



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

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## Do-It-Yourself Care and Feeding of YOUR KIDNEYS

The first principle to follow is to be prudent and wise as you care for your own KIDNEYS (and yourself) daily. Of course, you will want to only expose your KIDNEYS (and your entire body) to the healthiest, most pure, unprocessed, unadulterated, natural, and hopefully, organic beverages and foods and possible.

From the acupuncture viewpoint, your Kidneys store your basic body energy. The traditional term for this essence of your being (*and truly the essence of your health*) is [Jing](#).

Learning to understand the energetic aspects of your body and your health are critically important. You could [think of your Kidneys as storage batteries](#) for your necessary operational energy that will be released intermittently as your body requires its "Life Juice".

From the viewpoint of a homeopath, this essence of your energy is your [physical "constitution"](#), or your physical and energetic "platform". A Classical homeopathy doctor will consult with you and ask you many questions to understand the state of your Life Force in order to prescribe the appropriate homeopathic constitutional remedy to rebalance and bolster the foundational weakness or gaps in your inherent Life Force.

This is analogous to an acupuncture practitioner trying to quantify and address the state of your personal Jing energy.

Your genetic heritage and the life energy you received at the time of your own conception is your Pre-Natal Jing. We could think of your Jing as the constellation of your health potentials comparable to your homeopathic physical constitution. And these factors equate to your genetic inheritance, and your Pre-Natal Jing. Refer to pages 239 through 245 in chapter 13 of [YOUR BODY CAN TALK](#).

Your lifestyle, your mind set, how you navigate your relationships, and all that you do to nourish and enhance your health creates your Post-Natal Jing. And that equates to your epigenetic expression. Please refer to pages 238 and 239 in [YOUR BODY CAN TALK](#) (chapter 13, Optimizing Your Children's Health).



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Remember that all of this activity concerning your Jing, your constitutional make-up, all phases of your endurance and energy level (physical, mental, emotional, and life skills capacity) are housed, nurtured, and controlled by your Kidney Meridian and your Kidneys themselves.

Your adrenal glands sit on top of your Kidneys and share the same acupuncture Meridian or energy pathway that feeds your Kidneys. When you feel that your adrenal glands are stressed, depleted or "burned-out", your Kidney Jing is deficient. Learn more about your adrenal glands by reading the book [Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome](#).

Properly supporting your Kidneys and adrenals (and your entire body and being!) means teaching yourself how to *nurture* your Kidneys by thinking in terms of lessening the stress burden on your adrenals. This will enhance the quality of and potentially the number of your healthful years.

Call to mind all the wonderful proactive and protective lifestyle measures you would like to provide to a sweet and innocent newborn baby. That is the type of environment you will want to provide for your Kidneys to foster and protect your Jing and the physiological functioning of your Kidneys.

Moderation of extremes is the important principle here. Avoid excessive heat and cold temperatures, both in your surroundings and when consuming food and beverages. Ice cold drinks are extremely burdensome for your Kidney energy! Your body will have to expend some of its internal Jing energy to warm that liquid to a processable level.

Eating lightly cooked but not overly heated food is comforting to Kidneys, especially if they are in a weakened or debilitated state. I find that steaming vegetables for approximately 8 to 12 minutes depending on their texture, is sufficient to prepare most vegetables.

Using a crockpot or slow cooker to cook legumes, rice, millet, quinoa or other carefully selected grains or seeds will help you to avoid high intensity heat which can chemically change qualities of the food especially carbohydrate foods.

A carcinogenic chemical that is also a neurotoxin named [acrylamide](#) can be easily produced when heating a variety of foods over a temperature of 248° Fahrenheit (120 degrees Celsius). Starchy foods such as potatoes, especially French fries are the worst offender. Grain-based carbohydrate foods such as flours, cookies, crackers, sweet breads, chips, breads, pie crusts, pizza crusts, and the like are next in line. Even [commercially processed baby foods and prune juice](#) have been shown to contain acrylamides.



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Steaming, boiling, and poaching food are the SAFEST methods of cooking since research has failed to identify acrylamides in foods cooked by these methods. Using a slow cooker should also be safe at temperatures below 248 degrees Fahrenheit (120 degrees Celsius), essentially near or below the boiling point (212 °F / 100 °C).

Pan frying, deep frying, sauteing, roasting, and grilling are harmful methods that heat your food excessively and can possibly create toxins including acrylamide and may neutralize or destroy naturally occurring enzymes, vitamins, and other nutrients contained in your food. Baking is generally in the same category of excessive heat cooking methods. Some recipes may allow for baking below 248 °F (120 °C) for a longer period of time. I have not tried this adaptation. I simply use my oven for storage space in my kitchen. As you know, most baked item recipes call for a temperature of 350 °F (176 °C) or hotter.

The more moderate your cooking temperature, the safer your food will be from developing food processing toxins, and the more nutrient rich it will be. That is enough to make your Kidneys (and your Liver and your entire body) feel nurtured and very happy!

Using your dehydrator to make non-baked, non-flour-based seed crackers and seed cookies is an exciting new avenue to explore. Also, look for low temperature oven baked alternatives like these [cookies](#) and [crackers](#).

I do not use my dehydrator above 110 °F (43 °C) to preserve the enzymes in my food. I love my Excalibur® food dehydrator and so does Amber Sagal. Be sure to check out both her description of using it and her delicious [cookie recipe](#) too.

Another aspect of moderating the temperature exposure to your Kidneys is avoiding cold wind on your back and especially your lower back. If the weather might be cool, cold, or breezy, it is good to wear layers and keep the innermost shirt tucked in to avoid the cool or cold wind from shocking your Kidneys and depleting your inherent Jing.

Another way to provide a moderate environment for your Kidneys, and your entire being, is to protect your Kidneys and yourself from strong chemicals whether external to your skin or inside your skin. Remember your Liver and your Kidneys are primarily *filters* and need to process your body fluids and your blood.



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Your Kidneys and Liver also have hormonal and gland functions and participate in your overall metabolism. These organs have a large enough workload if you are living a simple and very clean life without added chemical toxins, food additives, artificial sweeteners, synthetic body care products, harsh household cleansers, and volatile compounds such as paints and adhesives.

Intentionally giving your Kidneys adequate rest and restorative sleep is another way to promote your Kidney Jing and to allow your Kidneys the best operating conditions possible. If you have dark circles under your eyes, it is very likely that you are lacking sufficient sleep and have depleted your Kidney Jing. Now is the perfect time to review [my newsletter on sleep](#).

Avoiding [addictive behaviors and substances](#) including foods and beverages will protect and nurture your Kidneys. Remember to maintain balance and moderation in your lifestyle.

Look for more helpful information in my other [Newsletters](#).

Also read chapter 5, Eat What You Are Made Of... in [Your AGING Body Can Talk](#).

Please do not hesitate to [Contact My Office](#) for specific help with your Kidney or adrenal concerns, or for further information about properly caring for your Kidneys.

Hopefully providing the best type of environment and conditions for your Kidneys will help you preserve and promote their best function throughout your life.

May you choose to restore rather than deplete your Kidney Jing.

Dr Susan L Levy