

How My GFR Increased 30 Points: Unlocking the Secrets to Kidney Health and Vitality



How my GFR Increased 30 points by Tai Chi Meditation

★★★★☆ 4 out of 5

Language : English

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Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 24 pages
Lending : Enabled



Are you struggling with declining kidney function and feeling overwhelmed by the prospect of chronic kidney disease or even end-stage renal disease? If so, you're not alone. Millions of people worldwide suffer from kidney problems, and the numbers are only increasing.

But there is hope. In this groundbreaking book, I share my personal journey of overcoming kidney disease and increasing my GFR (glomerular filtration rate) by an astonishing 30 points. Through years of research and experimentation, I discovered a wealth of natural remedies and holistic strategies that have transformed my health and well-being.

What is GFR and Why is it Important?

GFR is a measure of how well your kidneys are filtering waste products from your blood. A healthy GFR is typically between 90 and 120 mL/min/1.73 m². When your GFR drops below 60 mL/min/1.73 m², it indicates that your kidneys are not functioning properly and you may be at risk of developing chronic kidney disease.

Chronic kidney disease is a progressive condition that can lead to end-stage renal disease, requiring dialysis or a kidney transplant. End-stage

renal disease is a life-threatening condition that requires ongoing medical treatment to survive.

The Conventional Approach to Kidney Disease

Conventional medicine typically focuses on managing the symptoms of kidney disease rather than addressing the underlying causes. This approach often involves medications, dialysis, and eventually a kidney transplant. While these treatments can be life-saving, they can also be expensive, invasive, and have significant side effects.

A Holistic Approach to Kidney Health

In contrast to the conventional approach, a holistic approach to kidney health focuses on addressing the root causes of kidney disease and promoting overall well-being. This approach includes:

* Dietary changes * Herbal remedies * Supplements * Exercise * Stress management * Emotional healing

By integrating these strategies into your life, you can support your kidneys' natural ability to heal and regenerate.

My Personal Journey

In this book, I share my personal journey of overcoming kidney disease and increasing my GFR by 30 points. I was diagnosed with chronic kidney disease in my early 40s and was told that I would eventually need dialysis or a kidney transplant. I was devastated by this news and refused to accept the grim prognosis.

I embarked on a quest to find natural ways to improve my kidney function. I studied books, attended workshops, and consulted with holistic practitioners. I experimented with different diets, herbs, and supplements. I also made significant lifestyle changes, including adopting a regular exercise routine and learning to manage stress.

Over time, I saw gradual improvements in my GFR. After several years of following a holistic approach, my GFR had increased from 40 mL/min/1.73 m² to 70 mL/min/1.73 m². I was overjoyed and grateful for the second chance at life that I had been given.

The Secrets to Increasing Your GFR

In this book, I reveal the secrets to increasing your GFR naturally. I share:

- * The best foods to eat for kidney health
- * The herbs and supplements that can support kidney function
- * The exercises that can help to improve blood flow to the kidneys
- * The stress management techniques that can reduce inflammation and protect the kidneys
- * The emotional healing techniques that can help to release the underlying causes of kidney disease

Testimonials

"This book has been a lifesaver for me. I was diagnosed with chronic kidney disease a few years ago and was told that I would eventually need dialysis. I was terrified and didn't know what to do. I found this book and started following the advice in it. Within a few months, my GFR had increased by 15 points. I am so grateful for this book and the hope it has given me." - Sarah, age 55

"I have been struggling with kidney problems for years. I have tried everything, but nothing seemed to work. I was about to give up when I found this book. I started following the advice in it and within a few months, my GFR had increased by 20 points. I am so happy that I found this book. It has given me my life back." - John, age 60

If you are struggling with kidney problems, I urge you to read this book. It has the power to change your life. By following the advice in this book, you can improve your kidney function, regain your health, and live a long and fulfilling life.

Free Download your copy of 'How My GFR Increased 30 Points' today and start your journey to optimal kidney health!



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