



Weak Kidneys Cause Weak Bones

by Jean-Claude Alix, Naturopath



Introduction

No single area of the body stands alone, everything is linked up. This is why medical specialisation is one of the greatest mistakes that was ever made.

Viewed from this angle, hardly any two areas are so closely and deeply intertwined as the renal metabolism and the bone metabolism. Thus, it is understandable that weakness in the kidneys must necessarily result in weakness in the bones. The discussion of these interrelations is the theme of this treatise.

Significance of the kidney as the centre of bone formation:

- The kidney as regulator of the electrolytes
- The kidney as regulator of the acid-alkaline balance
- The kidney as the base of anxiety

The calcium cycle and the kidney as regulators of electrolytes

In physiological terms, the kidney produces active Vitamin D and the hormone calcitriol. Among other things, calcitriol promotes the uptake of calcium from the gut and, together with the parathyroid gland, it controls the level of calcium in the blood.

In renal insufficiency, less calcitriol is formed in the kidney, with hypocalcaemia developing as a consequence.

The parathyroid, located deep inside the thyroid and enjoying an ample blood-supply, constantly monitors the level of calcium in the blood.

If the body is low in calcium, it reacts by over-activity, known as hyperparathyroidism, in other words it

produces an increased amount of parathormone. In order to obtain more calcium, this hormone immediately triggers bone degeneration. As bone and cartilage constitute the body's main calcium storage, their degeneration involves a rapid release of calcium. Thus, if the kidneys are weak, as a result of the calcitriol deficiency, there is less calcium resorption from the food, and the body has to make do with the amount of calcium that is already present. In the words of the dentist of one of my patients, which I must praise: „If your kidneys are healthy, your jaws will regenerate rapidly.“

The role of calcium:

Calcium is entirely indispensable for many bodily functions, not only for bones!

I do not wish to go into this in such depth as to explain the importance of the calcium channels for the function of our cells and mitochondria. Nor shall we discuss the long-term devastation inflicted on the muscular metabolism by calcium antagonists. We shall proceed on a superficial level.

Allergy / shock / metabolism in general:

Are you aware of how long allergies have been known? The first descriptions date from over 100 years ago and refer to reactions, which arose following the first inoculations, performed on privileged families in England. Nowadays, allergy is certainly no longer a privilege. Quite the opposite: In Germany scarcely anybody is free of allergies any more! Almost unknown prior to 1960, this illness now affects a large proportion of the populace during the course of

their lifetime. Almost every second schoolchild suffers from neurodermitis. Blood tests reinforce the hysteria and the consumption of medicines. The result of this is, firstly, further metabolic blocks and, secondly, a massive increase in the dangerous amounts of acid present in the body. To obtain a short-term improvement in allergies, calcium (in tablet form) is given, since free calcium is a mediator of the immune defences.

Up until a few years ago, before cortisone forced all other preparations off the shelves „for good reasons“, anaphylactic shock was treated with safe intravenous calcium injections, which were devoid of side-effects.

From the above we may conclude: *Metabolic discrepancies are countered by the body, if it is functioning well and free of blocks, with calcium consumption!*

However, if we take a look around us, we find that the number of people with their metabolism intact is quite small. In our society, the normal citizen uses up an incredible amount of calcium, owing to the many stresses to which they are exposed. The illnesses which arise from the resultant calcium deficiency are obvious. They range from rheumatic conditions - of both muscles and joints/ bones - at one end of the scale to strokes and cardiac infarction at the other.

If the calcium level drastically drops, muscle cramps occur and, in the worst case scenario, these may be lethal. Thus, a drop in calcium levels must be prevented by the body, at



whatever cost. Inevitably, bone and cartilage are dismantled for this purpose.

Calcium serves to bind phosphates in the body: unfortunately denatured, industrially produced foods are high in phosphates; sausages, in particular, are „phosphate bombs“. In the last 30 years, consumption in the West has risen by 300% - a fact of which the consumer, munching away at his sausage, is blissfully unaware.

A surplus of phosphates, however, is responsible for many problems in the body. These range from stubborn obesity to food allergies to aberrations in brain function (cerebral dysfunctions). Probably this overconsumption of phosphates is also responsible for a large proportion of hyperactivity in children. The way people think is very much influenced by what they eat.

It is certainly worth noting that various diseases such as e.g. fibromyalgia did not exist even a few years ago.

Free calcium tries to protect the body and forms a salt with any phosphate that has not been excreted. This is stored in tissues and arteries, resulting in calcification. Beside muscular rheumatism, this results in severe arteriosclerosis which, if it remains untreated, can lead to high blood pressure and later to type II diabetes.

I will just mention in passing that arteriosclerosis does not directly cause cardiac infarction or stroke. Certainly these two diseases show a correlation with it; however, contrary to common supposition, they result solely from short-term localised

hyperacidity. All other explanations, such as plaques, bacteria & co., defy logic and are therefore untenable.

No doubt a short-term degeneration of the bones in order to stabilise the calcium level ensures the individual's vital functions. However, constant activation of the parathyroid will result in bone degeneration and severe demineralisation of the bones, which is known as osteomalacia or osteoporosis. This is a pernicious disease, exhibiting no symptoms for many years. Not until it reaches an advanced stage does it result in general complaints of the musculoskeletal system, such as arthrosis and chondrosis, to be followed later by fractures.

Calcium / Alkalis and the role of the kidneys as regulators of the acid-alkaline balance.

Bone and cartilage are the most alkaline tissue-types in the body. Principally both the kidneys and the lungs are involved in the regulation of the acid-alkaline balance, but the end result affects the bones and cartilage. The supporting tissue is simply the body's alkaline store.

Three sources come into consideration as causes of overacidity in the body, which deprives us of the greatest amounts of calcium:

- 1. Dietary errors** (animal proteins and sugar),
- 2. Stress** in all forms, and
- 3. Toxins**, sadly these particularly include the chemicals of orthodox pharmacy and the food industry.

This explains why even young sportsmen and -women, who train regularly, suffer fatigue fractures,

often reported among professional footballers. These young people are subjected to tremendous stress and are given muscle-building preparations, which contain both animal protein and an endless list of chemicals. That really goes for the bones. Trainers must revise their way of thinking. In nature, we do not find fatigue fractures, even under the highest degree of stress!

What to do? Tips and tricks for leading a normal life

a. Diet

Living biologically is only possible when in harmony with Nature. Plants, animals and human beings consist of the same materials. We humans are merely different growth-forms from this same material of origin. Our tissues are constantly renewing themselves. 10 million cells per second are formed, so that, after two years, there is scarcely a cell there that was there two years before.

When God created our metabolism, along with our intestines, which had millions of years to mature in natural circumstances, He did not allow for phosphate sausages!

Protect yourself by not buying any manufactured or pre-prepared food, nor anything 'packaged'. If you really cannot manage without sausage, then please get homemade sausage from the 'butcher round the corner'. He can - and should - tell you what he has stuffed inside that skin. Exchange with Nature is only possible, if we consume the correct 'building materials'.



We must incorporate life in order to live.

The valency and orderliness of our food plays a decisive role even in combatting cancer, which is a great challenge to our metabolism. Cancer probably has nothing to do with gene mutation, but is purely a metabolic disease.

Therefore, only foods should be allowed which support the metabolism, without burdening it at the same time.

This automatically excludes animal proteins and sugar, because - among other things - they result in hyperacidity and place a burden on blood and tissues.

Instead, it is recommended to acquire a juicer and, first thing every morning on an empty stomach, to drink a glass off freshly squeezed vegetable juice.

Quantities to be squeezed, per person:

sensible:

- 2 carrots
- 1 celery stalk
- half a beetroot

plus:

- 3-5 freshly picked nettle stalks (best for blood-cleansing, contain lots of chlorophyll)
- 1 dandelion, with the root (liver detox.)
- 1 small organic potato (ancient cancer remedy, rediscovered by Dr. Csepp Béres)
- maybe an apple, for the taste.

No expense is too great, if we

wish to become really healthy and to remain so. You can read up further on this subject in my book: „Es geht um Ihren Darm“ [*It's all down to your gut*].

b. Exercise

It is always easier to conserve existing stock than to regenerate something that has got lost. Therefore, even in osteoporosis for instance, prevention is the main issue.

Intelligent prevention presumes an understanding of biology. To retain healthy bones, it is not enough just to take sufficient calcium - even in an easily assimilated form. The body is a living entity, constantly adapting to the challenges, with which it is confronted. Our bodies are not made for rest. Only those who exercise stay strong.

In most cases, our daily routine looks a little different: get up in the morning, 10 paces to the bathroom, 10 paces to the breakfast table, 10 paces to the car, 100 paces to our place of work. Like this, in one day we come up to less than 500 paces. In the face of such low requirements, our bodies see no need to maintain this expensive framework, let alone to build anything new, such as cartilage.

In his fantastic book, „Water, the healthy solution“ - like Dr. Becker in „The spark of life“ - Dr. Batmanghelidj has explained that the body reviews its need for bone mass on an ongoing basis, so that unceasingly the bone density keeps pace with its daily use. For this reason, it is very important to

make regular use of our musculature, so that the bones, acting as the support, which holds it in shape, may be equal to their task.

c. Attitude

One's attitude to life is probably the most important component of all. The intention, the 'sense of life', is the vibrational frequency, which orders what we consider to be our material structure.

The kidney plays a front-line role as the base of anxiety and the regulator of acidity in the body. Once anxiety has taken root, then - as a German saying goes- it hides in the bones. Liberate yourself from your anxieties! This is the most important task of all, and the most difficult. Just bear in mind the fact that all those who had a „near-death experience“, crossing the threshold of death and being sent back to earthly life again, have described it without exception as a most beautiful experience. Most of them did not wish to come back at all. However, we cannot explore this at greater depth here.

From practice, for practice:

Treatment plans for various diseases of the musculo-skeletal system, using SANUM preparations

a. Hyperacidity

Strategy: Alkaline powder (ALKALA N), alkaline vegan diet for several months, colon cleansing, exercise in fresh air, possibly stop chemical drugs cautiously and slowly.

Mixture of SANUVIS, CITRO-



KEHL, and FORMASAN. Mornings and evenings, 15 drops of the mixture to be taken.

Bear in mind that polyarthritis, and all exostoses, such as Hallux valgus and the deformity of the dorsal spine seen in dowager's hump, are founded on hyperacidity. You will find further information in the book: „Es geht um Ihre Knochen“. [*It's all down to your bones*].

b. Calcification symptoms

In the joints

Calcium can only form deposits in the body, including the joints, when hyperacidity has become manifest. Therefore, the first thing to do is to de-acidify. A chiropractic correction is essential.

The joint should also be urticated with a mixture of procaine, NIGERSAN and CITROKEHL. You will be amazed. [*Urtication ('quaddeln') involves multiple superficial punctures of the skin with application of a medicinal fluid, to allow penetration of this fluid over a larger and shallower area than a single inoculation would cover.*]

Ankylosing spondylitis

Appropriate long-term de-acidification is an absolute prerequisite for successful treatment.

Urticate the area around the intervertebral joints of the thoracic spine with a mixture of procaine, NIGERSAN, CITROKEHL and Sanochond (VitOrgan) once a

week over an extended period of time. This should be complemented with an exercise therapy such as Tai-Chi.

Once a month a gentle chiropractic treatment should be given. The overall picture will be improved by doses of the immunobiological remedies UTILIN „S“ and RECARCIN.

In the kidneys

Calcification of the kidneys frequently means excessive deposits of non-bio-available calcium, in other words calcium in mineral form. The treatment strategy involves de-acidification, stopping calcium tablets and, particularly, treatment of the underlying problem.

In the lungs

You will find a treatment plan for pulmonary fibrosis, using NIGERSAN as the main remedy, on my home page: www.alix-naturheilzentrum.de, under the heading „Presse-artikel“ (with grateful thanks to Dr. Maria Bleker). To summarise, as well as dietary change and de-acidification (with SANUVIS, CITROKEHL and ALKALAN), the main treatment hinges on the use of regulatory remedies (MUCOKEHL, NIGERSAN), remedies for detoxification and re-tuning (MUCOKEHL-/NIGERSAN-detox. drops with Metabiarex), immunomodulatory remedies (RECARCIN, LATENSIN, UTILIN, SANUKEHL Myc. and Esberitox), supplementation (ZINKOKEHL), and organ preparations

(VitOrgan), given on alternating days.

Carpal tunnel syndrome

First ascertain whether or not the spine requires chiropractic alignment, especially the sacrum and Cervical 7. After this, the following combined injection should be given in the region of the carpal tunnel:

- 2ml. procaine 1%
- 1ml. NIGERSAN 5X
- 1 ml. ARNICA 4X (Staufen)
- 2 ml. Periost No.9 (VitOrgan), strength III
- 2ml. Ginkgo 3X Syxyl or GINKGOBAKEHL 4X.

I wish you and your patients all the very best.

The therapist helps, but nature heals.

Bibliography

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