The Gut-Kidney Connection: The #1 Hidden Root Cause of Kidney Problems Most Doctors Miss Transcript

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Introduction to the Gut-Kidney Axis

A healthy gut produces beneficial short chain fatty acids like butyrate that protects your kidneys. With dysbiosis, you produce fewer of these compounds to protect yourself.

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Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you are seeking to transform your health journey, or if you're looking for answers to burning questions.

You've come to the right place. Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

I'm Doctor, that's my final function. Nephrologist and founder of Kidney Institute.

Patient Story and Kidney Improvement

Today we are exploring a critical but often overlooked connection that could be the missing piece in your kidney health journey. The gut kidney axis. I recall a woman.

She came to me in her 40s who came with declining kidney function. At that time her GFR was 32, and despite volume, her kidney doctors recommendations, her number kept worsening.

What stood out in her history was years of digestive issues, bloating, constipation and food sensitivities that had been dismissed as normal for her. No one had explored how these digestive symptoms might connect to her kidney problems.

After comprehensive testing and addressing her gut health as a root cause, her kidney function improved significantly. Protein in her urine decreased.

Her red blood cells disappeared from her urine analysis completely. So the gut kidney axis is a bidirectional communication pathway between our digestive system and kidneys.

These organs aren't operating in isolation. They're constantly sending signals back and forth, influencing each other's function. And the star is our gut microbiome, which are the trillions of microorganisms living in our intestines.

When this microbiome becomes imbalanced, which we call as dysbiosis, it triggers events that directly harm your kidneys. Production of uremic Carsons red called in doxil sulfate and progressive sulfate.

Research shows that these toxins promote inflammation and oxidative stress in the kidneys.

How Gut Dysbiosis Harms the Kidneys

Accelerating damage. A healthy gut produces beneficial short chain fatty acids like butyrate that protects your

kidneys. With dysbiosis, you produce fewer of these compounds to protect yourself.

When certain gut bacteria metabolize compounds from animal products, they produce trimethylamine, which your liver converts to DM. A, and studies show elevated DMO levels correlate with increased kidney disease progression and cardiovascular events.

In kidney disease, patients. A 2021 meta analysis found that for every ten increase in plasma DMO, there was a 22% increase risk of all cause mortality in kidney patients.

Another crucial piece is intestinal permeability, or that we call as leaky gut. Our intestinal lining should be this tight barrier controlling what passes from your gut into your bloodstream.

When this barrier becomes compromised due to stress, poor diet, medications, infections, large particles that should not enter our bloodstream can enter through.

This leakage triggers system wide inflammation. As your immune system responds to these foreign particles, your kidneys, with their delicate filtration systems are particularly vulnerable to this inflammatory cascade.

There was a study in 2019, in the Journal of American Society of Nephrology, which demonstrated that increased intestinal permeability led to worsening kidney function and accelerated chronic kidney disease progression.

As this gut barrier function decreased, inflammatory markers, and kidney damage increased proportionally.

Leaky Gut, Inflammation, and CKD Progression

So, going on to the testing, the standard kidney function test tells us if there's damage, but not why it's occurring. To uncover gut kidney connections.

I do a detailed health assessment and that gives us a lot of information. Following that up with comprehensive stool analysis that examines gut microbiome, the digestive function, inflammatory markers.

Sometimes we do organic acid testing to find the bacterial overgrowth. Sometimes food testing is also needed to find specific inflammatory triggers. Measuring inflammatory markers like high sensitive CRP, ESR, DMU, and uremic toxins.

In my practice, I use the five hour framework to heal the gut kidney axis. The most important thing is removing the foods that are inflammatory, or removing the infections and toxins from the body.

A clinical pull here is gluten increases Xinyu Lin production a protein regulating intestinal permeability in many people. Even without celiac disease, it affects them negatively.

The next hour stands for replace. What's missing? Supporting proper digestive enzymes. Stomach acid and bile salts are sometimes needed as well. Next are is re inoculate with beneficial bacteria using targeted probiotics, prebiotics and fermented foods.

Testing for Gut-Kidney Root Causes

Research has shown that specific strains like Lactobacillus reuteri and Bifidobacterium long term benefits kidney patients by reducing the uremic toxin production.

Repair. The gut lining is very important with nutrients like L glutamine sink, collagen, peptides, botanicals like slippery M. And finally, the last R is rebalance lifestyle factors managing stress, helping improve sleep, incorporate movement studies show that chronic stress can increase intestinal permeability by up to 30%, creating a direct pathway for gut drive toxins to damage kidney.

So remember increasing fiber rich foods to boost beneficial short chain fatty acids using resistance starts like cooked and cooled potatoes, green bananas, legumes, prebiotic fibers like onion, garlic, leeks, asparagus, diverse plant foods are extremely important.

A 2022 study found that for every ten gram increase in fiber consumption, kidney disease patients had an 11% lower risk of death from any cause.

The 5R Framework for Healing

The most important thing also is decreasing harmful toxins. So red meat and processed meats eggs if DMSO levels are elevated. Cutting back on ultra processed foods and artificial additives.

High sugar foods that feed pathogenic bacteria. Research shows that these dietary modifications can reduce levels of uremic toxins, like in doxil sulfate, by up to 35% in just two months.

So remember, personalization, based on your specific test results and health status is crucial. What works for one person may not work for the other. If you're not getting tested and do not have a personalized approach, keep a food symptom journal track, not just digest of symptoms, but also your energy levels.

Joint been asleep and changes in urination increase plant diversity by aiming for more than 30 different plant foods weekly. Support your gut lining by using L glutamine or collagen peptides.

We also use some gut healing peptides like BPC. Practice daily stress reduction. Even ten minutes of meditation or deep breathing can significantly help.

Stay properly hydrated. Support both kidney function and intestinal health.

Diet, Lifestyle, and Personalized Support

I would really encourage you to consider a comprehensive testing work with a functional medicine physician for personalized guidance. Remember, this approach isn't about replacing conventional kidney care.

It's about expanding it by addressing the gut kidney connection, this hidden root cause that's often overlooked. Many patients experience significant improvements.

I tell my patients that every person is different and has different root causes. What may work for one person may not be the right treatment for another.

Some patients improve 20 points in GFR, others just improve seven points. There are no guarantees, but addressing root causes often yields better results than simply managing the symptoms.

Even though I'm sharing this information, I'm not your doctor. Please consult your health care provider before implementing any new strategies. Thank you for joining me today.

Remember, knowledge is power, but applied knowledge is freedom, especially when it comes to your health. Until next time. This is Doctor Bismarck helping you get to the root of wellness.

Closing Remarks and Podcast Outro

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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