REPORT

Innovative Strategies to Combat Kidney Disease

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ADDITIONAL NUTRIENTS THAT MAY BENEFIT CKD

Folic acid is well known for its capacity to reduce levels of the metabolite *homocysteine,* which is strongly associated with cardiovascular disease and dramatically elevated in individuals with kidney disease or kidney failure.[94-97]

Omega-3 fatty acids have been shown to help correct cardiovascular risk factors[98-100] and to improve kidney function in patients with established kidney disease.[101,102] Research published in 2009 suggests that diets rich in omega-3s may actually *prevent* kidney disease.[103,104]

Through powerful antioxidant effects, **vitamin E** may help prevent CKD onset, and **vitamins E and C** may mitigate development of cardiovascular and other complications in patients with chronic kidney disease.[105-110]

SUMMARY

Chronic kidney disease (CKD) is rapidly approaching epidemic proportions, with up to **26 million** Americans suffering from some form of kidney disease. Kidneys must filter **200 quarts** of blood every day. The high-pressure and toxin-rich environment to surrounding renal function renders these delicate, highly complex organs especially vulnerable to damage, dysfunction, and disease.

High blood pressure, elevated blood sugar¸ NSAIDs (such as ibuprofen), **certain medications,** and **high-protein diets** are the most common threats to kidney health. The potentially lethal insults they inflict include oxidative stress, production of advanced glycation and lipoxidation end products (AGEs and ALEs), inflammation, and an excessive filtration burden that taxes renal function over time.

Nutrients such as **pyridoxal-5-phosphate (P5P)** fight AGEs and ALEs. **CoQ10, silymarin, resveratrol,** and **lipoic acid** are also clinically supported, potent interventions. Omega-3 fatty acids help quell inflammation, contributing to enhanced kidney health. A host of additional nutrients complement these actions, including folic acid (folate) and vitamins C and E.

If you have any questions on the scientific content of this article, please call a Life Extension® Health Advisor at 1-866-864-3027.

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