

## The biggest killers in the world.

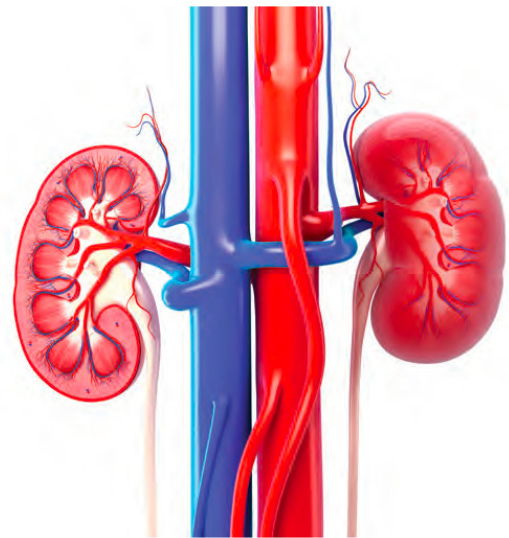
### All World Deaths are:

1. All Cardiovascular/Strokes/Hypertension/PAD etc – 13.5 million
2. All Respiratory diseases – 5.1 million
3. All Cancers – 4.5 million
4. All Dementia – 1.61 million
5. Diabetes diseases – 1.38 million
6. Liver diseases – 1.32 million
7. Road Deaths – 1.184 million
8. Diarrheal diseases – 1.17 million
9. **Kidney disease – 1.00 million**
10. Worldwide CV-19 deaths (FROM, NOT WITH) anywhere from 200,000 to 850,000 depending upon which experts you believe since even road deaths were counted if the doctor ‘suspected’ CV-19.

## The 9th biggest of all killers - Kidney diseases?

This is the last in my Biggest Killers series which kills 1,000,000 people every year. Kidney disease is considered by many to be the silent killer. It is the 9th leading cause of deaths in the Western world. More than 20 million adults over the age of 20 have kidney disease—though many don’t know they have the condition.

The kidneys are small but mighty. Kidneys are fist-sized organs shaped like beans. Two kidneys can be found in the middle of your back, on the left and right of the spine. Kidney damage is likely to occur over several years and may be diagnosed as Chronic Kidney disease (CKD). Chronic kidney disease differs from a sudden change in kidney health related to injury, illness, or medication, otherwise known as acute kidney injury.



## For New Readers

Thirty-five years ago, my mother died of lung disease at age 62 and my 64-year-old father died a short while later of cancer.

These deaths left me shocked, frustrated and confused - it drove me to research the causes of their deaths in-depth. I soon found evidence that the majority of diseases

that people prematurely die from are completely preventable, and I discovered evidence that these diseases are mainly caused by an unhealthy diet, lack of critical nutrients, and lifestyle, creating unhealthy bodies.

Many of the problems are made worse with severe malnourishment – critical deficiencies in the minerals and nutrients that are crucial for maintaining good health and supporting immune health.

Since discovering this seemingly obvious, yet commonly unknown evidence, I have followed my own health plan. I celebrated my 75th birthday in January feeling truly fit and healthy, and I want all my readers to achieve the same feeling, at any age.

## Signs of chronic kidney disease

Chronic kidney disease, or chronic kidney failure, occurs through a gradual loss of renal function. Once this gradual deterioration progresses to an advanced stage, waste, electrolytes, and fluid will build up in the body at dangerous levels.

Early stages of chronic kidney disease are more difficult to detect. As symptoms intensify, chronic kidney disease may be diagnosed when renal function has greatly declined

### **Symptoms of chronic kidney disease may include:**

- Vomiting/nausea
- Loss of appetite
- Weakness/fatigue
- Difficulty sleeping
- Puffiness around eyes, especially in the morning
- Changes in urine output
- Increased urge to urinate, especially at night
- Difficulty concentrating
- Swollen ankles/feet
- Muscle cramps/twitches
- Chronic itching
- Shortness of breath, related to fluid build-up in the lungs
- Chest pain, related to fluid build-up around heart lining
- Hypertension, or high blood pressure

### **It is important to address kidney health if you have been diagnosed with chronic kidney disease by a doctor.**

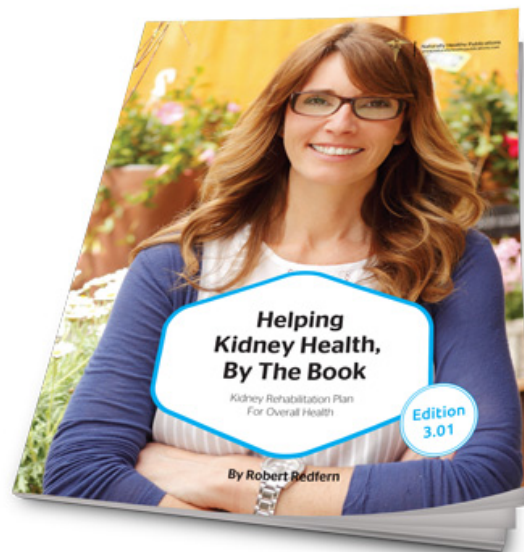
If CKD goes untreated, complications like anaemia, weak bones, high blood pressure, poor nutrition, and even nerve damage can result. Chronic kidney disease can increase the risk of heart and blood vessel disease. Long-term chronic kidney disease can lead to kidney failure, requiring dialysis or a kidney transplant to survive. However, CKD patients are more likely to die from heart disease than kidney failure.

## Early intervention can help to prevent kidney failure.

The prime cause of most kidney disease is the result of not following a really healthy diet and lifestyle, but to be clear, there can also be other factors. Following this plan is safe for everyone and even those on dialysis as it is simply a change to the healthy lifestyle that is needed by everyone.

The success is in the details and following a healthy lifestyle is critical to achieving the results needed.

**If you need recovery help, I strongly recommend you contact our qualified Health Coaches to discuss the best plan for you: [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)**



**Also:**

**As well as following a detailed nutritional supplement plan, whether preventing or reversing, consider solutions such as:**

1. **Water Fasting:** Fasting has been known since records began to be a powerful preventative and treatment for any disease and especially diabetes. Up to one week is a good length of a fast for Kidney Disease. The most effective fasting involves simply drinking the water as directed in step 2. Also, take the appropriate missing supplements at the same time.
2. **Drinking 6 x 500ml glasses of water** over a day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Also, use [Pure Concentrated Organic Minerals™ Liquid Drops](#) for powerful nutritional support.
3. **Stopping all** factory processed or unnatural foods, and factory-made meals.
4. **Stopping high** Sugar foods and drinks, as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta foods and drinks, as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta.
5. **Consuming mainly** vegetables, leafy greens and other salad foods, avocados, mushrooms, dark-skinned fruits, tree nuts, seeds, and legumes. I also have a website dedicated to this with numerous Keto recipes at [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com).
6. **Taking 3-4 teaspoons** of Himalayan or rock salts daily in food.
7. **When able to;** walking and exercising can further improve critical oxygenation of the blood and you can strengthen the immune response by going out in the sun with as much skin exposed, up until 1pm. You can exercise lying down as appropriate, e.g. cycling the legs or using weights for the arms.

8. **Breathing properly;** take every opportunity when lying down to practice diaphragmatic breathing.
9. **Sitting less;** sitting down for more than 3 hours in a day is unhealthy so walk, stand, or lay down rather than sitting as much as possible.
10. **Getting 7-9 hours of restful sleep.** sitting down for more than 3 hours in a day is unhealthy so walk, stand, or lay down rather than sitting as much as possible.

## Kidney Health Product Recommendations

### Helping Kidney Health Essential Pack



**Blockbuster® AllClear** - This is a powerful combination formula of Serrapeptase, Nattokinase, Digestive Enzymes, antioxidants and proanthocyanidins to support normal arterial and cardiovascular health. Take 2-4 capsules daily, 30 minutes before a meal.

**CurcuminX4000®** - Curcumin provides superior support and pain relief for digestive problems, the liver, and the gallbladder. Take 1 capsule, 3 times per day with BlockBuster™.

**Kidney Rescue™** - Kidney Rescue cleanses the liver, while providing adrenal support. Take 2-5 tablets, 5 times per day, 6 days per week.

**PrescriptBiotics™** - This is the next-generation, clinically-proven vegan probiotic supplement “Bio-Identical” SBO Probiotics Consortia™ with Gut-Boosting Benefits. Take 1 x 4 capsules a day.

### Helping Kidney Pack - Ultimate Pack

*In addition to the above, this pack also contains:*



**B4 Health Sublingual Drops** - Supports healthy homocysteine levels, gives a healthy boost to the immune system, and improves the absorption of B12. Take 1 dropper full (1ml) in the mouth per day. Swish for 30 seconds before swallowing.

**Nascent Iodine** - Iodine is essential for a completely healthy body. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection™, or B4 Health Sublingual Drops. Take 5 drops, 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 3. Take 1st dose on waking, 2nd mid-morning, and 3rd mid-afternoon.

**ActiveLife™** - Contains essential vitamins, a natural and highly absorbable form of folate, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in the body that are depleted each day. Take 3 capsules, 2 times per day.

**D.I.P. Daily Immune Protection™** - Protects against infection and maintains a balanced immune system. Take 1 capsule, twice daily with food.

**Remember to take good care of yourselves.**