



Kidney Health in a Toxic World

Bread-heavy diet linked to kidney cancer

A diet high in bread may boost your risk of kidney cancer, according to an Italian study that compared the food intake of kidney cancer patients and those without the disease. Researchers say those consuming the highest amounts of bread doubled the risk for kidney malignancy, compared to those eating the smallest amounts.

Further study indicated

Although the findings are dramatic, the study's lead author, Francesca Bravi, a researcher at the Mario Negri Institute for Pharmacological Research in Milan, cautioned, "Further studies are needed to confirm the link between bread and kidney cancer."

Pass the vegetables

In the study, Bravi's team compared 767 men and women with kidney cancer to 1,534 men and women who did not have the disease. Those who ate the highest amounts of bread—28 portions a week—had nearly two times the risk of kidney cancer as those who ate the lowest number of portions per week, 9, Dr. Bravi discovered. Even though more study is needed, Bravi said, "Our study suggests that a diet poor in refined cereals and rich in vegetables may have a favorable role in reducing the risk of renal cell carcinoma."

Your kidneys

The function of the kidneys is to excrete urine, and to help regulate the electrolyte and acid content of the blood. With their miles of microscopic tubules, the kidneys receive blood from the aorta, filter it, and send it back to the heart with the right balance of chemicals and fluid for use throughout the body. The kidneys also rid the body of excess water and waste in the form of urine.

A toxic world

In our toxic world, it is easy for the kidneys to become overwhelmed and weakened when exposed to common pollutants and microorganisms. Kidney stones are an accumulation of mineral salts that lodge anywhere along the course of the urinary tract and kidneys.

New Products: Summer Kitchen products

We're proud to announce that we will be carrying the following new products from the Summer Kitchen. Dr. Clark has been ordering the following products from the Summer Kitchen for several years and has had a very good experience with them.

Large Pearl Tapioca, Pearled Barley, Amish Maid Noodles, Natural Unrefined Demara Sugar, Organic Barley Flakes, Tapioca Starch, Potato Starch, Arrowroot Powder, Red Star Yeast, Currants, Organic Whole Wheat Flats, Raw Pumpkin Seeds (Pepitas).

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