



KIDNEY HEALTH COACH

7 Ways to Lower Your Creatinine Levels Naturally

Creatinine is a blood chemical waste product generated when you use your muscles. Eating lots of protein may also produce small amounts in your system.

Your bloodstream transports creatinine to your kidneys, where your body filters it out through your urine. But if your kidneys aren't working properly, the level of creatinine in your blood can build up. This can lead to uremia, a life-threatening disorder.

Your body needs clean blood to function optimally. The best way to lower your creatinine levels is to treat the underlying cause. It is possible to lower your creatinine levels naturally through different remedies and lifestyle changes.

Cut back on vigorous exercise

Exercise is usually a good thing but overdoing it can spike your creatinine levels. Since muscle metabolism produces creatinine, overusing muscle groups through strenuous activity can raise levels for up to 3 days. Check out the video *Exercising and Chronic Kidney Disease* to learn alternative exercises that won't raise your creatinine levels.

Don't take supplements containing creatine

In addition to its natural form, creatine is also available as an oral supplement. Some athletes use these supplements to help enhance athletic performance. Just like natural creatine, supplements containing this substance produce creatinine.

Reduce your protein intake

Research shows eating large amounts of protein can increase creatinine levels, at least temporarily. Cooked red meat in particular can affect creatinine. People with diets very high in red meat or other protein sources, including dairy products, may have higher creatinine levels than people who eat less of those foods. If you eat lots of red meat, switch to more vegetable-based dishes. Check out Protein and CKD to learn more about alternative protein sources that will help lower your creatinine levels.

Eat more fiber

A recent study found that dietary fiber supplements significantly reduced creatinine levels. Fiber can be found in fruits, vegetables, whole grains and supplements. I add Benefiber to every meal to increase my fiber.

Drink water

Dehydration can raise creatinine levels as well as do additional damage to your kidneys. Unless your doctor has you on a fluid restriction, you should drink one half your body weight in ounces each day.

Take Chitosan Supplements

Chitosan is a dietary fiber supplement mostly used by people trying to lose weight or reduce cholesterol. There is research indicating that chitosan may also be effective in reducing creatinine levels in people with renal failure. Chitosan should not be taken with your medications since it can reduce their effectiveness. Ask your doctor if Chitosan is right for you.

Take Salvia

There are many herbs and herbal remedies on the market with a variety of health claims. It is important to note that the U.S. Food and Drug Administration (FDA) have not approved many of these herbs to treat any medical conditions. Salvia is one of the most notable herbs that is used to treat high creatinine levels. It has been used in traditional Chinese medicine to help people with kidney disorders. A recent study published in Feb 2018 found that salvia can protect people from certain kinds of renal failure, which may help to strengthen the kidney so that it can process creatinine.

A strong word of caution, salvia is a hallucinogen so it should be used with caution and only under the guidance of a doctor. While it is available to purchase online, its effects can be extremely powerful and not always in a positive way.