

# **LITTLE HIGH KIDNEY CREATININE**

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## **GUIDELINE BY SANJAY G.M.**

- **CAUSES** — Poor blood cleaning process or impure blood can increase creatinine
  - Diabetes
  - High BP
  - Vitamin D deficiency can increase creatinine since it reduce filtration rate.
  - Continuous pain killer tablets or certain medicine reaction
  - Dehydration
  - More protein diet, gym person take WHEY powder can be problem
  - Some supplement side effect like vitamin D supplement, B12 supplement etc.
  - Heavy continuous exercise
  - Muscle injury
  
- **SYMPTOMS** — Change in urination
  - Vomiting
  - High BP
  - Muscle cramps
  
- **SOLUTION** — Stop intake of protein powder, milk, brown rice, reduce milk products, white bread, Banana
  - Reduce excess exercise
  - Control BP (as per the guideline given in BP sheet)
  - Stop any kind of vitamin supplements
  - Control water level by taking 8 glass water 1 day.
  - Stop smoking & drinking
  - Improve Vitamin D by taking 20minutes light sun 7.00am to 8.00am OR 5.00pm to 6.00pm
  - Take Amil “NEERI KFT SYRUP” to reduce creatinine

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.