

A Functional and Integrative Approach to Kidney Care

- Contrary to popular belief, only 10% of kidney disease is due to pure genetics. Some of that can also be modified with lifestyle changes.
- 70% of kidney disease is due to diabetes and high blood pressure. In other words, 70% of kidney disease can be altered by lifestyle modifications.
- Almost 15% of the US population has kidney disease. That is 1 in 7 people.
- 1 in 3 people are at risk for kidney disease
- Only 1 in every 9 people with kidney disease actually knows they have kidney disease
- An integrative kidney approach looks at what makes every kidney patient unique allowing the practitioner to form a personalized comprehensive plan.
 - This includes assessing their genetics, environmental exposure, nutrition, gut and microbiome integrity, and lifestyle.
- This approach to care does not always omit traditional pharmaceuticals

Integrative Kidney Care for Practitioners

- One in every 7 people have kidney disease.
- There is a massive need for a rich education awareness campaign for this silent disease/killer.
- Integrative Kidney's integrative medicine approach revolves around six major principles:
 - Genetics and Epigenetics - Genetic assessment and testing to find unique predisposition in the patient.
 - Environmental toxin exposure - toxin exposure assessment and testing.
 - Nutrition - Nutritional assessment and testing.
 - Gut-kidney axis - comprehensive gut assessment and testing.
 - Lifestyle - Lifestyle assessment and testing.
 - Medication - use when necessary.
- By using these principles and assessment we can formulate a lifestyle modification plan that is unique to the individual and coach them through it.



About InKidney

Integrative Kidney Solutions was founded by a group of healthcare professionals who were alarmed by the rising rate of kidney disease in the US and around the world. Our mission is to end the chronic kidney disease epidemic. Our team has expertise in Functional and Integrative Medicine in addition to greater than 15 year experience in nephrology.

We aim to utilize the unique genetics and lifestyle experiences of each kidney patient to develop an individualized lifestyle modification plan and coach the patient through it. With a team comprised of a nephrologist, pharmacist, nutritionist and coaches you can rest assured that you are in good hands.

We also train other practitioners on our protocols to help end the chronic kidney disease epidemic.