

Kidneys what good are those?

Many people when naming the most important organs in their body often think of the heart, brain, and liver. In fact you only have one of each of those and you have two kidneys so they must not be that important, right?



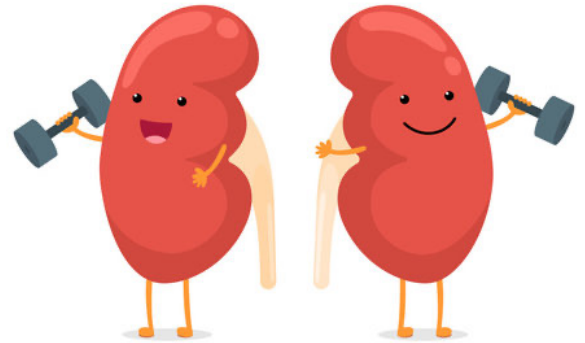
Parrish Chiropractic and Functional Health

However, Kidneys play a vital role in your health and maintaining proper fluid levels throughout your body.

This includes getting waste products out of your blood into your urine, keeping your electrolytes balanced properly, and also maintaining your blood pressure at a healthy level.

So how do I promote healthy kidneys?

- First and foremost drinking an adequate amount of water is vital for Kidney health. It is recommended to drink half your body weight in ounces of water per day. So for example if you weigh 200lbs you should drink 100oz of water per day.
- Eating plenty of fruits and vegetables as this supplies many of our nutrients, minerals, and electrolytes which helps the kidney keep maintain the balance of these with one another.
- Exercise is vital for not only Kidney health but also for your overall health. Just getting out for a walk 20 minutes a day can improve your health drastically.



What if my Kidneys need extra support?

- Renaford from Standard process is a great Kidney nutritional support containing whole food sources.
- If you have high or low blood pressure finding the stressors will be vital to figuring out how to manage your blood pressure and take stress off your kidneys. This is where we come in, at Parrish Chiropractic and Functional Health we can work with your body to best eliminate stressors and help you better regulate a healthy blood pressure.

With any supplementation always talk to your doctor as each supplementation protocol is different for each patient and their conditions and has potential for interactions with any medications you may be taking.

If you have any questions about your health or even about this information feel free to give us a call at 636-207-6600 or email us at parrishchirofunctionalhealth@gmail.com.