

SIX ACTIONS YOU CAN DO TO IMPROVE YOUR KIDNEY HEALTH

1 Know your Numbers

Check your blood pressure and/or sugars often, keep them under tight control.



2 Reduce Your Intake of Animal Proteins

Start eating a plant-based diet as much as possible. Animal proteins are difficult on the kidneys to process & produce toxic waste in your bloodstream - this will mean a lot less dairy & meats and using more nuts & beans as sources of protein.



3 Reduce Your Sodium Intake

You should aim for 1500-2000mg/day of sodium. Begin reading food labels to identify high sodium foods. Start using spices, herbs, vinegars & citrus to add flavor to foods.



4 Improve Your Gut Health

Pre/Probiotic foods & supplements promote good gut health - kombucha, yogurt & onions are good examples.



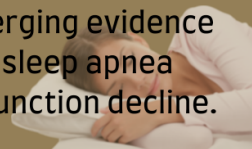
5 Get Plenty of Fruits & Veggies

They promote an alkaline & anti-inflammatory body.



6 Be Aware of Sleep Apnea

If you have a CPAP machine, wear it nightly. If you haven't been tested for sleep apnea, consider doing so - most people don't even know they have it. Emerging evidence suggests untreated sleep apnea contributes to kidney function decline.



Working with a dietitian with renal experience is key in becoming empowered to improve your kidney health.



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