**How to Repair Your Kidneys Naturally Using Baking Soda (and why you should)**

**  February 15, 2017 | **  [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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Sodium bicarbonate, or baking soda, is a chemical compound in the form of a white solid crystalline, and often as a fine powder, with a salty taste, and alkaline properties.

Its numerous properties have been used for millennia. In the ancient Egypt, people used the natural deposits of sodium bicarbonate to create paint for their hieroglyphics.

The first factory which produced baking soda was opened in 1846 in New York, by two bakers, John Dwight and Austin Church. It has a   range of uses, as it can be used as a cleaning agent, medicine, beauty care product, and much more.

These are some of the medicinal uses of baking soda:

* It raises the pH levels
* If mixed with water in the form of paste, it treats allergic reactions due to poison ivy/sumac
* Mixing baking soda and water creates a very effective antacid
* Baking soda effectively removes splinters
* The use of sodium bicarbonate in the treatment of kidney failure reduces the progression of the disease.

Sodium bicarbonate is vital for the health, and it is produced by the kidneys and pancreas to prevent kidney damage. When this production is reduced, acid starts to pile up and the body struggles to neutralize it.

At this point, a cellular deterioration begins, and the body needs to eliminate the acid buildup and raise the levels of nutrients, water, and oxygen.

**This is how to use baking soda in order to repair the kidneys:**

-You should dissolve half a teaspoon of baking soda under the tongue, and the next day, mix half a teaspoon of baking soda with 1/2 teaspoon of salt into 1.5 liters of water. Drink this solution for 2-3 days.

People suffering from kidney disease often suffer from reduced bicarbonate levels, and this medical condition is known as metabolic acidosis.

**Dr. Thomas P. Kennedy maintains:**

*“Substituting a sodium bicarbonate solution for saline infusion prior to administration of radio contrast material seems to reduce the incidence of nephropathy.”*

3 million British suffer from chronic kidney disease, and about 37,800 of those patients require renal replacement therapy, which costs $45,165 (£30,000) annually.

Researchers at the White chapel hospital in Royal London conducted the first controlled test in a clinical setting, and found that sodium bicarbonate can significantly reduce the effects of kidney disease. According to the team leader, Magdi Yaqoob, a professor of renal medicine:

*‘This is the first randomized controlled study of its kind.’ ‘It’s amazing.’*

*‘A simple remedy like sodium bicarbonate (baking soda), when used appropriately, can be very effective.’*

The study involved 134 test patients with advanced kidney disease and metabolic acidosis, and a randomly selected small group was given a daily dose of a small amount of sodium bicarbonate in the form of a pill for a year.

In the end, their kidney function declined at a normal rate expected with normal aging and reduced the need for dialysis.

Furthermore, this group had a 2/3 slower health decline than the other participants. Only 9% of the group who received sodium bicarbonate had an accelerated progression of kidney disease, and the percent of the other participants was 45%.

Professor Magdi Yaqoob added:

*‘This study shows baking soda can be useful for people with kidney failure. That is, as long as the dose is regulated and under supervision.’*

*‘What happens is the inflammation of kidney is prevented by baking soda because a chemical reaction takes place limiting ammonia production in the kidney.’*

*‘This cheap and simple strategy also improves patients’ nutritional well-being and has the potential to improve quality of life and of course a clinical outcome that can remove the need for dialysis.’*

*‘Baking soda is not classed as a drug so this study has never been tried before.’*

Source: [livingtraditionally.com](http://livingtraditionally.com/how-to-repair-your-kidneys-naturally-using-baking-soda-and-why-you-should/)