

SUPPORTIVE SUPPLEMENTS

Kidneys depend on bicarbonate ions for part of their function. Excessive urine flow washes these ions from the kidney tissue so the addition of **sodium bicarbonate (baking soda)** replenishes these (a pinch for cats, ¼ tsp for dogs daily).

Calcium – Serum phosphorus levels tend to be high and calcium binds some of the phosphorus. Do not overdo the calcium, wise to choose foods that are calcium rich rather than a proprietary calc/phos combination like bone meal as there is phosphorus in this. Calcium-rich foods – kale (not spinach), molasses, dairy, canned sardines

Herbs – diuretics in herbal medicine do not have the aggressive action of most chemical diuretics, being particularly good at improving waste excretion. Nettles, alfalfa and dandelion support kidneys – make a tea and add to the food bowl (we have these herbs in our Dispensary.) Herbs can also provide an excellent form of nourishment for our masters of elimination. Animals in the wild have taught humans much about dealing with toxicity through observations of the herbage they seek.

Homeopathy – there are many remarkable remedies for stages of kidney stress, from the early warning signs to acute kidney failure. They are tools that provide the window of opportunity for dietary and other protocols to take effect.

Let us not forget the mental / emotional stress that affects kidney function – there are supportive therapies and remedies available – ask us.



Every pet is an individual and deserves to be treated as such

Our naturopathic services:

- Homeopathy
- Bach Flowers
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- Nutritional Advice
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- NatPet health remedies
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ANIMAL NATUROPATH

Sandra G Urwin,

Dip NAH (Hons), Dip Cl.Hyp. HbT.
Consultations by appointment

Animal Health Centre

Stanmore Bay

Phone: 027 448 33 22

Email: info@natpet.co.nz

Website: www.natpet.co.nz

 @AnimalNaturalHealth

www.natpet.co.nz

RENAL FAILURE IN CATS AND DOGS



Kidney function – They regulate your pets' water, salt, acid /alkaline blood balance and sift out the waste products – they are vital organs.

Kidney cells do not regenerate; when they have lost 50-75% of their function, kidney failure has begun.

Recognising the early symptoms of renal failure in your pet, having a vet check and taking steps to support the kidneys may help your pets' quality of life.

How can you help?

Understanding the fundamentals will provide you with a course of action.

Diet – #1 for chronics Fluid Therapy for acutes

Nourish the kidneys so they can help themselves

Reduce kidney stress - read on.....

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KIDNEY FACTS

Kidney cells do not regenerate therefore when kidney cells have lost 50-75% of their function, kidney failure has begun. Up to this point the kidneys can maintain full function.

What stresses the Kidneys?

Dry food places more stress on kidneys because most pets on kibble drink inadequate amounts of water, thus the kidneys must work harder to maintain water balance. Cats evolved in an arid environment and do not normally drink a lot of water; they typically get water from their prey. Other stressors - some drugs, toxins (sprays, town water, household cleaners, food additives, excess salt in canned/sachet foods) acute emergencies of anti-freeze, xylitol, poisoning.

Kidney failure symptoms

Early kidney failure may be recognized by consistent and chronic high-end kidney blood values especially in cats. Weight loss, poor appetite, increased thirst, increased urine output. Sudden (acute) kidney failure may have no thirst or urination increase. Blood tests needed to confirm although clinical signs obvious. Progressive signs - mouth ulcers - kidneys have only a few days without assistance. IV fluids essential for acute cases.

Examination required if:

- Ulcers appear in mouth, mouth odour is strong.
- Stops drinking and urinating / increased thirst/urination
- Weak and listless.
- Nausea, poor appetite

It is important that your pet receives a veterinary check for any of the above.

Important Markers in Test Results

NB: Testing should be done on a well-hydrated pet as dehydration can falsely elevate these levels.

BUN (blood urea nitrogen) a breakdown product of protein digestion, primarily eliminated by the kidneys. If kidney function is reduced, level of BUN increases rapidly.

Creatinine is a by-product of muscle energy use eliminated by the kidneys. Level increases with kidney disease but not so dramatically as BUN.

Protein requirement for kidney disease

There is a common belief that any evidence of kidney disease requires a reduction in protein.

Protein reduction has little impact on kidney disease progression. Reducing protein in the diet may reduce the effectiveness of the kidneys because the amount of blood filtered through the kidneys (GFR) is tied to the availability of protein in the diet. Reducing the protein reduces the filtering thereby decreasing the rate of toxin excretion. The erroneous belief that extra protein induces an excessive GFR applies to rats in lab experiments and does not apply to dogs and cats.

BUN and other toxins excreted by the kidneys are a by-product of protein metabolism, hence filtration is increased in ratio to the protein intake. This improves filtration of all toxins. It is only when kidney function has reduced to the point that these toxins build up, does the dietary protein need to be reduced; this will impact on the symptoms of kidney disease, not the kidneys themselves.

The protein considerations are then the quality, not quantity that will lessen the toxicity of the by-products of protein.

Protein Quality: Choose higher quality 'live' protein sources like eggs, cottage cheese, yoghurt and goats milk, rather than 'dead' protein like meat. These are easier to digest and break down completely with fewer by-products. White meats may be better than red meats. Ghee (fresh) can provide an excellent source of fat.

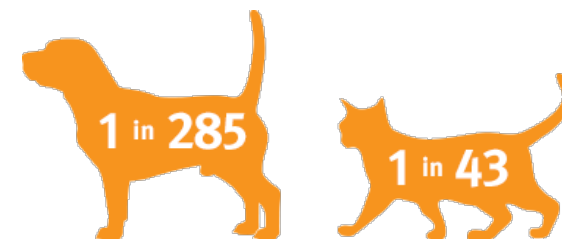
Calorie Availability: If the diet is low on calories from carbohydrates and fats, the body uses proteins to provide the missing calories and increases the workload on the kidneys. This is a prime reason why there should be an increase in carbohydrates and fat in the diet of early kidney disease. Vegetables can be fed ad lib. If not used to veges try Organic Baby Food mixed in with the meat.

Kidney Support

Ghee: provides nourishment to the kidneys (Ayurvedic medicine) and extra fat for calories. Approx ¼ tsp in meal daily for medium dog, twice a week for cat.

How to Make Ghee:

Using unsalted butter, boil it over low heat until the water portion evaporates and the milk solids settle out (about 10-15 mins). The butter will foam once, wait for it to subside and the milk solids turn golden brown. Take off heat immediately, allow to cool and strain into jar. Don't get any solids in the jar. Will refrigerate for a few months. Good to cook with as does not burn on high heat.



1 in 285 dogs are diagnosed with kidney disease

About 1 in 43 cats are diagnosed with kidney disease