

7 Habits That Could Harm Your Kidneys



Kidneys are considered to be one of the most important organs in the human body. They are an effective, sophisticated and amazing purification mechanism that work 24 hours to keep your body up and running. Having healthy kidneys are essential for our overall well-being. Therefore, it is very important to keep them in shape, and make sure their condition does not deteriorate over time.

In order to prevent problems, you need to have a better understanding of various habits that could harm your kidneys. Unfortunately there are many that lots of us have without even being aware. This eventually leads to the poor functioning of kidneys and cause various health problems.

1. Delaying going to a toilet

It is important to understand that your kidneys should always be hydrated properly. In order to perform well, you need to make sure your kidneys remain in good condition. When you don't drink enough water, toxins may be accumulated in the blood. Since there won't be enough fluid to drain toxins through kidneys, it may cause problems in the urinary tract. It's quite easy to check if your water intake is appropriate. You should check the color of the urine while relieving yourself. It's better if the color is lighter.

Holding your urine in the bladder is considered to be a very bad idea. According to healthcare experts, a full bladder can cause unnecessary damage to your kidneys. When you hold urine in the bladder, it multiplies bacteria quickly. Once urine refluxes back to the kidneys and ureter, toxic substances lead to different kinds of kidney infections, urinary infections, uremia and nephritis. When you need to relieve yourself, you should not hold yourself back. Besides health problems, when there is excess of urine in the bladder, you may experience a wide range of complications related to the urinary tract. One major problem is hypertrophies. In this condition, there is an increase in the amount of pressure placed on your kidneys. In addition to this, you may come across other health problems. Thus, you should never ignore a call of nature.

2. Eating too much salt

Your body needs a little bit of sodium in order to maintain proper fluid balance, but you can get enough from eating fruits and vegetables. Many processed foods, however, add a great deal of salt in order to enhance flavors. The most commonly used form of salt is processed table salt. When you eat too much salt, your kidneys respond by retaining water in order to dilute this electrolyte in your bloodstream to maintain proper heart function. This places a load on the kidneys. According to the Harvard School of Public Health, long-term intake of too much salt can damage the kidneys along with the heart and aorta. Salt intake may also raise blood pressure, which can cause damage to the kidney's nephrons, which filter wastes.

If you must add salt, use just a pinch of high quality Celtic or Himalayan sea salt.

3. Carbonated Beverages and Artificial Sweeteners

Carbonated beverages such as soda (with or without artificial sweetener) and energy drinks are associated with the formation of kidney stones. A 2007 study demonstrated this, showing that drinking two or more colas per day was associated with an increased risk of chronic kidney disease. Instead, have plain water with organic lemon.

Many people believe they are doing something healthy for their bodies when they consume artificial sweeteners because these ingredients are non-caloric. In a review of the Nurses Study, researchers looked at the role of artificial sweeteners on kidney function and found that there was an increase in kidney function decline with intake of just two diet sodas per day.

4. Not drinking enough water

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When you don't drink enough water, toxins may be accumulated in the blood. Since there won't be enough fluid to drain toxins through kidneys, it may cause problems in the urinary tract. According to medical professionals, you should drink more than 8 glasses of water per day. It's quite easy to check if your water intake is appropriate. You should check the color of the urine while relieving yourself. It's better if the color is lighter. A lot of people already understand the importance of appropriate water intake. However, they still overlook it and don't drink enough water. In the long run, lack of water in your body can cause a wide range of kidney related health problems. The primary function of kidneys is to drain unwanted metabolic waste from the body. This balances the number of RBCs in the body. If you don't drink enough water, your kidneys stop functioning properly. For some people, drinking lots of water per day seems to be difficult. In case you can't drink more than 8 glasses of water per day, you should drink other kinds of fluids, such as juices. You can even add lemon to the water. This improves the taste and offers even more benefits.

5. Sedentary Lifestyle

You need to make sure you don't sit for extended periods in a day. Besides affecting your general health, a sedentary lifestyle has a major impact on the functioning of your kidneys. It can deteriorate your health and lead to several serious health problems. Lack of physical activity also causes a wide range of kidney problems. With some subtle changes to your lifestyle, you can avoid many different health problems, especially urinary tract infections. For instance, you should take a walk every morning or take the stairs instead of taking the elevator. You should be creative and add some new things to your daily routine. In simple terms, you need to make sure there's no excess pressure on the kidneys.

Once again, you should drink lots of water and make sure your body is properly hydrated. You should also consult a medical professional before bringing any changes to your diet. It makes sure you introduce changes to your body in a healthy and subtle manner.

6. Eating too much meat

Diets high in animal protein will work your kidneys into overdrive. This is not necessarily a bad thing in itself but according to the Mayo Clinic, a high-protein diet may cause or exacerbate existing kidney problems because protein metabolism places a heavy load on the kidneys, making it difficult to eliminate its waste products.

A 2003 study in the European Journal of Nutrition showed that a diet rich in animal-based proteins could also increase the risk of developing kidney stones from uric acid, while a vegetarian diet lowered the uric acid and prevented formation of stones. Uric acid is one of the common causes of kidney stone and is a byproduct of eating foods that are high in purines such as meat, seafood, and fish. These foods may also trigger the other common type of kidney stones, calcium oxalate stones, because they increase the amount of calcium excreted in urine, as well as affect your digestive probiotics. How? Animal protein metabolism leaves an acidic residue in the body. Because your body favors an alkaline state, it pulls calcium and other mineral salts from the bones in order to return you to that alkaline state. This calcium can form calcium oxalate kidney stones.

Instead, eat a variety of veggies, grains, seeds, and nuts (the best foods to eat while pregnant!) and you'll get all of the protein your body needs.

The problem with dairy products is similar to that of other animal proteins. In fact, the China Study showed that consuming dairy products increased the excretion of calcium in the urine, which has been associated with a higher risk of developing kidney stones. According to KidsHealth.org, reducing dairy can help people with kidney failure and kidney disease, because it can make the filtering work of the kidneys easier, delaying the need for dialysis.

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