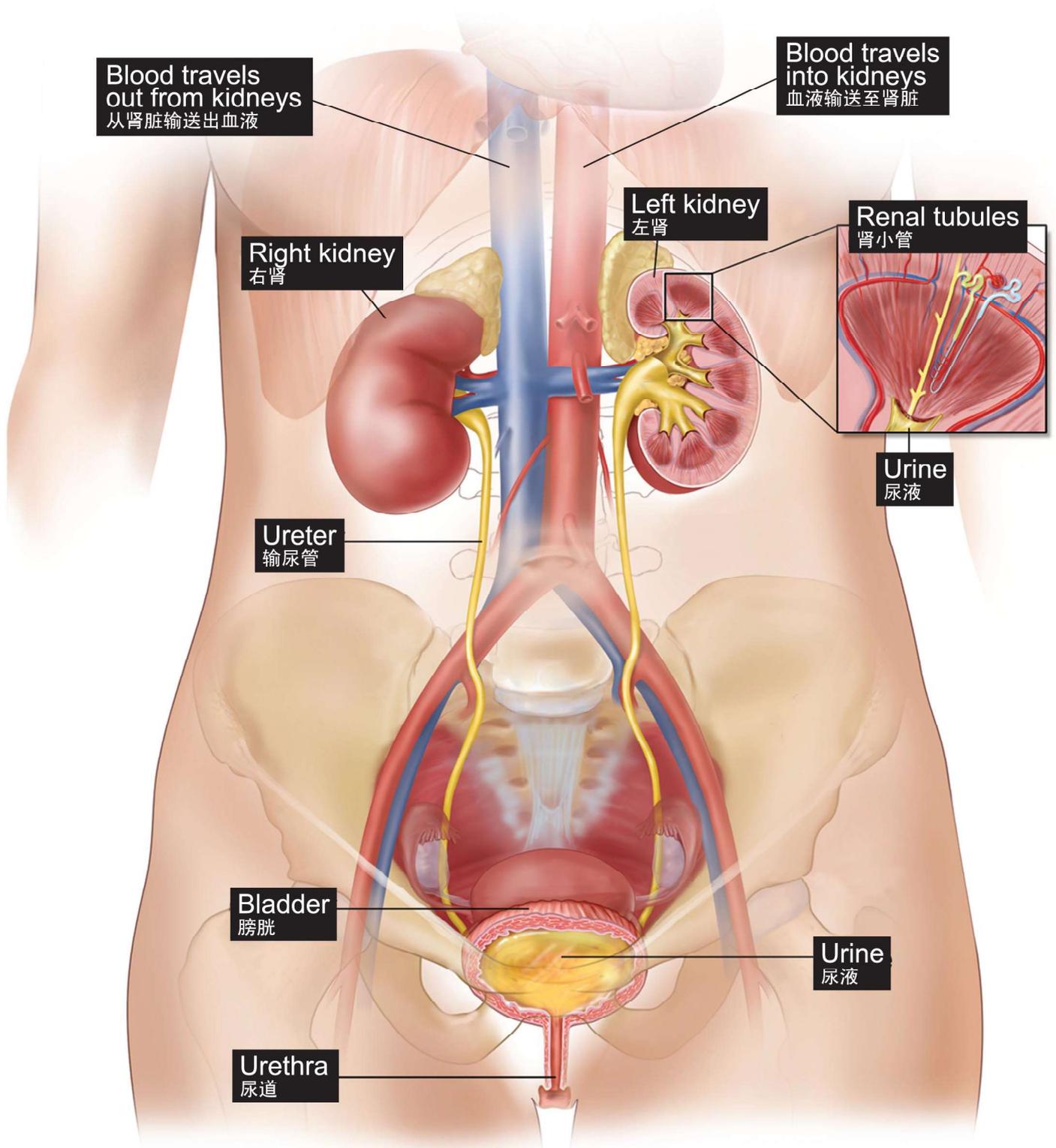


KIDNEYS

The Unsung Heroes

幕后英雄 - 肾

By Leon Tan, Nutritionist 陈健良营养师



We often underrate the roles of our kidneys when we think about our health. In fact, our kidneys are as important to our health as our heart or lungs. The kidneys are located one on each side of the spine under the lower ribs. They are reddish brown in colour, bean shaped and each about the size of an adult's fist. A person can live quite well with only one kidney if the other kidney is lost due to injury/disease, and some people live healthy lives even though born with one kidney missing. However, with no kidney function death occurs within a few days!

Kidneys - a massive filter system

Can you imagine the implications of an industrial filter that could be used in a process for more than 70 years without ever being paused, cleaned or replaced? The human kidneys are capable of such a feat. They are incredibly amazing filtration devices in that they can be used continuously for the duration of a human life without becoming clogged.

The kidneys are not one large filter. Instead, each kidney is made up of about a million tiny filtering units called nephrons. Every day, your kidneys filter about 200 litres of blood. As blood enters the kidneys through the renal arteries, it passes through the nephron; fluid and waste products are filtered out. Much of the filtered fluid is then returned to the blood through the renal vein, while the unwanted chemicals or wastes are concentrated in any excess fluid as urine. Around one to two litres of waste leave your body each day as urine depending on your build, how much you drink, the temperature and the amount of exercise you do.

Besides cleaning the blood, the kidneys also:

- make and regulate important hormones in the body that help to control blood pressure, red blood cell production and calcium uptake from the intestine.
- maintain body fluid at the correct levels for the body to function.
- control body chemistry by regulating the amount of sodium, potassium, water and other chemicals moving around the body. The body needs these minerals to maintain good health, but they must be maintained at the appropriate level.
- help regulate the levels of other minerals such as calcium and phosphate, which are important in the formation of bones.

Take care of your kidneys

Your kidneys play an important role in the daily workings of your body and help maintain your general wellbeing, so it makes good sense to take good care of them. Here are some things you can do:

- Avoid or stop smoking.
- Eat wisely.
- Exercise regularly.
- To satisfy thirst, drink water.
- Limit alcohol intake.
- Take steps to reduce the risk of urinary tract infection.
- Treat kidney stones quickly.

In the following section of this article, we will discuss on one of the most common kidney diseases – Kidney Stones.

What are kidney stones?

Kidney stones are normally little, solid mineral deposits that develop in your kidneys. The stones are made of mineral and acid salts.

Kidney stones have many causes and can certainly affect any portion of your urinary tract - from your kidneys to your bladder. Frequently, stones develop whenever the urine becomes concentrated, enabling minerals to crystallize and stick to each other.

很多时候我们在谈论健康保健时都会低估了肾脏的功能。事实上，肾脏对健康的重要，不次于心脏或肺部。肾脏位于下肋骨下的脊柱两侧、红褐色、状如扁豆，如成人般拳头大小。有些人虽然因受伤或疾病失去了一边的肾脏功能，但依然可单靠另一边的肾脏运作而好好的生活。而有些人即使在一出生就少了一边的肾脏，但仍可健康地生活。不过，尚若两边肾脏都完全不能运作，那么生命在几天内就会结束。

肾脏——巨大的过滤系统

您是否可以想象一个工业过滤器操作了超过70多年，期间都不曾休息、被清洗或被更换过吗？人类的肾脏就有如此巨大的功能。这人类体内的神奇过滤器，可以在不受堵塞的情况下马不停蹄的运作，直到生命结束为止。

肾脏并非是一个巨大单一的过滤器。相反地，每个肾脏是由约一百万个微小的过滤单位（即称为肾元）所组成。肾脏每一天都会过滤约200公升的血液。血液通过肾动脉进入肾脏后，再经过肾元过滤液体和杂质。大部分经过滤的液体，会通过肾静脉返回血液里供人体需求，同时将不需要的代谢化学物质或废物都集中成尿排出体外。视体魄、饮水量、体温和运动量而定，正常人一天尿量为1-2公升。

除了净化血液，肾脏还能：

- 分泌和调节体内重要荷尔蒙，以助控制血压、红血球生成和促进肠道钙吸收。
- 维持体内液体的正常功能水平。
- 通过调节体内的钠、钾、水以及其他化学物质含量以促进体内化学反应的作用。身体需要这些矿物质来维持整体健康，但它们必须维持在体内对矿物质的所需含量的范围内。
- 有助调节其他矿物质水平，如钙和磷，对骨骼的形成非常重要。

保护肾脏

肾脏在身体每日的运作扮演了重要的角色。一个人身体是否健康，与肾的强弱息息相关，因此必须好好爱护它们。以下是一些您可采取的行动：

- 避免或停止吸烟。
- 正确饮食。
- 定期运动。
- 多喝白开水解渴。
- 限制酒精的摄取。
- 采取健康步骤以减少泌尿道感染的风险。
- 马上治疗处理肾结石。

接下来的内容我们将探讨其中最普遍的肾脏疾病，即肾结石。

什么是肾结石？

肾结石是沉积在肾脏里细小的矿物质结晶。这些颗粒都是由矿物质和酸盐形成的。

肾结石会造成很多的健康问题，可能堵住从肾脏开始至膀胱的输尿管的任何位置。很多时候，肾结石的形成是因为尿液太浓稠，促使矿物质结晶和聚集成形，最终形成肾结石。

Symptoms

A kidney stone will not trigger signs and symptoms until it moves around within your kidney or moves inside your ureter - the tube connecting the kidneys to the bladder. Then, you may experience these particular signs and symptoms:

- Severe pain in the side and back, beneath the ribs.
- Pain that spreads into the lower abdominal area and groin.
- Pain which comes in waves and varies in intensity.
- Pain during urination.
- Pink, red or even brown urine.
- Cloudy or smelly urine.
- Nausea or vomiting.
- Constant desire to urinate.
- Urinating much more often than normal.
- Fever and also chills if an infection exists.
- Urinating relatively small quantities.

Pain caused by a kidney stone might change - for example, switching to a different place or even increasing in intensity - as the stone moves through your urinary tract.

When to seek medical attention

Make an appointment with your health care professional in the event that you experience any signs and symptoms that worry you.

Get instant medical attention in the event that you encounter:

- Pain so extreme that you cannot sit still or even find a more comfortable position.
- Pain followed by nausea and vomiting.
- Pain followed by a fever and chills.
- Blood in your urine.
- Trouble passing urine.

Risk factors

Factors which raise your risk of forming kidney stones include:

- **Family or your own history.** When someone in your whole family has kidney stones, you are actually even more likely to form stones, as well. Also, in the event that you have recently already had one or more kidney stones, you have an increased possibility of forming another.
- **Dehydration.** Not drinking enough water every day can increase your risk of kidney stones. People who live in hot climates and those who sweat may have higher risks in comparison to others.
- **Certain diets.** Eating a diet which is high in protein, sodium and sugar might raise your possibility of having kidney stones. This is particularly true with a high sodium diet. An excessive amount of salt in your diet increases the quantity of calcium your kidneys need to filter and significantly increases your possibility of having kidney stones.
- **Being obese or overweight.** Elevated body mass index (BMI), huge waist size and excessive weight gain have certainly been associated with an increased possibility of kidney stones.

症状

肾结石患者大多没有症状。但是一旦肾结石开始在肾脏内移动或进入输尿管里，即肾脏与膀胱之间的连接管道，就可能出现以下症状：

- 肋骨下侧腰和背部出现严重疼痛问题。
- 疼痛的部位蔓延到下腹部和腹股沟。
- 身体经历强度不一的阵痛。
- 排尿时感觉疼痛。
- 尿液呈粉红、红色或褐色。
- 尿液混浊或带有臭味。
- 恶心或呕吐。
- 不停地想排尿。
- 排尿次数比平常增多许多。
- 如有感染，会出现发烧和畏寒等现象。
- 尿量比平时相对较少许多。

随着肾结石的移动，所引起的疼痛可能会出现在身体不同的部位，或甚至因进入到泌尿管道而增加疼痛的强度。

什么时候需要进行治疗？

如果身体出现任何令人担忧的症状，请马上咨询医师。

若经历以下症状，就得立即进行治疗：

- 身体出现剧痛至患者无法坐着、无处舒服。
- 身体疼痛，同时伴随恶心和呕吐。
- 身体疼痛，同时也伴随着发烧和发冷。
- 排尿血。
- 排尿困难。

风险因素

增加肾结石形成的风险因素包括：

- **家族或本身疾病史。**如果家族有患肾结石的病史，您患肾结石的风险也可能比常人高。另外，倘若体内已经存有一或多颗的肾结石，更有可能增加肾结石形成的风险。
- **脱水状态。**每天喝水不足会大大增加您患肾结石的风险。相比其他人，生活在炎热气候和出汗量甚大的人士，都是患上肾结石的高风险族群。
- **饮食。**常常摄取高蛋白、高钠和高糖饮食将会增加您患肾结石的可能性，特别是高钠含量的饮食。饮食中过量摄取盐分会增加肾脏内的钙含量，进而加重肾脏过滤负担，明显增加患上肾结石的机率。
- **肥胖或超重。**身体质量指数 (BMI) 偏高、腰围粗大和超重与增加患肾结石的风险息息相关。



- **消化系统疾病及手术治疗。**胃绕道手术、炎症性肠疾病以及持续性腹泻会导致消化过程的改变，从而影响您对钙和水的吸收，并增加尿液内所形成肾结石的物质含量。
- **其他健康问题。**健康问题和疾病可能会增加您患肾结石的机率，包括肾小管酸中毒（一种因肾脏衰竭而造成尿液酸化，最终导致体内酸性物质积累所造成的疾病）、胱氨酸尿症（一种罕见的疾病，结石由胱氨酸组成，通常发生在肾脏、输尿管和膀胱内）、甲状旁腺功能亢进、进行某些药物的治疗以及泌尿道感染的问题等。

预防肾结石和其他健康建议

预防肾结石包括配合改善日常生活的方式，您可通过以下建议减少患肾结石的风险：

- **增加每天的饮水量。**医生通常都会建议肾结石患者每天大概要排出2.5公升的尿液。医务人员将要求您估计每日的排尿量，以确保您有摄取足够的水分。如果您生活在炎热、干燥的气候或经常进行运动，就必须摄取更多的水分以产生足够的尿液。尿液若是呈清澈和浅色，即证明您应该有摄取足够的水分。
- **少吃富含草酸的食物，**如大黄、甜菜根、秋葵、菠菜、瑞士甜菜、番薯、坚果、茶、巧克力和豆制品。
- **饮食应该要低糖、低钠，少吃动物性蛋白。**不要吃太咸，多选择非动物性蛋白食物，如豆类。

新生命营养师也非常乐意为您制定一份营养计划，以降低患肾结石的风险。

排出肾结石的过程可令患者感到痛不欲生，但肾结石问题一般不会对身体造成永久性的伤害。依个人情况而定，有些患者只需要服用止痛药和大量喝水就可排除体内肾结石。不过，也有些情况，肾结石堵塞了尿道内或开始产生一些健康问题，就可能必需经过手术程序以排除肾结石。

以下建议对肾结石患者来说非常有益：

- 用半粒柠檬榨取原汁加水，每半小时一杯，一直到疼痛缓解为止。您也可交替轮流摄取柠檬汁和新生命苹果醋。
 - 无论饮用和烹饪都只使用蒸馏水。
 - 尝试摄取大量的水（最好是蒸馏水），先消化20分钟，然后上下楼梯用力走动，或在弹跳床上进行弹跳运动。这样可让较细小、顽固的肾结石自然排出体外。

正常运作的肾脏对您整体健康而言非常重要。因此必须好好照顾您的肾脏，以达到健肾强体、延年益寿之目的！

- **Digestive diseases and also surgery.** Gastric bypass surgery, inflammatory bowel disease as well as persistent diarrhoea can result in alterations in the digestive process, which may have an effect on your absorption of calcium and water thus increasing the levels of stone-forming substances in your urine.
- **Other medical conditions.** Health problems and disorders that may raise your possibility of having kidney stones include renal tubular acidosis (a medical condition that involves an accumulation of acid in the body due to failure of the kidneys to appropriately acidify the urine), cystinuria (a rare condition in which stones made from an amino acid called cystine form in the kidney, ureter, and bladder), hyperparathyroidism, certain medications as well as some urinary tract infections.

Prevention & other health recommendations

Prevention of kidney stones may include a combination of lifestyle improvements. You can decrease your risk of kidney stones if you:

- **Consume water throughout the day.** For people with a history of kidney stones, doctors normally recommend passing about 2.5 litres of urine a day. Your health professional might ask that you estimate your urine output to make sure that you are actually drinking enough water. If you live in a hot, dry weather or if you exercise regularly, you might have to consume much more water in order to produce enough urine. Light and clear urine is a sign that you are likely drinking sufficient water.
- **Consume fewer oxalate-rich foods.** These include rhubarb, beets, okra, spinach, Swiss chard, sweet potatoes, nuts, teas, chocolates and soy products.
- **Select a diet low in refined sugar, salt and animal protein.** Decrease the quantity of salt you eat and also pick non-animal protein sources, such as legumes.

Our NewLife™ nutritionists can help you to develop a nutritional programme that reduces your risk of kidney stones.

Passing kidney stones can be very painful, but the stones normally cause no permanent harm. Depending on your situation, you might need nothing more than to consume pain medicine and take in lots of water in order to pass a kidney stone. In other circumstances - for example, in the event that stones become lodged in the urinary tract or create problems - surgery might be needed.

If you do have stones in your kidneys, the following health recommendations may be beneficial:

- For pain relief, drink the juice of half a fresh lemon in a glass of water every half-hour until the pain subsides. You can alternate between lemon juice and Apple Cider Vinegar.
- Use only distilled water for drinking and cooking.
- Try drinking a large amount of liquid (preferably distilled water), allow twenty minutes for digestion, and then run up and down the stairs vigorously or bouncing on the rebounder. This has been known to allow small, stubborn kidney stones to pass naturally.

Well-functioning kidneys are essential to your overall health. Remember to care for them and keep them stronger and longer!



Natural Way of Eliminating Kidney Stones

肾结石的自然排除法

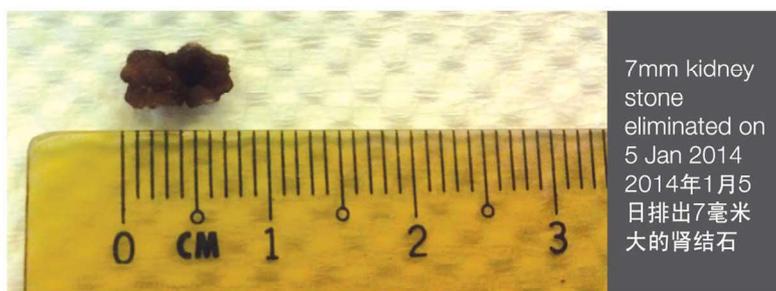
Jovin Heng, Singapore
王莉翔, 新加坡

On 18 June 2013, my husband, Peng Boon, was diagnosed with a 7mm kidney stone as seen on the X-ray. He wanted to get rid of the kidney stones the natural way, therefore he made the following lifestyle changes:

- Changed from drinking alkaline water to distilled water;
- Did a 3-day Detoxification Rejuvenation Programme (DRP). Due to work commitment, he could not do a longer duration;
- Drank at least two glasses of Honegar (Apple Cider Vinegar and Pure Raw Honey mixed in a glass of distilled water) daily, and
- Drank 300ml of green apple juice daily.

After the 3 days of DRP, my husband went back for a medical review and the kidney stone was no longer visible on the X-ray. However, we did not know if it was totally gone. Over the next 6 months, while still feeling an occasional tugging pain on his right kidney area, Peng Boon adopted a comfortable but faithful approach towards flushing out his kidney stone.

On 5 January 2014, my husband urinated out the 7mm kidney stone.



7mm kidney stone eliminated on 5 Jan 2014
2014年1月5日排出7毫米大的肾结石

During the 6 months between diagnosis and passing out the kidney stone, we learned that Apple Cider Vinegar and Pure Raw Honey contain properties that can help to soften kidney stones and cause kidney stones to be flushed out naturally. The daily consumption of green apple juice also helps cleanse the kidneys.

We have also learned that the possible causes for the formation of kidney stones include dehydration (insufficient intake of water) and consuming water that contains inorganic minerals. On the other hand, distilled water is free of inorganic minerals and essential for the physiological function of transporting nutrients into our cells and removing waste out of our cells.

We are thankful to NewLife™ for the health knowledge it imparts, as well as the products it carries which are of high efficacy and therapeutic quality. The holistic nutrition approach has proven effective for eliminating kidney stones.



Out of curiosity, we invested in a water test kit to conduct electrolysis tests to find out more about the sources of water that we and our friends have been drinking. 出于好奇之下, 我们买了一个水检测试剂来进行电解试验, 以了解更多有关我们以往饮用的水质来源。



The interior of our distiller after just one distillation. Brownish inorganic sediments can be seen and there is a strong chlorine stench. 经过一次的蒸馏后, 蒸馏器内明显沉积着棕色无机的沉积物, 还带有强烈的氯气味。

2013年6月18日, 我的先生赖鹏文的X光报告显示体内有颗7毫米大的肾结石。他想要采用自然的方式排除肾结石, 因此决定改变如往的生活方式:

- 将以往喝的碱性水改换成蒸馏水;
- 进行3天的排毒与复建程序(由于有工作在身, 因此无法长时间进行);
- 每天至少喝两杯蜂蜜苹果醋(将苹果醋和纯天然蜂蜜倒入蒸馏水混合即可);
- 每天喝300毫升的青苹果汁。

进行完三天的排毒与复建程序后, 我先生再到医院进行身体检查。从X光片上意外发现肾结石不见了。但是, 我们并不确定肾结石是否已完全消失。在接下来的6个月期间, 虽然先生的右肾部位偶尔还是会感觉扯痛不适, 但他依然忠实地继续遵循一套既自在又正确的肾结石自然排除程序。

2014年1月5日, 先生排尿时排出了7毫米大的肾结石。

从诊断结果至成功排除肾结石之间6个月的时间里, 我们了解了苹果醋和纯天然蜂蜜具有可帮助软化肾结石的有效成份, 将肾结石自然地排出体外。每天喝青苹果汁也有助达到净化肾脏的效果。

我们也学习到身体若常处在脱水状态(水分摄取不足)和饮用含无机矿物质的食水都有可能致肾结石的形成。相反地, 蒸馏水不含无机矿物质, 因此对体内生理功能非常重要, 除了运输营养物质进入体内细胞外, 也可排除细胞内的杂质。

我们真心感谢新生命给予我们这么丰富的健康知识, 以及提供我们高质量又有疗效的各类保健产品。这整全营养方法已证实有效排除肾结石。



In July 2014, with the spirit of gratefulness, we set up a booth at Sentosa Boardwalk to retail Apple Cider Vinegar and Pure Raw Honey to the public. (Peng Boon, Jovin and their daughter Elaine) 2014年7月, 我们怀着感恩之心, 在新加坡圣淘沙人行道摆设摊位, 积极向外界人士介绍和推销有益健康的苹果醋与纯天然蜂蜜。(鹏文与莉翔夫妇及女儿蕊琦)