

What Your Body Wants To Tell You

An elderly lady with deteriorating kidney function tests was irritated by itchy skin and a dry mouth. Was there a connection and if so what could be done to help her?

Her skin looked very dry. I asked how much water she drank. Her answer was that she only drank tea as the taste of water was “horrible”.

I explained that lots of studies have shown that the kidneys need to be flushed with plenty of water to reduce the chances of kidney failure and symptoms such as itch due to an inability of damaged kidneys to flush out toxins.

The treatment was simple. Limit tea to one cup a day and drink filtered water regularly throughout the day to optimize kidney function and hydration.

Four weeks later her kidney function tests had improved by 30 per cent and the itch was reducing.

What this lady’s story means to everyone is that drinking plenty of water is vital to helping prevent kidney disease. It has also been relevant to many clients suffering headaches and fatigue.

Dr Pete

P.S.

Prevention is always better than the cure. Find out if you are dehydrated and how much water your body needs when you do the Reams urine and saliva test. Ring Dalia on 9885 7766 for details.