consumed in high quantities or not removed from your diet entirely, they could be the reason for regular and recurring pain-filled bouts of UTI infections and kidney stones, aka, cistern worshipping!

What Poor Kidney Function Does To The Body

Frequent UTIs and kidney infections affect your kidneys' ability to function properly, causing fluid and waste products to accumulate in the blood. In other words, your drainage system becomes bacteria-central as you bloat, retain water, and start to resemble Mr Blobby.

Scary Symptoms Associated With Poor Kidney Function

- Edema -swollen feet and ankles
- Erectile dysfunction (in men), just in case you were unsure!
- Persistent itching
- Chest pains - fluid building up around the heart
- Breathing difficulties – fluid building up in the lungs



Yes, you are about to become the world's largest soggy sponge, drowning in your own urine. Now, add impotence and a persistent itch for the final kick in the family jewels, and you have a classic case of poor kidney function and potential kidney damage.

How Dietary Restrictions Help

Impaired kidney function prevents the removal of excess sodium, phosphorous, potassium, and protein. These are obtained from the foods we eat. However, certain foods have particularly high levels of these minerals, making it difficult for poor kidneys to filter, process, and remove them when consumed. Subsequently, a build-up of these spout-affecting minerals increases the risk of UTIs, kidney stones, and infections.

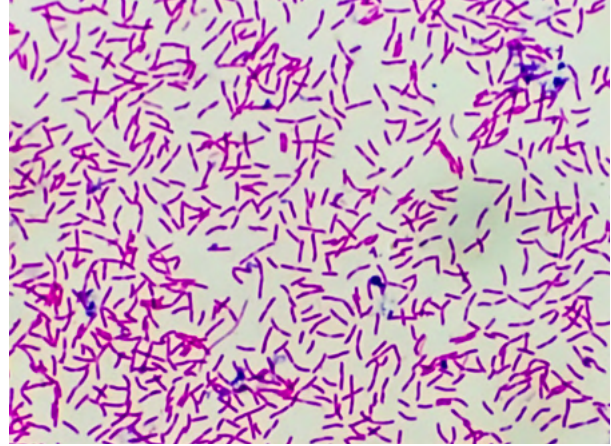
By avoiding or limiting certain superfoods, your dinner plate could literally help reduce increased levels of nasty waste products, boost kidney function, and prevent further spigot damage.

Foods To Ditch To Avoid UTIs

As mentioned previously, UTIs and kidney issues go hand in hand, or rather, urethra in urethra! If left untreated, persistent UTIs can lead to infection, causing kidney stones (bladder boulders!) and, in severe cases, kidney damage.

Therefore, when eating to support urinary tract health, avoiding or limiting certain foods and beverages can prevent and soothe recurring UTIs, thus, reducing the risk of potential kidney damage.

- Soda
- Carbohydrates
- Alcohol (wine, beer, and spirits)
- Caffeine (coffee, tea, energy drinks)
- Citrus fruit (tomato, pineapple, lemons, lime)
- Spicy foods (Indian, Mexican)
- Chocolate



Bacteria that live in the bowel, such as E Coli, love a sugar-rich diet. Therefore, the more sugar you consume, the more they multiply. This raises your urine acidity levels and creates the perfect conditions for developing a UTI. A lump or two, anyone?

Food and drink with a high sugar content should be limited or avoided to prevent a UTI from galloping out of control. Furthermore, spicy foods and caffeinated beverages can increase the pain felt when urinating, leaving you convinced your bladder is pushing out needles rather than pee!

What To Do For A UTI

It's never a good idea to ignore a UTI, as they don't tend to go away by themselves. Instead, the symptoms often worsen quickly, intensifying from a slight burning sensation to red hot poker spikes every time you manage to squeeze out a dribble of pee! Thankfully, antibiotics, coupled with some clever food and drink choices, can help you get your bladder back on track – or rather, track!

Do:

- Drink lots of water (12 x 8- ounce cups) to flush the bacteria from your system
- Add blueberries and cranberry juice to your diet; they help fight infection and prevent bacteria from sticking to the urinary tract lining
- Eat probiotics and fermented foods such as Greek yogurt, sauerkraut, and pickles.
The good bacteria in these foods can control the bad bacteria associated with UTIs

Once you have tamed the UTI beast, adding foods high in vitamin C, such as green peppers, spinach, strawberries, and grapefruit back into your diet can help prevent future infections.

Super Foods To Ditch To Avoid Kidney Issues

Potassium, phosphorus, and sodium are essential nutrients required for healthy body processes and functions. However, those susceptible to the pain of kidney infections and stones should aim to limit their daily intake. This boosts kidney function, taking the pressure off the filtration department while preventing further damage to the kidneys and body.

**Recommended Daily Allowance Per Nutrient**

- Potassium – 2000 mg/day
- Sodium – 2000 mg/day
- Phosphorus – 800 to 1000 mg/day

These values may vary from person to person, depending on their kidney health and dietary requirements.

Below is a brief list of superfoods high in the above three nutrients that should be limited or avoided to decrease the amount of waste product in your blood.

Superfood	Serving Size	Nutrient Content
Avocado	1 medium Avocado	Potassium 690 mg
Whole Wheat Bread	1 x thin slice (30 g)	Potassium 69 mg Phosphorous 57 mg
Brown Rice	1 cup (cooked)	Potassium 154 mg Phosphorous 150 mg
Bananas	1 medium banana	Potassium 422 mg
Citrus Fruit (Oranges)	1 large orange (184 g)	Potassium 333 mg
Apricots	1 cup (dried)	Potassium 1,500 mg
Potatoes	1 medium potato (baked)	Potassium 610 mg
Tomatoes	1 cup tomato (cooked sauce)	Potassium 900 mg
Leafy Green Vegetables (spinach, Swiss chard)		Potassium 140-290 mg *see notes regarding cooked content



Avocado

Rich in healthy fats, antioxidants, and fibre, avocado has long been the health nuts' go-to food source. However, they are also high in potassium, with a full-size avocado equating to more than a quarter of your daily potassium allowance. But, if ditching this tasty fruit is non-negotiable, reduce your portion size to a quarter avocado to keep potassium levels under control.

Whole Wheat Bread

Whole wheat bread is more nutritious than white bread due to its high fibre content. However, it is also high in potassium and phosphorous, making it a poor choice for those with kidneys on a proverbial 'go slow.' Limit your serving size to a single slice, or opt for white bread with a lower potassium and phosphorous content of 28 mg. Note* All bread contains high sodium levels – check the label and choose those with lower sodium content.

Brown Rice

Brown rice is higher in potassium and phosphorous than white rice, which contain 54 mg and 69 mg, respectively. Other kidney-friendly alternatives to brown rice include pearled barley, couscous, buckwheat, and bulgur.



Bananas

High in potassium and low in sodium, the yummy banana is one tropical fruit that, while healthy, can significantly impact kidney and urinary tract health. Try swapping your morning 'Mr. Pee-ly' for chunks of sweet pineapple, which have a lower potassium content.



Oranges

Oranges are often praised for their high vitamin C content, but, because they are also rich in potassium, they can negatively impact spigot health. Opting for orange juice doesn't help either, as this contains a stonking 473 mg of potassium per 240 ml glass! Instead, choose fruits with lower potassium such as grapes, cranberries, and apples.

Apricots

Rich in vitamins A and C, the apricot is the health nerds' ultimate snack option. However, because of their super high potassium content, both fresh and dried varieties can have you up spout creek without a paddle very quickly! This fruit is best avoided if you are on a renal diet or suffer from frequent UTI infections.



Potatoes

The humble spud is, unfortunately, another potassium-rich superfood that can impact the body's spigotory-works. Its cousin, the sweet potato, is just as rich in this mineral, boasting approximately 541 mg of potassium for every 114 g of potato!

If, like us, ditching your spuds is unthinkable, we have some good news for you. Boiling diced potatoes for 10 minutes can reduce their potassium levels by 50%. To reduce their potassium content, you can also soak your potatoes for about 3-4 hours before cooking.

Note* Before diving into a potato-feeding frenzy, the above methods don't eliminate potassium entirely from your buttery potato feast. Therefore, you will still have to be mindful of your potassium intake per tasty spud!

Tomatoes

Many recipes use tomatoes, tomato paste, or sauce as a base and flavour-adding ingredient. However, this tasty fruit is also rich in potassium. Choosing an alternative to tomatoes boils down to personal taste preferences, but be sure your swap is low in potassium. Opting for an alternative such as red pepper or red pepper sauce can reduce your potassium intake per serving while keeping your recipes tantalizingly tasty!

Spinach, Swiss Chard

Raw spinach, Swiss chard, and other green leafy vegetables contain high potassium levels. Unfortunately, cooking these veggies may reduce their serving size, but their potassium content remains the same



For example, one cup of raw spinach will cook down to 1 tablespoon; however, its potassium content remains the same. This means that one cup of cooked spinach will have a far higher potassium content than a cup of raw spinach.

To ensure your potassium intake is controlled, eat these leafy greens in their raw state rather than cooking them.



Dairy

Dairy products are rich in vitamins, nutrients, phosphorous, and potassium. They are also a great source of protein and support healthy teeth, bones, and muscles. But, did you know that this grocery list staple is actually bad for your bones if you have kidney disease?

This is because damaged kidneys struggle to eliminate excess phosphorous in the blood. A build-up of this mineral causes calcium to leach from your bones, making them weak and brittle over time! Unenriched rice and almond milk are good substitutes for cow's milk for those with kidney issues, as they are lower in protein, potassium, and phosphorus.

The Final Sprinkle

While the thought of eliminating or moderating your intake of certain foods may be frustrating, it's far better than needing to borrow your dog's chew toy simply to take a leak! As you bear down trying to pee without passing out, changing your diet might seem the better option! When eating to support your urinary tract health, you can reduce the burning recurrence of frequent UTIs and prevent potential kidney infections or stone development.

Chapter Four: Prostadine



How Prostadine Works

As with most formulas, each specific ingredient has a role to play to ensure it is effective in its purpose. In the case of Prostadine, it needs to address four areas of concern to work efficiently. These are listed below, with the corresponding ingredients required to execute each step proficiently:

Step 1 Dissolve

High levels of iodine in our seaweed ingredients help dissolve hard mineral crystals accumulated in the urinary tract.

Step 2 Flush

After the mineral deposits are dissolved, the body needs assistance to flush these toxins away. Shilajit salt helps remove excess fluids and clears the body of dissolved mineral deposits (toxins).



Step 3 Strengthen

A strong urinary system prevents recurring UTIs, kidney stones, and subsequent bloating of the prostate. Saw Palmetto increases urine flow (exactly what you want!) and blocks the spread of harmful prostate cells. Our other strengthening ingredient is Neem, which, aside from its ability to reduce prostate tumours (cancer, eek!), also prevents recurring UTIs.



Step 4 Boost

We've already extolled the bedroom virtues of pomegranate extract a little earlier in this chapter. But here's a little recap. Once your spigottory-works are back to their usual gushing and flushing, the last thing you want is a gun-shy pecker. This fruit extract is an important ingredient of Prostadine, as it boosts libido and improves stamina. You could say it's the final cherry on the cake!

How To Use Prostadine

The product is extremely easy to use and requires a single dose per day. Simply, fill the dropper supplied in the packaging and squirt it directly into your mouth. Of course, if you find this method a little too 'hard-core' you can add it to your favourite beverage of choice (tea, coffee, juice).

Note* Shake the formula vigorously before dispensing the required dosage, as this will ensure the ingredients are thoroughly combined and ready to give your urinary tract a potent boost in the right direction!

What To Expect When Using Prostadine

- Improved and increased urine flow
- Reduced prostate size
- Enhanced libido and stamina
- Relief from the pain of inflammation and infection
- Reduced risk of UTIs and kidney stones
- Increased hair growth
- Fewer trips to the john
- Less stress and anxiety
- Stronger, healthier urinary tract





The Last Driblet

Having officially waded through four chapters about the peeing process, what causes depleted pee-power, and how to ensure optimum spigot health, it's time to jump both feet into urinary tract health.

Hopefully, you have had your goloshes on the whole time. Oh yeah, no rivers of pee for you, just desert sand with the occasional bead of moisture forced out when the pressure becomes too great. Sandals would probably have been a better bet; just kidding!



However, having purchased your supply of Prostadine, you are now well on your way to improved urinary health and better faucet flow. Once all that mineral build-up is dissolved and flushed away, you will have no more john surfing.