

# Natural Help 4...

## Nephritis



### What is Nephritis?

**Nephritis** essentially involves **the inflammation of the kidneys**. It is the responsibility of the kidneys to filter out waste and excess fluid from the body, and when swelling occurs, their ability to filter properly is reduced. When this happens, the body accumulates both excess water and waste in the blood stream, while blood and protein are lost in the urine.

Because **nephritis** is a general term used to describe any kidney inflammation, the **outcome and severity are entirely dependant on the underlying cause**. In some cases, **nephritis** goes unnoticed and may not cause any serious problems. In other cases, **nephritis** is very serious and **may lead to kidney disease** such as **glomerulonephritis**, **inflammation** such as **lupus nephritis**, **infections** such as **pyelonephritis**, or even **kidney failure** in severe cases.

### Different Types of Nephritis

- **Glomerulonephritis** is an inflammation of the glomeruli (small blood vessels) in the kidneys.
- Interstitial nephritis is an inflammation of the spaces between renal tubules.
- **Pyelonephritis** is a kidney infection that occurs when bacteria from a urinary tract infection spreads to the kidney.
- **Lupus nephritis** is an inflammation of the kidney caused by systemic lupus erythematosus (SLE), which is a disease of the immune system.

### Who Suffers from Nephritis? Is There a Cure?

**Nephritis can affect anyone**, although the prognosis is often determined by the cause, the individual's age, as well as the type and degree of kidney damage. If the cause of the **nephritis** is treatable, **nephritis symptoms** usually disappear completely after treatment. However, in some cases, the damage is only partially reversible. In rarer cases where the **nephritis** is caused by a more serious condition such as HIV infection or **lupus nephritis**, dialysis may be necessary as the risk of renal failure increases. The most important thing to note is that most cases of **nephritis can be treated**, and the sooner the underlying cause is discovered, the faster and more effective treatment will be.

### Diagnosing Nephritis

The first clues to **nephritis** may be your symptoms, but this is not always the case. For many people, **nephritis** is only **discovered during a routine urine analysis test**.

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Doctors may be alerted to the fact that results come back with abnormal levels of blood or protein in the urine. In addition to a full urine analysis, your doctor may advise additional tests.

## Tests to Diagnose Nephritis

- Blood tests to determine if there are excessive amounts of creatinine or urea in the blood, and to check for any signs of infection such as [pyelonephritis](#), or signs of inflammation such as [glomerulonephritis](#).
- Imaging tests such as ultrasound or x-rays to visually detect damage to the kidneys.
- Kidney biopsy in which small pieces of kidney tissue are extracted with a special needle for microscopic examination.

Your practitioner will also do a physical examination and ask you detailed questions about your symptoms and medical history. Medical tests for other ailments may also be necessary, as [nephritis](#) is often caused by other conditions such as diabetes or a bladder infection.

## What are the Nephritis Symptoms?

Up to **50% of people will not develop noticeable [nephritis symptoms](#)**, although if symptoms do develop (often more common with serious cases) they may include the following:

- Reduced or increased amount of urine produced
- Dark colored urine
- Blood in urine
- Swelling - usually in the face, the eye area, or the legs
- Headaches
- Nausea
- Fatigue and general feelings of malaise
- Fever
- Increased blood pressure
- Abdominal pain and joint pain may occur in more progressive cases


In some people, symptoms may only become noticeable when [nephritis](#) advances to kidney failure.

## What Causes Nephritis?

[Nephritis](#) is essentially a general term with multiple causes, and in some cases the cause remains unknown.


### Various Causes of Nephritis

- Infections such as strep throat, urinary tract infections, HIV, and hepatitis can all lead to [nephritis](#).
- A reaction to certain medications including antibiotics such as penicillin, sulfonamides, cephalosporin, as well as certain diuretic medication
- Effect of certain poisons
- Autoimmune disorders such as lupus and Goodpasture's syndrome



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Myeloma (a type of cancer of the white blood cells)
- Vasculitis, in which the blood vessels in the body are affected
- Certain conditions that cause scarring of the kidneys, such as diabetes or high blood pressure
- In some instances, [nephritis](#) may be part of an inherited condition

## When Should I Worry about Nephritis?

If you **ever experience symptoms that resemble [nephritis](#)**, it is essential that you make an appointment with your general health practitioner. Most cases of acute [nephritis](#) can be **quickly cured when the cause is diagnosed and treated** (in some cases, the cure is as simple as stopping a prescription medication that is causing more harm than good). However, [nephritis](#) **can also be very serious and should never be ignored**, as if left untreated it may cause long-term kidney damage, kidney disease, or even renal failure.

## Help for Nephritis

The treatment of [nephritis](#) is entirely **dependent on the underlying cause of the condition**, the severity of the condition, and whether it is acute or chronic. Acute [nephritis](#), especially that following a strep throat infection, usually disappears in time with no specific treatment.

Apart from treating the underlying cause, the main aims of treatment are to reduce inflammation, limit the damage to the kidneys, and **help support the body until the kidneys return to normal functioning**.

Your doctor may suggest that you reduce salt and protein intake, and possibly lessen daily fluid intake. Bed rest may be necessary, and you may be prescribed a number of prescription medications.

## Drug Treatments for Nephritis

- Diuretics
- Steroids
- Antibiotics
- Immunosuppressant drugs
- Drugs to control hypertension such as angiotensin-converting enzyme (ACE) inhibitors
- Anti-inflammatory drugs
- Calcium channel blockers
- Beta blockers

In severe cases, renal dialysis may be necessary to help clean the blood and remove excess waste and fluids from the body. This is usually only a temporary measure until the [nephritis](#) has cleared.

## Is there a Natural Way to Treat Nephritis?

After a diagnosis is made, natural herbal and homeopathic remedies can be used to **help aid the kidneys and restore normal functioning of the urinary tract system**. Kidney problems respond well to **complementary medicine** and a

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holistic approach (including diet). Both will improve kidney functioning and ultimately decrease the need for prescription drugs or surgery.

Certain herbs such as Schizandra chinensis, Polygonum multiflorum, Barberry, Fenugreek, and Buchu are often used to treat kidney ailments, and are known for their diuretic, antiseptic, and immune-strengthening properties – and they have no harmful side effects.

When **kidney inflammation is caused by an underlying infection**, there are a number of herbs and homeopathic preparations that can help to **clear the infection** and **restore immune functioning**. However, since kidney disease can be serious in some cases, it is always advisable to have your treatment monitored by your medical or alternative health professional.

## Some Helpful Tips

- **Follow any dietary recommendations** that your doctor advises. Reducing salt intake is often essential as this will minimize fluid retention, swelling, and high blood pressure. It is also advisable to cut down on protein and potassium in your diet, as this will slow down waste build-up in the blood stream.
- **Avoid processed food** and anything containing synthetic additives in order to reduce the toxic load on your kidneys. Similarly avoid alcoholic beverages and recreational drugs.
- **You may need to restrict fluid intake**, as too much fluid build-up can damage your heart, brain, lungs and other organs. Ask your doctor what your daily recommended intake should be.
- It is important to control your weight, blood sugar (if you have diabetes), and blood pressure in order to slow down kidney damage.
- **Exercise within your capacity** to do so. You may need to cut out strenuous activities or those that increase your blood pressure excessively. Try long walks, pilates, or yoga to keep your energy levels and fitness up, without causing any damage.
- **Don't take any over the counter medication without consulting your doctor** first. Many of these medications may not be safe to take with kidney problems.
- If you find yourself facing chronic long-term [nephritis](#) or kidney failure, seek **emotional support** and an **outlet for expressing negative feelings**. Consider professional counseling or joining a support group so that you are taking care of your emotional and physical well-being.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates



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about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**UTI-Clear™** : Promotes bladder and urinary tract health.

UTI-Clear is a 100% safe, non-addictive, natural herbal remedy formulated by our team of natural health experts for urinary tract health. UTI-Clear can be used consistently to safely **promote health and systemic balance in the urinary system**.

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The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the urinary system** as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of minerals that occur naturally at a cellular level in our bodies and all organic matter on earth (plants, rocks, and soil).

In the system of biochemistry, there have been **twelve essential tissue salts** identified as important components of all body cells. Without this combination, true health is unattainable, as each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Cell salts, or biochemic tissue salts help to maximize health efforts, and **enhance the bioavailability** of all **supplements, remedies, and nutrients** in your diet to ensure that all the cells of your body and urinary system are functioning effectively.

Our tissue salts are manufactured to ensure safe yet optimum potency, and they are safe to use for all ages, as well as during pregnancy and nursing.

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The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

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