



# NDK KIDNEY HEALTH

KIT & PROTOCOL

Your kidneys play many roles, such as creating hormones, filtering fluids, balancing minerals, and more. The hormones produced help to produce red blood cells, control blood pressure, and maintain strong healthy bones. When the kidneys are not functioning properly, nerves, muscles, and other tissues in the body lose balance.

As blood and other fluids flow through the kidneys they filter out salts, minerals, acids, and wastes needing to be eliminated from the body. Not only do these processes require nutrients, the kidneys are greatly affected by mineral imbalance, inflammation, infection, trauma, drug use, and toxins. The goal when supporting kidney function is to reduce these triggers, as well as give supporting nutrients.

## WHO'S AT RISK:

- Diabetics
- Those over 60
- Those with a history of poor dietary habits
- History of kidney stones
- Those with hypertension
- Those with other inflammatory issues

## RISKS:

When left unmanaged, kidney issues can lead to severe health risks including cancer, organ failure, Lupus, heart disease, and other severe problems.

## SIGNS & SYMPTOMS:

- Increased urine, especially at night (sometimes decreased urine can happen as well)
- Swollen ankles and/or feet
- Low energy / poor sleep
- Poor appetite
- Pain in middle of your back

## NUTRITIONAL RECOMMENDATIONS:

When it comes to prevention, a diverse diet, rich in all sorts of veggies, herbs, and some fruits, as well as grass-fed and pastured meats, is best. If you have kidney disease, or renal failure, it's best to work with your medical team to figure out a more detailed diet for you, as certain conditions may warrant limiting certain nutrients that are normally good for a healthy person, but may become problematic certain conditions may warrant limiting certain nutrients that are normally good for a healthy person, but may become problematic due to the kidneys inability to properly filter.

IT'S CRUCIAL WHEN FOCUSING ON KIDNEY HEALTH TO HAVE A DIET SPECIFICALLY RICH IN PLANTS, FULL OF ANTIOXIDANTS, POLYPHENOLS, AND OTHER POWERFUL PHYTONUTRIENTS.

## EXAMPLES:

- Beets
- Spinach
- Blueberries
- Purple potatoes
- Sardines
- Avocado
- Celery
- Cranberries
- Salmon
- Grass-fed beef



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## LIFESTYLE RECOMMENDATIONS:

Hydration is crucial when you are trying to support kidney function. Chronic dehydration, even at low levels, can place high amounts of stress on the kidneys. When eating a real, whole food based diet, it's recommended to drink around 60-90 ounces of water daily. This does not include coffees, teas, or alcoholic beverages. If under abnormal conditions such as, heavy exercise or out in high heat, you may need to increase accordingly.

## SUPPLEMENTAL PROTOCOL:

**RENAL PLUS** is a potent multi-targeted formula designed to optimize kidney function. Packed with anti-oxidants, botanicals, and glandular tissue, used as building blocks for targeted tissues.

*DOSAGE: Take 2 capsules, 2x daily with food*

**ACTI-MAG PLUS** is loaded with B vitamins, beet root extract, magnesium and more. B vitamins are a class of nutrients involved in nearly every process in the body. Beet root is packed with compounds that help increase oxygen in the blood, helping to reduce blood pressure, easing stress on the kidneys. Magnesium is a crucial electrolyte, helping to support kidney function and balance minerals in the blood.

*DOSAGE: Take 1 scoop in water daily*

**OPTIMAL EFAS** is a blend of fatty acids, Omega 3, 6, and 9. These fats are used to help balance our inflammatory responses, a crucial element to protecting the kidneys, and the rest of our health!

*DOSAGE: Take 3 capsules daily with food*

**BIO-DK MULSION** is an amazing blend of vitamins D and K2, nutrients required in proper calcium balance. Improper calcium utilization is part of protecting the kidneys, by way of reducing risk of kidney stones.

*DOSAGE: Take 5 drops per day with food*

**BIO-D MULSION FORTE** is the vitamin D option for those who may be on blood thinners and must closely monitor their vitamin K intake. Vitamin D alone is still an important piece of the puzzle for proper calcium balance, and helps with proper absorption and use. You will still receive some vitamin K through diet to help with calcium placement.

*DOSAGE: Take 2 drops daily with food.*

**BIO-C PLUS / BIO-C PLUS 1000** is packed with highly bio-available vitamin C, one of nature's most powerful anti-oxidants. Not only does it contain vitamin C, but the co-factors required to help absorb and utilize the nutrient.

*DOSAGE: Take 2 tablets daily*

CHOOSE ONE



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## NDK KIDNEY HEALTH KIT:

[BUY NOW ONLINE](#)

(The following supports a 40-day protocol, we recommend working with your primary health advisor for long-term support)

- Renal Plus ..... 1 bottle (Take 2 capsules, 2x daily with food)
- Acti-Mag Plus ..... 1 bottle (Take 1 scoop in water daily)
- Optimal EFAs ..... 1 bottle (Take 3 capsules daily with food)

**CHOOSE  
ONE**

- Bio-DK Mulsion ..... 1 bottle (Take 5 drops per day with food)
- Bio-D Mulsion Forte ..... 1 bottle (Take 2 drops daily with food)
- Bio-C Plus / Bio-C Plus 1000 ..... 1 bottle (Take 2 tablets daily)

## DESTINATION HEALTH CREDENCE:



**DIET** - Here at Destination Health, we always believe that a base of a real, whole food diet is crucial when addressing our health. Your diet should be rich in meats, eggs, fish, shellfish, vegetables, nuts, seeds, leafy greens, and minimal fruits. A healthy diet is one rich in diversity, of both plant and animal-based foods, as well as not high in carbohydrates, and for some that may even require a Ketogenic approach.



**LIFESTYLE** - Your lifestyle is another important piece to your success, just as what you put in your body. Managing stress, proper sleep, and including regular movement into your lifestyle will go a very long way to improving your markers of health.



**TRIBE** - Destination Health is the ultimate resource for drivers who believe in REAL FUEL! We are dedicated to help understand and reverse the effects of your current diet and lifestyle based on your bio-individual nutritional needs. Achieving optimal health takes time, dedication, and commitment. The Destination Health tribe is here to offer support and guidance as you continue on your journey to a better you!

You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

The information and protocols provided by Destination Health, presented here at letstruck.com and as presented in any Podcast or Live events, are not offered as cures, prescriptions, diagnoses or a means of such. No attempt should be made to use any of this information as a form of treatment without the approval and guidance of your primary health advisor. Let's Truck assumes no responsibility in the correct or incorrect use of this information.

