



LIVINE
HOLISTIC WELLNESS
..towards wholesome health

MONTHLY WELLNESS JOURNAL

OCTOBER
2026
EDITION

KIDNEY HEALTH SPECIAL

PROTECT YOUR KIDNEYS *Before Symptoms Appear*

Kidney disease can progress silently. Early awareness, timely screening and the right lifestyle choices can make a major difference.



INSIDE THIS EDITION



The Silent Nature of Kidney Disease

Why kidney damage can progress without obvious symptoms



Diabetes, Blood Pressure & Your Kidneys

Understanding the powerful three-way connection



Creatinine, eGFR & Urine Protein Explained

The kidney numbers everyone at risk should understand



The Kidney-Friendly Indian Plate

Practical nutrition for better kidney and metabolic health



Hydration: Myths vs Facts

Why 'more water' is not always better



Medicines & Kidney Safety

What you should know about painkillers, supplements and medications



Movement, Muscle & Kidney Protection

How an active lifestyle supports long-term kidney health



Ayurveda & Kidney Wellness

Traditional wisdom with modern clinical perspective



Know Your Kidney Risk

Simple warning signs and screening awareness



Patient Transformation Story

Real progress. Real people. Real lifestyle change.

“Kidney protection should begin before kidney disease produces symptoms.”

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Founder's Message

Why Kidney Health Deserves Attention Before Symptoms Begin

Dear Livine Family,

Our kidneys work quietly every single day—filtering waste from the blood, balancing fluids and electrolytes, helping regulate blood pressure, supporting red blood cell production, and contributing to bone and mineral health.

Yet kidney disease often begins just as quietly. Many people do not experience obvious symptoms in the early stages. There may be no pain, no dramatic warning sign, and no clear change in day-to-day wellbeing. Sometimes the first clue appears only during a routine blood test, urine test, health check-up, or evaluation for diabetes or blood pressure.



That is exactly why kidney health deserves attention before symptoms begin.

One of the most important things to understand is that **kidney disease is rarely an isolated problem**. Diabetes, high blood pressure, obesity, heart disease, recurrent kidney injury, smoking, certain medications, and other metabolic or medical conditions can all influence kidney health over time.

At Livine, we believe kidney care should go beyond simply looking at one creatinine value. We need to understand **the bigger picture**.

- Is blood sugar well controlled?
- Is blood pressure consistently elevated?
- Is protein leaking into the urine?
- What is the eGFR trend?
- Are medications being used safely?

- Is sodium intake too high?
- Is the person physically inactive?
- Are there recurrent kidney stones or infections?
- Does the patient need specialist evaluation?

Because protecting the kidneys often means protecting the whole metabolic and cardiovascular system.

The encouraging part is that early awareness creates opportunity.

When risk factors are identified in time, appropriate medical treatment, better blood sugar and blood pressure control, improved nutrition, sensible physical activity, weight management, smoking cessation, medication review, and regular monitoring can all play an important role in protecting kidney function.



This is why we do not believe in waiting for severe symptoms. We believe in identifying risk early, understanding the underlying contributors, and building sustainable habits that support long-term kidney health.

In this special edition of the **Livine Monthly Wellness Journal**, we will help you understand:



why kidney disease can remain silent,



how diabetes and blood pressure affect the kidneys,



what creatinine, eGFR and urine protein really mean,



how nutrition and hydration should be approached,



which common medicines deserve caution,



and what practical steps can help protect kidney health over time.

Our goal is not to create fear.
Our goal is to create awareness before the kidneys are forced to demand attention.



"The best time to protect kidney function is before you begin to lose it."

With warmth and wishes for your continued health,

Dr. Khushboo Dhar Maniar
Functional Nutritionist &
Holistic Health Practitioner

Dr. Harshit R. Maniar
Integrative Medicine
Practitioner

Livine Holistic Wellness
Towards Wholesome Health



3 FEATURE HEALTH ARTICLE

Your Kidneys Are Working 24 Hours a Day Are You Protecting Them?

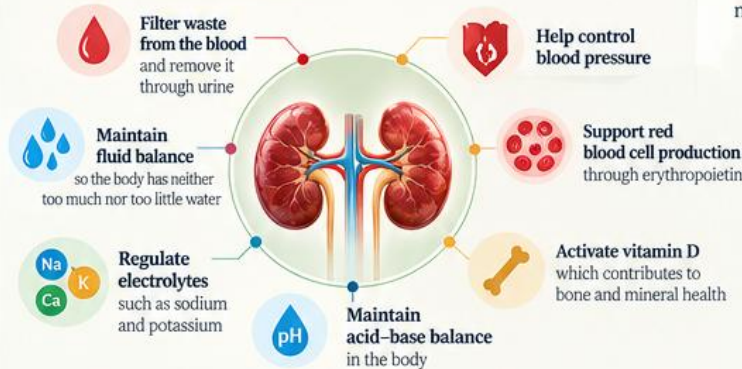
Most of us think about our kidneys only when a blood test shows an abnormal creatinine level, when a stone causes pain, or when a doctor mentions “kidney function.” But your kidneys are working continuously, every minute of every day.



*Small
Organs.
Big Responsibilities.
Protect Them
Early.*

1 What Do Your Kidneys Actually Do?

Your kidneys are not just “filters.” They are active regulators of your internal environment.



2 Why Kidney Disease Can Stay Silent

One of the most concerning features of chronic kidney disease is that early stages may cause few or no symptoms. A person may feel completely normal while kidney damage is already developing.



There may be no pain, no dramatic warning sign, and no clear change in day-to-day wellbeing.

Symptoms such as swelling, severe fatigue, nausea, poor appetite, breathlessness or major changes in urination often appear later or may be caused by other conditions.



That is why kidney health should not be judged by symptoms alone.

Early screening becomes especially important when risk factors are present.

3 What Is Chronic Kidney Disease?

Chronic kidney disease (CKD) refers to persistent abnormalities in kidney structure or function that have implications for health. It may be identified through:

- Reduced kidney filtration (eGFR)
- Persistent protein or albumin in the urine
- Structural abnormalities
- Other evidence of kidney damage

An isolated abnormal test does not always mean chronic kidney disease. Doctors usually interpret the result together with the patient's history, repeat testing, urine findings and other investigations.

4 The Most Common Threats to Kidney Health

- Diabetes**
High blood glucose can damage the tiny blood vessels and filtering structures inside the kidneys.
- High Blood Pressure**
Continuous high pressure can impair kidney blood vessels. Kidney disease itself can also worsen blood pressure.
- Obesity and Metabolic Disease**
Obesity, insulin resistance, fatty liver, abnormal cholesterol and cardiovascular disease increase the burden on the kidneys.
- Recurrent Kidney Injury**
Severe dehydration, infections, acute illness or repeated kidney injury may leave lasting effects.
- Certain Medicines and Supplements**
Some painkillers, medications and poorly regulated supplements can affect kidney function in susceptible individuals.

5 The Diabetes–Blood Pressure–Kidney Triangle

For many patients, these three conditions are deeply interconnected.



- High blood sugar can damage kidney filters.
- High blood pressure can damage kidney blood vessels.
- Kidney dysfunction can worsen fluid balance and blood pressure.

This can become a vicious cycle if the underlying risk factors are not addressed. Kidney protection often begins with excellent diabetes and blood-pressure management.

6 Do Not Look at Creatinine Alone

Many people believe, “My creatinine is normal, so my kidneys must be fine.” But kidney assessment is more complete when several pieces of information are considered.

Serum Creatinine A waste product used as part of kidney function assessment.	eGFR Estimates how effectively the kidneys are filtering blood.	Urine ACR Detects small amounts of albumin leaking into the urine.
Urine Examination May identify protein, blood, infection and other abnormalities.	Blood Pressure A key risk factor and treatment target.	Blood Glucose & HbA1c Especially important in diabetes and prediabetes.

! A person can sometimes have kidney damage even when creatinine is not markedly elevated.
That is why high-risk patients may need both blood and urine testing.

7 Can Kidney Disease Be Prevented?

Not every kidney disorder can be prevented. But many important risk factors can be reduced or better controlled.

- Maintain healthy blood pressure
- Manage diabetes effectively
- Avoid smoking
- Maintain a healthy body weight
- Stay physically active
- Reduce excess sodium
- Use medicines safely
- Maintain appropriate hydration
- Avoid unnecessary self-medication
- Monitor kidney function when risk is present

8 The Bigger Message

Kidney disease does not happen in isolation. Your kidneys are connected to your heart, blood pressure, blood sugar, body weight, medications, nutrition and overall metabolic health.

This is why protecting kidney function requires more than focusing on one laboratory number. It requires a complete view of the person.

At Livine, we believe the most powerful kidney-health strategy is:

- Early detection
- Risk-factor control
- Personalized nutrition
- Safe medication use
- Movement
- Metabolic health
- Regular monitoring

“Do not wait for your kidneys to become symptomatic before you start caring for them.”

4 ROOT CAUSE OF THE MONTH

The Diabetes – Blood Pressure – Kidney Connection

Three conditions. One close relationship.

Understanding the connection can help you protect your kidneys early.

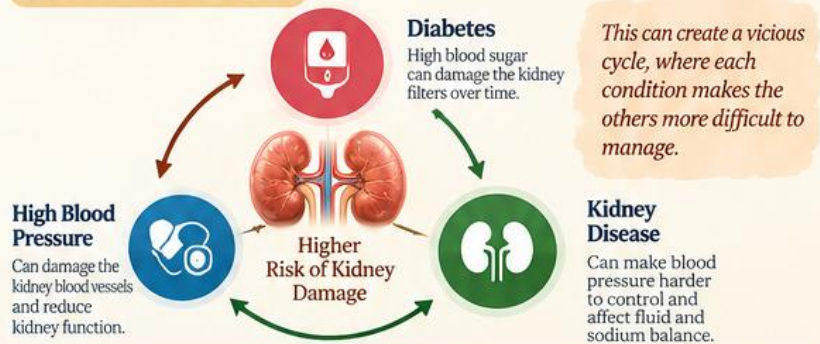


Healthy Kidneys Support a Healthier Tomorrow

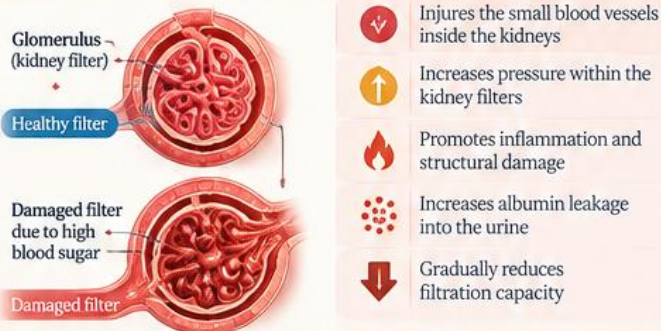


Kidney disease often does not begin with the kidneys alone. In many patients, the real story starts years earlier with high blood sugar, high blood pressure, excess body weight, insulin resistance, or a combination of these factors. This is why diabetes, hypertension, heart disease and kidney disease are so closely connected.

THE CORE CONNECTION

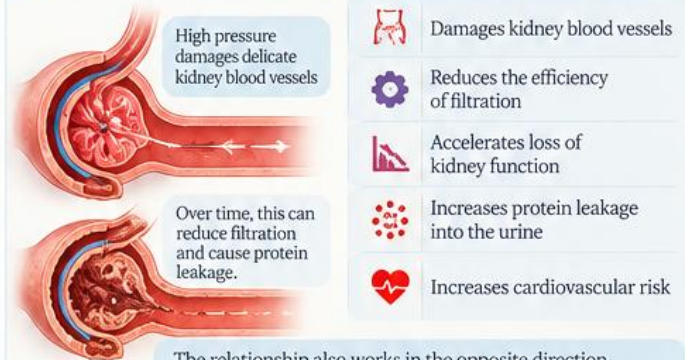


1 HOW DIABETES CAN DAMAGE THE KIDNEYS



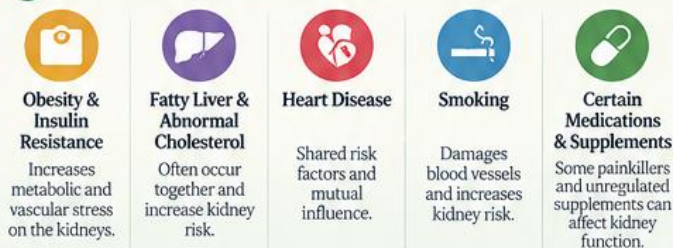
Kidney involvement in diabetes may begin before creatinine becomes significantly abnormal. Regular monitoring of eGFR and urine albumin is important.

2 HOW HIGH BLOOD PRESSURE AFFECTS THE KIDNEYS



The relationship also works in the opposite direction. Kidney disease itself can make blood pressure more difficult to control.

3 OTHER IMPORTANT CONTRIBUTING FACTORS



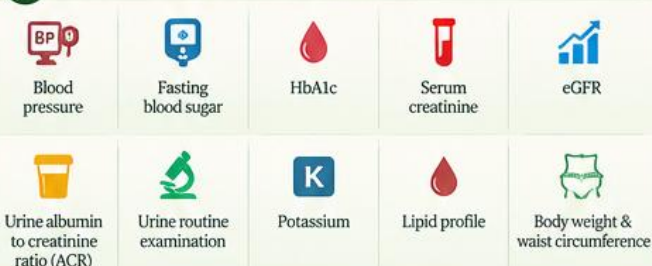
4 WHY THIS MATTERS MORE WHEN THEY OCCUR TOGETHER

Many patients with type 2 diabetes also have high blood pressure, abdominal obesity, fatty liver, insulin resistance, abnormal lipids, sleep problems and physical inactivity. These factors can add additional metabolic and vascular stress on the kidneys.

COMMONLY ASSOCIATED CONDITIONS

- Abdominal obesity
- High triglycerides
- Fatty liver
- Insulin resistance
- Sleep problems
- Physical inactivity
- Cardiovascular disease

5 WHAT SHOULD BE MONITORED?



6 HOW YOU CAN PROTECT YOUR KIDNEYS

- Maintain healthy blood sugar levels
- Keep blood pressure under control
- Maintain a healthy body weight
- Stay physically active
- Reduce excess sodium
- Avoid smoking
- Use medications safely
- Maintain appropriate hydration
- Get good sleep and manage stress
- Regular kidney monitoring when risk is present

7 KEY TAKEAWAY

Protecting the kidneys often begins by controlling the conditions that quietly damage them.

At Livine, we look beyond the kidney alone. We look at the blood sugar, blood pressure, metabolism, body composition, lifestyle, medication profile and overall cardiovascular risk—because the kidneys are deeply connected to all of them.



5 KNOW YOUR KIDNEY RISK

Could Your Kidneys Be at Risk Without You Knowing?

Kidney disease can develop quietly. You may feel completely well, have no pain, and notice no major change in urination—yet important kidney risk factors may already be present. That is why kidney health should not depend only on symptoms.



Early Awareness Today for Healthier Tomorrows

1 Who May Be at Higher Risk?

You may need greater kidney awareness if you have:



Diabetes or prediabetes

High blood sugar can gradually damage the kidney's filtering units.



High blood pressure

Persistent hypertension can injure the small blood vessels in the kidneys.



Heart disease

Heart and kidney health are closely interconnected.



Overweight or obesity

Excess body weight can increase the risk of diabetes, hypertension and metabolic stress.



A family history of kidney disease

Some kidney disorders and risk patterns can run in families.



Previous kidney stones

Recurrent stones may warrant evaluation depending on the cause.



Repeated urinary infections

Frequent or complicated infections may sometimes affect kidney health.



A history of acute kidney injury

Even if kidney function improved afterward, previous injury can increase future risk.



Long-term or frequent use of certain painkillers

Especially NSAID-type medicines in susceptible individuals.



Autoimmune or inflammatory disease

Some conditions can directly involve the kidneys.



Smoking

Increases vascular and cardiovascular risk and can negatively affect kidney health.



Abnormal urine protein or albumin

May be an early sign of kidney damage.



An abnormal creatinine or declining eGFR

Trends over time are often more informative than one isolated result.



Older age

Kidney filtration commonly declines with age, although age alone does not mean kidney disease.

2 Silent Does Not Mean Safe

One of the biggest misconceptions is:

"If my kidneys were unhealthy, I would know."



Unfortunately, this is not always true. Early chronic kidney disease may cause no obvious symptoms at all. By the time symptoms such as swelling, fatigue, reduced appetite, nausea, breathlessness or major changes in urination appear, kidney function may already be significantly affected.



That is why screening matters.

Early detection gives you a better opportunity to protect long-term kidney health.

3 The 5 Questions Everyone at Risk Should Ask



Do I know my blood pressure?

High blood pressure is both a cause and a consequence of kidney disease.



Do I know my blood sugar and HbA1c?

Diabetes is one of the most important causes of chronic kidney disease.



Do I know my creatinine and eGFR?

These help assess kidney filtration.



Have I ever checked urine albumin or protein?

Urine albumin can reveal kidney damage even when creatinine is not markedly abnormal.



Do I regularly use painkillers, supplements or herbal products?

Some may require caution in people with kidney risk.

4 Simple Kidney Risk Map



Lower Apparent Risk

- Healthy blood pressure
- Normal glucose
- No kidney history
- No albumin in urine
- Stable kidney function



Higher Risk

- Diabetes
- Hypertension
- Obesity
- Cardiovascular disease
- Smoking
- Recurrent stones
- Previous acute kidney injury



Needs Closer Medical Evaluation

- Persistent protein in urine
- Falling eGFR
- Rising creatinine
- Blood in urine
- Recurrent swelling
- Difficult-to-control blood pressure
- Significant electrolyte abnormalities

6 Key Takeaway



You do not need to feel unwell to have kidney risk.

If you have diabetes, high blood pressure, obesity, heart disease, a family history of kidney disease, recurrent stones, previous kidney injury or abnormal urine findings, it is worth discussing kidney screening with your healthcare professional.



At Livine, we believe early awareness is one of the strongest tools for long-term kidney protection.



6 UNDERSTANDING YOUR KIDNEY REPORTS

Creatinine Alone Does Not Tell the Whole Story

Kidney health is better understood by looking at multiple markers together, including filtration, urine protein, electrolytes, blood pressure, blood sugar, and the trend of results over time.



Read Your Reports Understand Your Kidneys Take Action Early

1 Serum Creatinine

The most familiar kidney number



- Creatinine is a waste product produced from muscle metabolism.
- Healthy kidneys remove it from the blood.
- When kidney filtration falls, creatinine may rise.

Creatinine is influenced by:



Age



Sex



Muscle mass



Diet



Hydration status



Certain medicines



Acute illness



Creatinine should be interpreted in context — not in isolation.

2 eGFR

A better estimate of kidney filtration

- eGFR (estimated Glomerular Filtration Rate) shows how well the kidneys are filtering blood.
- It is calculated using creatinine, age and sex.

eGFR (mL/min/1.73 m ²)	General Meaning
90 or above	Normal or high filtration (if no other kidney damage)
60 – 89	Mildly reduced filtration
45 – 59	Mild to moderate reduction
30 – 44	Moderate to severe reduction
15 – 29	Severe reduction
Below 15	Kidney failure range



A lower eGFR on one test does not automatically mean chronic kidney disease. Doctors look for persistence over time and other signs of kidney damage.

3 Urine Albumin-to-Creatinine Ratio (ACR)

The early warning many people miss



- Albumin is a protein that normally remains in the blood.
- When kidney filters are damaged, small amounts of albumin may leak into urine.
- This can sometimes occur before creatinine rises significantly.

Important for people with:



Diabetes



Hypertension



Heart disease



Known kidney disease



Other high-risk conditions



Creatinine tells us about filtration. Urine albumin tells us about kidney damage. Both matter.

4 Urine Routine Examination

Your urine can reveal more than you think



A routine urine test may provide information about:

- ✓ Protein
- ✓ Blood
- ✓ Glucose
- ✓ Infection
- ✓ White blood cells
- ✓ Specific gravity
- ✓ Other abnormalities

What it may indicate:



Protein
Kidney filter damage



Blood
Can be due to stones, infection or other causes



Glucose
May occur with high blood sugar or certain medicines



One abnormal urine test may need confirmation rather than immediate conclusions.

5 Urea / BUN

Another waste marker



- Urea is produced when the body breaks down protein.
- The kidneys help remove it from the blood.

Urea may be elevated due to:



Reduced kidney function



Dehydration



High protein intake



Gastrointestinal bleeding



Catabolic illness



Certain medications



Urea should be interpreted with the overall clinical picture.

6 Potassium

Small number, big importance



- The kidneys help maintain healthy potassium levels.
- When kidney function declines, potassium can sometimes rise.
- High potassium can be dangerous as it may affect the heart's electrical activity.
- Some medications can also influence potassium levels.



Potassium monitoring becomes especially important in certain kidney patients.

7 Sodium and Fluid Balance

The kidney's role in maintaining balance



- The kidneys help maintain sodium and water balance.
- Abnormal sodium levels may occur due to many causes and do not necessarily mean kidney disease.
- In advanced kidney or heart disease, fluid and sodium management may be important.



More water is not always better and complete salt restriction is not appropriate for everyone. Management should be individualized.

8 Bicarbonate

The kidney-acid balance connection



- Kidneys help maintain the body's acid-base balance.
- In more advanced kidney disease, bicarbonate levels may become lower.
- This should be interpreted by the treating clinician.



Relevant especially in moderate-to-advanced CKD.

9 Calcium, Phosphorus & Bone Health

Kidneys do more than just filter waste



- Kidneys are involved in mineral and bone metabolism.
- As kidney function declines, changes may occur in calcium, phosphorus, vitamin D metabolism and parathyroid hormone.



These become especially important in moderate-to-advanced CKD.

10 The Trend Matters More Than a Single Number



A single laboratory value gives only one snapshot. Kidney health is often better understood by looking at the trend over time.

- ✓ Is creatinine stable or rising?
- ✓ Is eGFR stable or declining?
- ✓ Is albumin appearing in urine?
- ✓ Is proteinuria increasing?
- ✓ Is potassium changing?
- ✓ Is blood pressure controlled?
- ✓ Is diabetes controlled?



A trend over weeks, months or years can be much more informative than one isolated result.

11 A Simple Kidney Report Checklist

Key tests to review (as advised by your healthcare professional)



Blood Tests

- Serum creatinine
- eGFR
- Urea / BUN
- Potassium
- Sodium
- Bicarbonate (where relevant)



Urine Tests

- Urine routine examination
- Urine albumin-to-creatinine ratio (ACR)
- Protein assessment (where indicated)



Metabolic & Cardiovascular Factors

- Blood pressure
- Fasting glucose
- HbA1c
- Lipid profile
- Body weight
- Waist circumference

12 What Is the Most Important Lesson?



Instead of asking only:
“Is my creatinine normal?”



Ask:
“What does my overall kidney-health picture look like?”

That means looking at:

Filtration + Urine protein + Blood pressure + Diabetes control + Electrolytes + Trends over time



Key Takeaway

Kidney health cannot be summarized by one number.

A person may have normal or near-normal creatinine and still require further kidney assessment if other risk factors or abnormalities are present.

At Livine, we encourage patients to understand their reports — not fear them — because informed monitoring can help identify kidney risk earlier and guide more appropriate care.



What is eGFR?

The Kidney Number You Should Understand — Not Fear

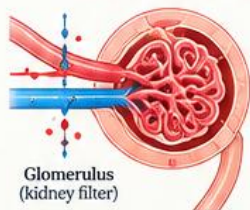
Many people see eGFR on a laboratory report but are not sure what it actually means. eGFR stands for estimated Glomerular Filtration Rate. It is an estimate of how effectively your kidneys are filtering waste from the blood.



Know
your number.
Know your trend.
Protect your
kidneys early.

1 What is eGFR?

An estimate of kidney filtration



Glomerulus
(kidney filter)

- eGFR estimates how well your kidneys are filtering waste from the blood.
- It is calculated using your serum creatinine, age and sex.
- It gives a more useful estimate of kidney function than creatinine alone.



In simple words:

"Creatinine is a laboratory value. eGFR helps translate that value into an estimate of kidney filtering capacity."

2 How is eGFR Calculated?

Most laboratories calculate eGFR automatically from 3 main factors:



Serum
creatinine



Age



Sex

The result is usually reported as:
mL/min/1.73 m²

You do not need to memorize the unit. The important part is understanding the number, its trend, and the rest of your kidney-health picture.

3 Why is eGFR Important?



Helps detect reduced kidney function earlier.



Guides assessment and monitoring.



Helps with medication dosing in many conditions.



Associated with cardiovascular risk.



Useful for tracking changes over time.

4 Understanding the eGFR Categories

G1 ≥ 90	G2 60 – 89	G3a 45 – 59	G3b 30 – 44	G4 15 – 29	G5 < 15
Normal or High Filtration	Mildly Reduced Filtration	Mild to Moderate Reduction	Moderate to Severe Reduction	Severe Reduction	Kidney Failure Range
- Kidney filtration is generally preserved. - An eGFR above 90 does not rule out kidney disease if there is other evidence of kidney damage.	- Can occur in healthy people, especially with increasing age. - By itself, it does not necessarily mean chronic kidney disease.	- Kidney function is reduced. - Needs closer assessment. - Evaluate urine albumin, blood pressure, diabetes control and other risk factors.	- Higher risk of complications. - Regular monitoring of electrolytes, anaemia, bone health, medications and nutrition. - Specialist involvement may be appropriate.	- Significantly impaired filtration. - Close medical supervision required. - Assess for complications, medication adjustment and future planning.	- Very severely reduced filtration. - Treatment decisions are not made from eGFR alone. - Symptoms, overall condition and specialist assessment are important.

5 One Low eGFR Does Not Automatically Mean Chronic Kidney Disease



Chronic kidney disease generally means kidney abnormalities that persist for at least 3 months.

eGFR can temporarily decrease due to:

- Dehydration
- Acute illness or infection
- Acute kidney injury
- Changes in circulation
- Certain medications
- High protein intake
- Other temporary physiological disturbances



A single abnormal eGFR is a signal to investigate — not necessarily a final diagnosis.

6 Look at the Trend, Not Just Today's Number



Patient A
(Stable)



- eGFR is stable over time.
- May be lower but not necessarily worsening.



Patient B
(Declining)



- eGFR is progressively declining.
- Requires closer evaluation and action.

The rate and direction of change matter. A trend over time is often more informative than one isolated result.

7 eGFR + Urine Albumin Gives a Better Picture

eGFR tells us about filtration. Urine albumin tells us about kidney damage and leakage through the filters.

Person A

eGFR: 75

No albumin in urine



Lower kidney risk

Person B

eGFR: 75

Albumin present in urine



Higher kidney risk

Two people with the same eGFR can have very different kidney risk. Both filtration and albuminuria matter.

8 When Can eGFR Be Less Accurate?



Very low muscle mass



Very high muscularity



Older age or frailty



Acute kidney injury



Certain severe illnesses



Amputation



Rapidly changing creatinine



Other clinical situations

In some cases, additional tests such as cystatin C may be used to clarify kidney function.

9 Your eGFR Checklist



- What is my current eGFR?
- What was it previously?
- Is it stable or declining?
- Is there albumin or protein in my urine?
- Is my blood pressure controlled?
- Is my diabetes controlled?
- Could any medication or recent illness be affecting the result?
- Do I require repeat testing or specialist assessment?

10 The Big Message



Don't treat eGFR as just a number on a laboratory report. Think of it as one piece of your health picture.

eGFR + Urine Albumin + Creatinine Trend + Blood Pressure + Diabetes Control + Electrolytes + Clinical Context = A much more meaningful picture.

At Livine, we encourage patients to understand their reports, because informed monitoring can help identify kidney risk earlier and guide more appropriate care.



Key Takeaway

"A falling eGFR deserves attention — but understanding why it is falling is what guides the right action."

8 PROTEIN IN URINE

Protein in Urine

The Kidney Warning Sign Many People Never Check

Healthy kidneys act like smart filters. They remove waste and excess fluid from the blood while keeping important proteins inside. When the kidney filters become damaged, small amounts of protein—especially albumin—can begin to leak into the urine, often before creatinine becomes abnormal.



Early Detection Today for Healthier Tomorrows

1 What is Protein in Urine?

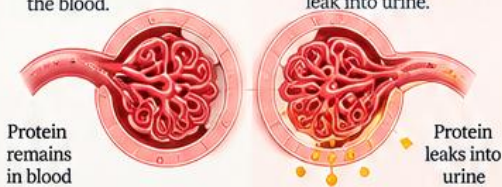
Albumin is a protein that normally remains in the blood. When it is detected in urine, it is called **albuminuria**, and it may indicate kidney filter damage.

Healthy Kidney Filter

Keeps proteins in the blood.

Damaged Kidney Filter

Allows protein to leak into urine.



2 Why Does Protein Leak Into the Urine?

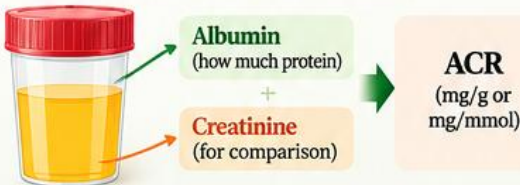
- Long-standing diabetes
- Uncontrolled high blood pressure
- Glomerular kidney diseases
- Autoimmune or inflammatory conditions
- Infections
- Certain medications
- Other kidney disorders

3 Why is Albuminuria Important?

- Can be an early marker of kidney damage, even when creatinine is normal.
- Associated with higher cardiovascular risk.
- Helps identify people at risk earlier so that timely action can be taken.
- Especially important in people with diabetes, high blood pressure, heart disease and other risk conditions.

4 The Best Screening Test: Urine ACR

Urine Albumin-to-Creatinine Ratio (ACR) compares the amount of albumin with creatinine in a urine sample. A simple spot urine test is usually sufficient.



5 Understanding ACR Categories

A1 Normal to Mildly Increased

- < 30 mg/g
- < 3 mg/mmol
- ✓ Generally normal or mildly increased.
- ✓ Continue monitoring as advised.

A2 Moderately Increased Albuminuria

- 30 – 300 mg/g
- 3 – 30 mg/mmol
- ✓ May indicate early kidney damage.
- ✓ Needs proper clinical evaluation and risk factor control.

A3 Severely Increased Albuminuria

- > 300 mg/g
- > 30 mg/mmol
- ✓ Significant protein leakage.
- ✓ Requires closer evaluation and management.

6 Temporary Causes of Increased Urine Protein

A single abnormal test does not always mean chronic kidney disease. Protein in urine can sometimes increase temporarily due to:

- Fever
- Vigorous exercise
- Acute illness
- Urinary infection
- Poorly controlled blood sugar
- Severe hypertension
- Dehydration
- Menstruation or sample contamination

! An abnormal result may need to be repeated and confirmed. Persistence over time matters.

7 Diabetes and Protein Leakage

High blood sugar over time can damage the kidney filters and increase albumin leakage—even before creatinine rises.

Kidney monitoring in diabetes should include:

- ✓ Serum creatinine
- ✓ eGFR
- ✓ Urine ACR
- ✓ Blood pressure
- ✓ HbA1c

8 High Blood Pressure and Protein Leakage

Persistently high blood pressure places stress on the kidney's small blood vessels, which can increase protein leakage. At the same time, kidney disease can make blood pressure harder to control.

9 Can Albuminuria Improve?

In many patients, albuminuria can decrease when the underlying causes are treated appropriately.

- ✓ Better blood pressure control
- ✓ Better diabetes management
- ✓ Weight and metabolic improvement
- ✓ Reduced excess sodium
- ✓ Appropriate medication
- ✓ Smoking cessation
- ✓ Regular monitoring
- ✓ Treatment of underlying cause

10 What Should You Do If Protein Is Found in Urine?



Do not panic—but do not ignore it.

Next steps may include:

- ✓ Repeat the urine test
- ✓ Check urine ACR
- ✓ Measure creatinine and eGFR
- ✓ Check blood pressure
- ✓ Review diabetes control
- ✓ Review medications
- ✓ Look for infection or other causes
- ✓ Assess whether specialist evaluation is needed

11 Albuminuria vs Proteinuria — Are They the Same?



Albuminuria

- Specifically refers to albumin in the urine.
- Most commonly measured in routine screening.



Proteinuria

- Refers to any abnormal amount of protein in the urine.
- Includes albumin and other proteins.

12 Key Takeaway

Protein in urine can be an early kidney warning sign—sometimes before creatinine clearly rises.



Check filtration.
Check urine protein.
Control the cause.
Protect the kidneys early.



At Livine, we encourage regular kidney screening for people with diabetes, high blood pressure and other risk factors—because early detection can make a real difference.

9 KIDNEY MYTHS VS FACTS

Kidney Myths vs Facts

What Your Kidneys Really Need — And What They Don't

Kidney health is surrounded by myths. It is important to know the facts so that you can make the right choices and protect your kidneys in a safe, practical and scientific way.



Facts today for healthier kidneys tomorrow

- | | | | |
|---|---|--|---|
| <p>1 MYTH</p> <p>✗ If my creatinine is normal, my kidneys are healthy.</p> <p>✓ FACT</p> <p>Not always. You may still have early kidney damage. Kidney health should be assessed using eGFR, urine albumin, blood pressure, diabetes control and trends over time.</p> | <p>2 MYTH</p> <p>✗ Kidney disease always causes pain.</p> <p>✓ FACT</p> <p>Chronic kidney disease is often painless, especially in early stages. Pain is more commonly due to kidney stones, infection or obstruction.</p> | <p>3 MYTH</p> <p>✗ The more water I drink, the healthier my kidneys become.</p> <p>✓ FACT</p> <p>Adequate hydration is important, but excessive water is not always better. Fluid needs depend on your kidney function, heart function, medications and overall health.</p> | <p>4 MYTH</p> <p>✗ Everyone with kidney disease should stop eating proteins.</p> <p>✓ FACT</p> <p>Protein requirements vary. Controlled protein intake may be advised in some patients, but unnecessary restriction can cause muscle loss and poor nutrition.</p> |
| <p>5 MYTH</p> <p>✗ All kidney patients must avoid bananas, tomatoes and potatoes.</p> <p>✓ FACT</p> <p>Not everyone needs potassium restriction. It depends on your blood potassium level, CKD stage, medications and overall condition.</p> | <p>6 MYTH</p> <p>✗ If food is healthy, it must be kidney-friendly.</p> <p>✓ FACT</p> <p>A food can be nutritious but still need adjustment in kidney disease if it is high in potassium, phosphorus, protein or sodium. Nutrition should be personalized.</p> | <p>7 MYTH</p> <p>✗ Herbal means safe for the kidneys.</p> <p>✓ FACT</p> <p>Natural does not automatically mean kidney-safe. Some herbal products may affect kidney function, interact with medicines or contain harmful substances. Always discuss with your healthcare professional.</p> | <p>8 MYTH</p> <p>✗ A kidney detox can clean or repair the kidneys.</p> <p>✓ FACT</p> <p>There is no proven short-term detox that can reverse chronic kidney damage. Kidney protection comes from controlling diabetes, blood pressure, sodium intake and using medicines safely.</p> |
| <p>9 MYTH</p> <p>✗ Only older people develop kidney disease.</p> <p>✓ FACT</p> <p>Kidney disease can affect people at any age due to diabetes, hypertension, autoimmune disease, genetic disorders, stones, infections or medication-related injury.</p> | <p>10 MYTH</p> <p>✗ Foamy urine always means kidney disease.</p> <p>✓ FACT</p> <p>Foamy urine may sometimes be associated with protein in the urine, but it is not diagnostic. It can also occur due to concentrated urine or other temporary reasons. If it persists, get a urine test done.</p> | <p>11 MYTH</p> <p>✗ If my urine output is normal, my kidneys are fine.</p> <p>✓ FACT</p> <p>A normal amount of urine does not guarantee normal kidney function. Kidney filtration can be reduced even when urine output is normal. Tests like creatinine, eGFR and urine albumin are more informative.</p> | <p>12 MYTH</p> <p>✗ Once kidney function declines, nothing can be done.</p> <p>✓ FACT</p> <p>In many cases, kidney function can be stabilized and progression slowed. Early action, good diabetes and blood pressure control, and appropriate treatment can make a meaningful difference.</p> |

✗ Common Kidney Misconceptions

- ✗ Extreme water intake is always good.
- ✗ Zero protein for all kidney patients.
- ✗ Avoid all fruits and vegetables.
- ✗ Detox drinks can clean the kidneys.
- ✗ All herbal products are safe.
- ✗ One abnormal number means kidney failure.
- ✗ No pain means no problem.
- ✗ Creatinine alone tells the full story.



✓ What Your Kidneys Really Need

- ✓ Appropriate blood pressure control.
- ✓ Good diabetes management.
- ✓ Personalized and balanced nutrition.
- ✓ Safe and informed use of medicines and supplements.
- ✓ Adequate (not excessive) hydration.
- ✓ Regular monitoring when at risk.
- ✓ Early medical evaluation when something changes.
- ✓ Guidance from a qualified healthcare professional.



Key Takeaway

"Kidney care should be personalized — not based on internet myths or one-size-fits-all rules."



Know the facts.
Know your numbers.
Avoid extremes.
Protect your kidneys intelligently.



10 LIVINE MONTHLY WELLNESS PLAN

7-Day Kidney Protection Routine

Simple Steps for Healthier Kidneys, Brighter Tomorrows

This is not a kidney cleanse or detox. This 7-day plan helps you build simple, practical habits that support blood pressure, blood sugar, hydration, medication safety, movement and overall kidney protection.



*Small
Changes
Today
Big Protection
Tomorrow*

1 Day 1

Know Your Numbers



Start with awareness. Understanding your current kidney-related numbers helps you make better decisions and track progress over time.

Today's Action

Write down your latest kidney-related numbers in one place.

- Blood pressure
- Blood sugar (if relevant)
- Serum creatinine
- eGFR
- Urine albumin / ACR (if advised)
- Current medicines and supplements

2 Day 2

Reduce the Hidden Salt



Excess sodium can increase blood pressure, fluid retention and kidney stress. Hidden salt is present in many packaged and restaurant foods.

Today's Action

Replace at least two high-sodium foods with fresh, home-prepared alternatives.

Common high-salt foods

- ✗ Pickles, papad, namkeen
- ✗ Packaged soups
- ✗ Sauces, instant foods
- ✗ Restaurant meals
- ✗ Processed snacks

✓ Use **natural flavour from:**

- ✓ Lemon, jeera, ginger
- ✓ Garlic, coriander, herbs
- ✓ Spices (where suitable)

3 Day 3

Hydrate Intelligently



Hydration is important, but more is not always better. Fluid needs depend on your health status, activity and medical conditions.

Today's Action

Avoid sugary beverages and maintain sensible hydration according to your health needs.

Follow your individual fluid plan, especially if you have fluid restriction.

Avoid sugary drinks.

Prefer water, herbal infusions (as advised) and homemade drinks.

Aim for appropriate hydration — not forced hydration.

4 Day 4

Move for Your Kidneys



Physical activity helps control blood pressure, blood sugar, weight and supports overall kidney and heart health.

Today's Action

Aim for a comfortable walk and reduce prolonged sitting.

30–45 minutes sitting → 2–5 minutes movement.

Add simple exercises if suitable:

- ✓ Chair squats
- ✓ Wall push-ups
- ✓ Calf raises
- ✓ Light resistance exercises.

Move a little more every day.

5 Day 5

Make Your Plate Kidney-Smart

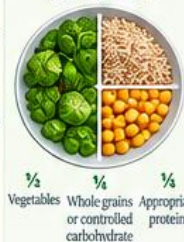


A balanced, whole-food diet can support kidney health and overall metabolism.

Today's Action

Make at least one meal from mostly minimally processed foods.

General plate framework (for most people)



Reduce:

- ✗ Ultra-processed foods
- ✗ Excess added salt
- ✗ Sugary beverages
- ✗ Frequent fried foods
- ✗ Oversized portions

Advanced kidney disease may require a personalized diet.

6 Day 6

Review Medicines & Supplements



Some medicines and supplements can affect kidney function. It is important to use them safely, especially if you have kidney risk factors or existing CKD.

Today's Action

Make a complete list of everything you take.

Include prescription medicines, OTC drugs, powders, herbs and supplements.

Avoid frequent use of painkillers like NSAIDs.

Discuss any herbal products with your clinician.

Do not stop prescribed medicines on your own.

Kidney safety means informed use — not medication fear.

7 Day 7

Protect the Whole Metabolic System



Kidney health is closely linked with diabetes, blood pressure, weight, heart health, sleep, stress and overall lifestyle.

Today's Action

Choose one habit you can continue for the next 30 days.

Better blood sugar control

Blood pressure management

Healthy weight

Good sleep

Stress management

Avoid smoking

Regular monitoring

Follow up with healthcare professional

Consistency today protects your kidneys tomorrow.

✓ Your Daily Kidney Protection Checklist

- ✓ Take medicines as prescribed
- ✓ Keep blood pressure under control
- ✓ Manage blood sugar
- ✓ Avoid unnecessary painkiller use
- ✓ Reduce excess sodium
- ✓ Stay physically active
- ✓ Maintain appropriate hydration
- ✓ Eat mostly whole foods
- ✓ Avoid smoking
- ✓ Sleep consistently

3 The 5 Habits That Matter Most

- 1 Control blood pressure**
High BP can damage kidney blood vessels.
- 2 Control diabetes**
Good glucose control reduces kidney risk.
- 3 Reduce excess sodium**
Supports blood pressure and fluid management.
- 4 Stay active**
Movement supports metabolic and heart health.
- 5 Monitor when at risk**
Creatinine, eGFR and urine albumin give valuable information over time.

✗ What This Plan Is NOT

- ✗ A juice cleanse
- ✗ A fasting protocol
- ✗ A herbal kidney detox
- ✗ A high-water challenge
- ✗ A zero-protein diet
- ✗ A substitute for medical treatment

Kidney protection is built through consistent, evidence-based habits — not extreme short-term interventions.

💡 Key Takeaway

*"You do not need a kidney detox.
You need a kidney-protection routine you can actually sustain."*

Know your risk. Protect your metabolism. Build better habits. Preserve kidney function for the future.

11 LIVINE KIDNEY-FRIENDLY INDIAN PLATE

There Is No Single 'Kidney Diet'

It's About the Right Food, in the Right Way, for Your Kidney Health.

Kidney nutrition is not the same for everyone. The right diet depends on your kidney function, potassium and phosphorus levels, blood pressure, diabetes status, medications and overall health. The goal is a balanced, personalized and sustainable eating pattern — not extreme restrictions.



*Good Food Today
Healthier Kidneys
Tomorrow*

The Livine Kidney-Friendly Indian Plate

A simple, balanced plate for many people with early kidney risk (who do not require special potassium, phosphorus, protein or fluid restriction).

1/2 Plate Vegetables

- Lauki
- Tinda
- Tori
- Cabbage
- Cauliflower
- Beans
- Capsicum
- Pumpkin
- Bhindi
- Carrot
- Cucumber
- Seasonal vegetables



1/4 Plate Appropriate Protein

- Moong
- Dal
- Chana
- Rajma
- Soy / Tofu
- Paneer (as advised)
- Curd (as advised)
- Sprouts

1/4 Plate Controlled Carbohydrate

- Whole wheat roti
- Jowar / Bajra / Ragi
- Oats
- Brown or hand-pounded rice
- Millets
- Other traditional grains

Key Points to Remember

- ✓ There is no one-size-fits-all kidney diet.
- ✓ Diet should be personalized as per kidney stage, laboratory results and overall health.
- ✓ Do not stop protein unless advised.
- ✓ Focus on fresh, home-cooked, minimally processed foods.
- ✓ Reduce excess sodium (salt).
- ✓ Manage potassium and phosphorus based on your reports.
- ✓ Maintain a healthy body weight.
- ✓ Combine diet with regular monitoring and medical care.



Reduce Excess Sodium

Too much sodium can increase blood pressure, cause fluid retention and harm your kidneys.

Common hidden sodium sources:



Use natural flavour from:



What About Potassium?

Potassium is essential, but in some people with reduced kidney function, it can accumulate.

- ✓ Not everyone needs strict potassium restriction.
- ✓ Depend on your blood potassium, kidney stage, medications and overall diet.
- ✓ Foods like bananas, tomatoes, potatoes, oranges may need adjustment in certain patients.



Treat the potassium result, not the internet list.

What About Phosphorus?

Phosphorus balance can become difficult as kidney function declines.

- ✓ Sources include dairy, nuts, seeds, cola beverages and processed foods.
- ✓ Not everyone with early CKD needs severe restriction.
- ✓ Reduce ultra-processed foods and phosphate additives.



Focus on fresh, minimally processed foods whenever possible.

What About Protein?

Protein is important for muscle, recovery, immunity and healthy aging.

- ✓ Too much protein may be inappropriate for some CKD patients.
- ✓ Too little protein can lead to muscle loss, weakness and poor nutrition.
- ✓ Protein intake should be individualized based on kidney stage, age, weight and overall health.



The goal is the right protein, for the right patient.

What About Water?

Hydration is important, but more is not always better.

- ✓ Fluid needs depend on weather, activity, kidney function, heart function, medications and urine output.
- ✓ Some patients (advanced CKD, heart failure, low urine output) may require fluid restriction.



Aim for appropriate hydration, not forced hydration.

Sample 1-Day Kidney-Friendly Meal Plan

Breakfast



- Moong chilla with vegetable filling
- Curd (if appropriate)
- or Vegetable poha with controlled salt

Lunch



- 2 small rotis
- Mixed vegetable sabzi
- Appropriate portion of dal
- Salad (if suitable)
- Curd (if permitted)

Evening



- Fresh fruit (as per potassium advice) or
- Unsalted roasted chana / makhana (if suitable)

Dinner



- Vegetable-rich khichdi with appropriate protein and grain portion or
- Roti + vegetable + controlled protein portion

Smart Swaps for Kidney Health

- Instead of pickle with every meal → Use lemon, herbs, fresh chutney, spices
- Instead of packaged namkeen → Try unsalted roasted snacks
- Instead of sugary drinks → Choose water or unsweetened beverages
- Instead of oversized rice portion → Smaller grain portion + more vegetables + appropriate protein
- Instead of frequent restaurant food → Prefer home-cooked meals with controlled sodium

Special Notes



Diabetes + Kidney Disease

- Control blood sugar
- Protect kidney function
- Avoid excess sodium
- Maintain muscle
- Prevent undernutrition



Dialysis Patients

- Different protein, fluid, sodium, potassium and phosphorus needs
- Diet should be planned with your nephrologist and renal nutrition professional



There Is No Quick Fix

- This is not a juice cleanse
- Not a fasting protocol
- Not a herbal kidney detox
- Not a zero-protein diet
- Not a substitute for medical treatment



Your Kidney Nutrition Checklist

- ✓ Eat mostly fresh, home-cooked foods
- ✓ Reduce excess salt
- ✓ Choose appropriate protein
- ✓ Include vegetables as advised
- ✓ Control portion sizes
- ✓ Manage blood sugar and blood pressure
- ✓ Avoid unnecessary supplements
- ✓ Stay well hydrated (as per your condition)
- ✓ Monitor potassium and phosphorus (if needed)
- ✓ Get regular kidney check-ups



Key Takeaway

"The best kidney diet is the one matched to your kidney function, laboratory results, medications, nutritional needs and overall health."

Personalize the plate. Protect the kidneys. Preserve muscle. Control metabolic risk. Avoid unnecessary restrictions.

12 SALT & KIDNEY HEALTH

The Hidden Sodium in the Indian Diet

Small Changes Today, Healthier Kidneys Tomorrow

Too much sodium can raise blood pressure, cause fluid retention and put extra strain on the kidneys, especially in people with hypertension, kidney disease, heart disease or swelling. Sodium does not come only from the salt shaker — a large amount comes from packaged foods, restaurant meals, condiments, snacks and everyday Indian foods.



*Less Salt Today
Healthier Kidneys Tomorrow*



Why Excess Sodium Matters

The kidneys help regulate sodium and fluid balance. High sodium intake can lead to:



Higher blood pressure



Fluid retention and swelling



Greater strain on the heart



Additional stress on kidneys



Increased thirst



Weight gain due to fluid



Breathlessness in susceptible people



Difficulty controlling fluid balance



Salt vs Sodium – Are They the Same?

Salt is mainly sodium chloride.



Sodium is the part that matters for blood pressure and fluid balance.

Food labels usually mention sodium, not salt. A product may contribute significant sodium even if it does not taste very salty.



How Much Is Too Much?

For many adults, guidelines recommend keeping sodium intake relatively low, especially in people with hypertension, kidney disease or heart disease. The exact target should be individualized based on your kidney function, blood pressure and overall health.



The goal is not to eliminate sodium completely. The goal is to **avoid excess**.

The Biggest Hidden Sodium Sources

1 Pickles



Traditional pickles contain large amounts of salt for preservation. Even a small portion can add significant sodium.

2 Papad



Papad often contains substantial sodium even before roasting or frying.

3 Namkeen & Farsan



Sev, gathiya, bhujia, chivda and salted mixtures are high in sodium, refined carbohydrates and fat.

4 Packaged Soups & Instant Foods



Instant soups, noodles, ready mixes and packaged gravies can contain large amounts of sodium, even foods labeled as "healthy".

5 Sauces & Condiments



Ketchup, soy sauce, chilli sauce, Schezwan sauce, ready-made chutneys and salad dressings often contain high sodium.

6 Restaurant & Takeaway Food



Restaurant food, street food and fast food are usually prepared with more salt than home-cooked food.

7 Bakery & Packaged Foods



Bread, biscuits, crackers, khari, toast and many packaged foods can contain significant sodium even if they do not taste very salty.



How to Reduce Sodium Without Making Food Tasteless

Use natural flavour from:



When salt is reduced gradually, taste buds often adapt over time.



Smart Indian Swaps

Instead of:



Pickle with every meal



Papad daily



Packaged namkeen



Instant soup



Commercial sauces



Restaurant food several times a week

Try:



Lemon, herbs or fresh low-salt chutney



Fresh salad or roasted vegetables



Unsalted roasted chana or makhana



Homemade vegetable soup with controlled salt



Fresh herbs, lemon, ginger, garlic or homemade dips



Home-cooked meals with controlled sodium



Read the Food Label

Nutrition Facts (Example)	
Serving Size 1 packet (30g)	
Servings Per Pack 2	
Energy	150 kcal
Protein	3 g
Total Fat	6 g
Carbohydrate	20 g
Sodium	520 mg

- 1 Is sodium listed high on the label?
- 2 How many servings will I actually eat?
- 3 Is there a less processed alternative?

"Not very salty" does not always mean "low sodium."



What About Special Salts?



Pink salt, rock salt, sea salt, black salt and other specialty salts still contain significant sodium. Changing the type of salt does not automatically solve the sodium problem.

Less salt matters more than fancy salt.



What About Salt Substitutes?



Some salt substitutes contain potassium chloride instead of sodium chloride. This may be useful for certain people, but can be risky in patients with kidney disease, high potassium or certain heart conditions.

Potassium-based salt substitutes should not be used blindly.



Signs You May Be Taking Too Much Sodium

- Rising blood pressure
- Swelling in feet or ankles
- Puffy face
- Sudden weight increase
- Increased thirst
- Breathlessness (in some people)



Key Takeaway

- "The biggest source of sodium may not be the salt you add — it may be the food you buy."**
- Read the label.
 - Reduce hidden sodium.
 - Cook fresh more often.
 - Protect your blood pressure.
 - Protect your kidneys.



13 HYDRATION SPECIAL

How Much Water Do Your Kidneys Really Need?

Hydrate Intelligently, Not Excessively

Water is essential for health, but when it comes to kidney health, the right amount varies for every person. The goal is **appropriate hydration** — not forced hydration — based on your health condition, activity, climate and kidney function.



Right Hydration Today Healthier Kidneys Tomorrow



Why Water Matters

Water supports many essential functions in the body and helps your kidneys work effectively.



Blood circulation



Temperature regulation



Digestion



Transport of nutrients



Waste removal



Urine production



Fluid & electrolyte balance



Supports overall health



More Water Is Not Always Better

The kidneys do not need to be “washed” with excessive water. Drinking too much water can even be harmful in some situations.

- ✗ Low sodium levels
- ✗ Bloating and nausea
- ✗ Headache and confusion
- ✗ Fluid overload (in susceptible people)

Good hydration means the **right amount** — not the **maximum amount**.



What Determines Your Fluid Need?

Your individual fluid requirement depends on many factors.

- | | |
|---|-------------------------------|
| ☀️ Climate and temperature | 👶 Pregnancy |
| 🏃 Physical activity | 🔴 Kidney function |
| 👤 Body size and diet | ❤️ Heart function |
| 🤒 Fever or illness (vomiting / diarrhoea) | 💊 Medications |
| 👶 Pregnancy | 🚽 Urine output |
| | 👉 Swelling or fluid retention |



Can Urine Color Tell You?



Pale yellow
Usually adequate hydration



Yellow
Generally normal



Dark yellow
May suggest more concentrated urine



Amber
May indicate low fluid intake



Dark
Seek medical advice if persistent

Urine color is a rough guide and can be affected by vitamins, medicines, foods and other medical conditions.



Is 8 Glasses a Day a Rule?

There is **no fixed number** that suits everyone. Fluid needs vary widely. Also remember, fluid comes from more than plain water.



Water



Milk



Soups



Fruits & vegetables



Curd



Other beverages



What Should You Drink?

For most people, good everyday choices include:



Plain water



Lemon water
(without excess sugar or salt)



Herbal teas
(where suitable)



Homemade soups
(within sodium and fluid needs)



Drinks to Limit

These can add sugar, excess sodium or calories and may affect blood sugar, weight and kidney health.



Soft drinks



Packaged juices



Energy drinks



Sweetened tea and coffee



What About Coconut Water?



- ✓ Contains higher potassium.
- ✓ May be suitable for people with normal kidney function.
- ✓ May not be appropriate in chronic potassium, advanced CKD or certain medications.

Healthy for one person does not mean suitable for every kidney patient.



What About Lemon Water?



- ✓ Can be a refreshing option for many people.
- ✓ It is not a kidney detox.
- ✓ May be helpful in some stone-forming patients (due to citrate).
- ✓ Should be taken according to individual advice.



What About Herbal Drinks?



Some herbs may affect kidney function, interact with medicines, alter potassium or contain contaminants.

Avoid unsupervised herbal “detox” drinks, especially if you have kidney disease.



Hydration & Kidney Stones



- ✓ Adequate fluid intake can help prevent many types of kidney stones.
- ✓ The exact amount and type of fluid depends on stone type, urine analysis and other factors.
- ✓ Stone prevention is more than just drinking water and should be individualized.



Signs You May Need More Fluid



- ✓ Thirst
- ✓ Dry mouth
- ✓ Dark concentrated urine
- ✓ Reduced urination
- ✓ Dizziness
- ✓ Headache
- ✓ Fatigue



Signs You May Be Retaining Too Much Fluid



- ✓ Swelling of feet or ankles
- ✓ Puffy face
- ✓ Sudden weight gain
- ✓ Breathlessness
- ✓ Difficulty lying flat
- ✓ Rising blood pressure



A Practical Hydration Routine

For people who do not have a fluid restriction:



Morning
Start with a normal glass of water according to thirst.



Through the day
Drink regularly rather than forcing large amounts at once.



During exercise
Replace fluids according to sweat and activity.



With meals
Drink according to thirst rather than routinely overloading.



Evening
Avoid drinking very large amounts immediately before bed if it disrupts sleep or has not been advised.



Hydration Rules to Remember

- 1 Drink according to your needs — not social media targets.
- 2 More is not automatically better.
- 3 Consider all fluids, not just plain water.
- 4 Kidney and heart disease may change your fluid requirement.
- 5 Hydration should support health, not become an extreme challenge.



The Big Myth

“Everyone should drink 3–4 litres of water every day.”



Reality

There is no universal fluid prescription. The right amount depends on the individual.



Key Takeaway

“Your kidneys need appropriate hydration — not forced hydration.”



Hydrate intelligently. Avoid extremes. Listen to your body. Know when fluid needs must be individualized.



14 PROTEIN & KIDNEY HEALTH

Is Protein Good or Bad for the Kidneys?

The Right Protein, in the Right Amount, for the Right Person

Protein is essential for muscle, immunity and overall health. But in kidney disease, the amount, source and timing may need to be individualized. The goal is not "high protein" or "low protein" — it is the right protein for the right person.



Smart Protein Today Stronger Kidneys Tomorrow



Why Protein Matters

Protein helps your body with:



Maintains muscle



Supports immunity



Repair and recovery



Hormone and enzyme production



Healthy aging



Strength and mobility



Better recovery from illness



Good overall nutrition



Why Kidney Disease Changes the Conversation



When protein is digested, waste products are formed. The kidneys help remove these from the blood.

In reduced kidney function, very high protein intake may increase the metabolic workload and may not be appropriate. However, too little protein can also lead to muscle loss and poor nutrition.

The goal is to protect the kidneys without sacrificing muscle and overall health.



Different Patients, Different Needs

Protein requirements can vary based on:



CKD stage



Dialysis status



Age



Body weight and muscle mass



Nutritional status



Physical activity



Diabetes status



Appetite



Weight-loss goals



Other medical conditions



Laboratory results (potassium, phosphorus etc.)

There is no single protein amount that suits every kidney patient.



Non-Dialysis CKD



In many people with moderate or advanced CKD (not on dialysis), protein intake may need to be controlled rather than excessive. This may help reduce metabolic burden while still preserving muscle and nutritional status.



Dialysis Patients



Dialysis can remove amino acids and protein-related compounds from the body. Therefore, many dialysis patients need more protein than non-dialysis CKD patients.

Dialysis and non-dialysis kidney disease are not nutritionally the same.



What About High-Protein Diets?



- ✓ May be suitable for some people with normal kidney function.
- ✗ May not be appropriate for people with reduced eGFR, albuminuria or known CKD.
- ✗ Avoid blindly following bodybuilding or high-protein weight-loss plans if you have kidney disease.



Protein Sources for Kidney Patients

Protein can come from many foods. The right choice depends on your kidney function, potassium, phosphorus and overall diet.

Vegetarian Sources



Animal Sources (if part of your diet)



Protein Quality Matters

Different protein sources also bring other nutrients such as potassium, phosphorus, sodium and calories.

- ✓ Prefer minimally processed foods.
- ✓ Combine with vegetables and whole grains where suitable.
- ✓ Choose sources based on your lab reports and overall health.
- ✓ Both plant and animal proteins can be part of a kidney-friendly diet.



What About Protein Powders?



- ✗ May contain very high protein loads.
- ✗ Can have added sodium, potassium or phosphorus.
- ✗ May include herbal ingredients, creatine or performance supplements.
- ✗ Not all products are suitable for kidney patients.
- ✗ Always review with your clinician before regular use.



Common Protein Mistakes

- 1 Stopping dal and legumes completely without medical reason.
- 2 Following a very high-protein diet despite reduced kidney function.
- 3 Using protein powders without checking ingredients.
- 4 Ignoring muscle loss in advanced disease.
- 5 Using the same protein advice for dialysis and non-dialysis patients.
- 6 Focusing only on grams of protein and ignoring sodium, potassium, phosphorus and calories.



A Better Protein Strategy

- 1 Appropriate quantity — neither excessive nor severely restricted.
- 2 Good-quality food sources — mostly minimally processed.
- 3 Distribute protein through the day.
- 4 Include physical activity to preserve muscle (where suitable).
- 5 Regular monitoring and adjustment as kidney function and lab results change.



Special Considerations

Diabetes + CKD

- Balance blood sugar control, kidney protection, muscle preservation and weight management.
- Avoid very restrictive diets.
- Work with a clinician for an individualized plan.

Older Adults

- Higher risk of muscle loss and frailty.
- Adequate protein is important, with proper individualization.



The Protein Rule to Remember

"The right amount of protein depends on your kidney function, dialysis status, body composition, nutritional status and treatment goals."



Key Takeaway

- ✓ Protein is neither the enemy nor the cure.
- ✓ Choose the right amount for your condition.
- ✓ Protect your kidneys and preserve your muscles.
- ✓ Personalize your diet with professional guidance.



LIVINE Message

**Protect the kidneys.
Preserve the muscles.
Choose protein intelligently.
Personalize the amount.**



15 MEDICATION SAFETY CORNER

Medicines Your Kidneys Want You to Respect

Medicines save lives, but when kidney function is reduced, some medicines need special care, dose adjustment, monitoring or avoidance. The goal is not to fear medicines, but to use them safely, properly and with awareness of kidney function.



*Right
Medicines
Today
Healthier
Kidneys
Tomorrow*



Why Kidney Function Matters for Medicines?

- ✓ The kidneys help remove many medicines and their breakdown products from the body.
- ✓ When kidney function falls:
 - ✓ Medicines may stay longer in the body
 - ✓ Drug levels can rise
 - ✓ Side effects may be more likely
 - ✓ Doses may need adjustment
 - ✓ Some medicines may become unsafe
 - ✓ Monitoring may be needed more often

1

Painkillers – Use With Caution

NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) can reduce blood flow to the kidneys, especially when used frequently or for long periods.



Risk is higher in people with kidney disease, diabetes, older age, dehydration, heart failure or those on certain blood pressure medicines or diuretics.

Avoid repeated or unsupervised use.

2

The “Triple Whammy” Risk

Combining certain medicines can increase the risk of acute kidney injury, especially during dehydration or acute illness.



These medicines are often very useful, but the combination may be risky in certain situations. Always take them under medical guidance.

3

Antibiotics & Kidney Safety

Many antibiotics are safe when used correctly, but some need dose adjustment or monitoring.



- ✓ Use the right antibiotic for the right infection
- ✓ At the right dose and duration
- ✓ Avoid self-medication or leftover antibiotics

4

Contrast Dye – Should You Be Worried?

Contrast agents used in CT scans, angiography and certain procedures are often safe, but may need extra care in people with reduced kidney



- ✓ Your doctor will assess creatinine/eGFR, hydration and overall risk.
- ✓ Do not avoid an important scan just because of kidney disease.
- ✓ The risk and benefit should be evaluated properly.

5

Diabetes Medicines – Some Actually Protect the Kidneys

Some modern diabetes medicines can help protect the kidneys in appropriate patients.

- ✓ SGLT2 inhibitors (e.g. empagliflozin, dapagliflozin)
- ✓ GLP-1 receptor agonists (e.g. semaglutide, liraglutide)
- ✓ Other diabetes medicines may require dose adjustment.



Kidney disease does not mean stopping diabetes medicines – it means choosing and dosing them intelligently.

6

Blood Pressure Medicines Can Be Kidney-Protective

ACE inhibitors and ARBs help control blood pressure, reduce urine albumin and protect kidney function.



- ✓ May slightly change creatinine or potassium.
- ✓ Still very beneficial in many patients.
- ✓ Require regular monitoring.

Do not stop them on your own.

7

Diuretics – Helpful, But Need Monitoring

Diuretics help remove excess sodium and fluid. They are used in hypertension, swelling, heart failure and kidney disease.



- ✓ Can affect sodium, potassium and blood pressure.
- ✓ Dose may need adjustment depending on fluid status.
- ✓ Regular monitoring is important.

8

Herbal & Ayurvedic Products – Natural Does Not Mean Risk-Free

Some herbal products can be useful, but they may also cause kidney harm, interact with medicines or contain heavy metals.



- ✗ May contain heavy metals or unknown ingredients
- ✗ Can affect kidney function
- ✗ May alter potassium level
- ✗ Can interact with medicines
- ✗ Avoid unlabelled “kidney detox” powders or imported products of uncertain composition.

9

Supplements Can Also Affect the Kidneys

Supplements are often forgotten, but they can also influence kidney health.



- ✓ Protein powders
- ✓ Creatine
- ✓ High-dose Vitamin C
- ✓ Potassium or magnesium supplements
- ✓ Electrolyte powders
- ✓ High-dose Vitamin D
- ✓ Bodybuilding supplements

Tell your clinician about everything you take – not just prescription drugs.

10

Over-the-Counter (OTC) Does Not Mean Harmless

Many OTC products can affect blood pressure, potassium, sodium or kidney blood flow.



Always check if an OTC product is suitable for you, especially if you have kidney disease.

11

Sick Day Medication Safety

During vomiting, diarrhoea, fever, poor oral intake or dehydration, some medicines may need temporary review.



- ✓ Dehydration can change kidney blood flow.
- ✓ Do not stop medicines on your own.
- ✓ Seek medical guidance for adjustments.

12

Medicines That Help Protect Kidneys

- ✓ Blood pressure control
- ✓ Reduced urine albumin
- ✓ Better diabetes control
- ✓ Cardiovascular protection
- ✓ Slower progression of kidney disease



The right medication can be one of the most powerful tools for kidney protection.

Common Medication Mistakes

- ✗ Taking painkillers repeatedly
- ✗ Stopping prescribed kidney-protective medicines
- ✗ Not telling doctors about supplements
- ✗ Using old antibiotics
- ✗ Continuing old doses despite changed kidney function
- ✗ Assuming “natural” automatically means safe



Your Kidney-Safe Medication Checklist

- ✓ What is my latest eGFR?
- ✓ Does this medicine need dose adjustment?
- ✓ Could it affect potassium?
- ✓ Could it affect blood pressure or hydration?
- ✓ Does it interact with my other medicines?
- ✓ Do I need repeat blood tests?
- ✓ Have I informed my doctor about supplements?
- ✓ Should I change anything during acute illness?



When to Seek Medical Advice Promptly

- ✗ Markedly reduced urine output
- ✗ Severe vomiting or dehydration
- ✗ Significant swelling
- ✗ Breathlessness
- ✗ Confusion
- ✗ Severe weakness
- ✗ New palpitations
- ✗ Rapidly worsening kidney tests
- ✗ Significant potassium abnormalities



Key Takeaway

“Medicines can either protect the kidneys or harm them – depending on the drug, dose, patient, timing and monitoring.”



LIVINE Message

Know your medicines. Know your eGFR. Avoid unnecessary self-medication. Review supplements. Monitor when needed. Protect your kidneys safely.

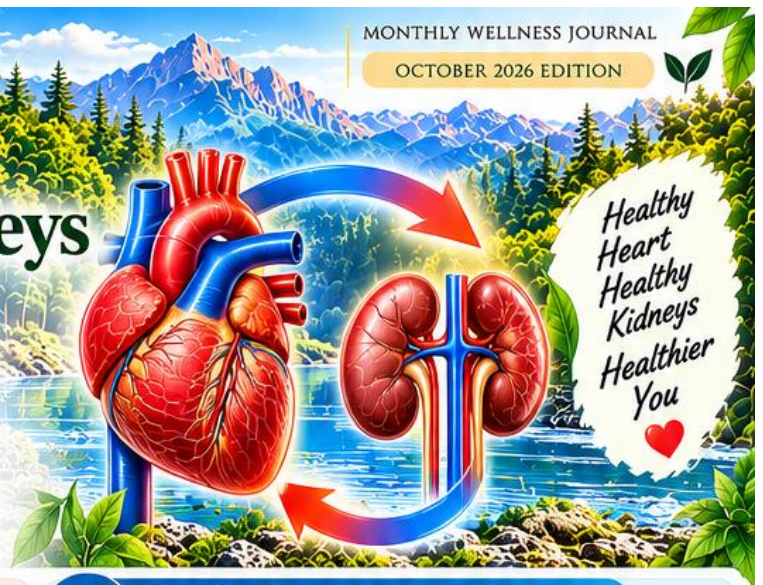


16 HEART - KIDNEY CONNECTION

Your Heart and Kidneys Are a Team

When one struggles, the other is affected. Protecting your kidneys also means protecting your heart.

The heart pumps blood to the kidneys. The kidneys regulate fluid, sodium, blood pressure, hormones and waste removal. They work together every day to keep you healthy.

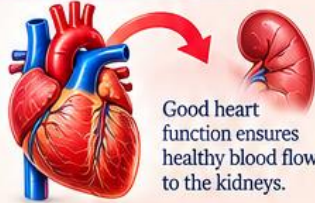


*Healthy Heart
Healthy Kidneys
Healthier You*



How the Heart Supports the Kidneys

- ✓ Pumps blood to the kidneys
- ✓ Provides oxygen and nutrients
- ✓ Maintains adequate blood flow for kidney filtration



Good heart function ensures healthy blood flow to the kidneys.



How the Kidneys Support the Heart

- ✓ Regulate fluid and sodium balance
- ✓ Help control blood pressure
- ✓ Maintain proper electrolyte levels (including potassium)
- ✓ Release hormones that support heart health



Healthy kidneys help reduce the workload on the heart.



The Heart-Kidney Cycle

A problem in one organ can trigger a cycle that affects the other.



This cycle, known as the **cardiorenal relationship**, is common in many patients with heart and kidney disease.



High Blood Pressure: A Common Link

- ✓ Can damage kidney blood vessels
- ✓ Accelerates loss of kidney function
- ✓ Increases risk of heart attack and stroke
- ✓ Increases workload on the heart
- ✓ Kidney disease can also make BP harder to control



Good blood-pressure control is one of the most important tools to protect both your heart and kidneys.



Diabetes and the Heart-Kidney Connection

- ✓ Diabetes can affect kidneys, heart, blood vessels and metabolism.
- ✓ People with diabetes and kidney disease often have higher cardiovascular risk.
- ✓ Regular screening is important:



- HbA1c
- Blood pressure
- Lipid profile
- Creatinine & eGFR
- Urine albumin (ACR)
- Weight and symptoms



Fluid Retention: When Both Matter

Swelling is not always just a kidney problem or a heart problem — it can involve both.

- ✓ Swollen feet or ankles
- ✓ Puffy face
- ✓ Rapid weight gain
- ✓ Breathlessness
- ✓ Difficulty lying flat



Persistent or sudden swelling deserves medical evaluation.



Potassium: A Shared Concern

The kidneys help control potassium. When kidney function declines, potassium may rise, which can affect the heart's electrical activity and cause dangerous heart rhythm disturbances.



Monitor potassium levels when clinically indicated, especially when on certain medications.



Medicines That Protect Both Heart and Kidneys

Some modern medicines can provide cardiovascular and kidney protection in appropriate patients:

- ✓ ACE inhibitors
- ✓ ARBs
- ✓ SGLT2 inhibitors
- ✓ Certain mineralocorticoid receptor antagonists
- ✓ Other cardiovascular and diabetes medicines



These medicines may help control blood pressure, reduce urine albumin, slow kidney disease progression and lower cardiovascular risk — depending on your individual condition.



Lifestyle Supports Both Systems

- ✓ Follow a kidney-friendly and heart-healthy diet
- ✓ Reduce excess salt and processed foods
- ✓ Control blood sugar and cholesterol
- ✓ Stay physically active (walking, yoga, light strength training)
- ✓ Maintain a healthy weight
- ✓ Avoid smoking and excessive alcohol
- ✓ Manage stress and sleep well



Small, consistent lifestyle steps can make a big difference for your heart and kidneys.



Warning Signs That Need Attention

- ✓ New or worsening breathlessness
- ✓ Rapidly increasing swelling
- ✓ Chest pain
- ✓ Severe weakness
- ✓ Palpitations
- ✓ Markedly reduced urine output
- ✓ Very high or very low blood pressure
- ✓ Significant potassium abnormalities



Seek medical evaluation promptly if you notice any of these symptoms.



Your Heart-Kidney Protection Checklist

- ✓ Blood pressure
- ✓ Blood sugar / HbA1c
- ✓ Creatinine and eGFR
- ✓ Urine albumin (ACR)
- ✓ Potassium (when indicated)
- ✓ Lipid profile
- ✓ Weight and swelling
- ✓ Medication safety
- ✓ Physical activity
- ✓ Smoking status



Key Takeaway

Your heart and kidneys work together every day. Protecting one often helps protect the other.



LIVINE Message

Control blood pressure. Manage diabetes. Monitor kidney function. Protect cardiovascular health. Treat the heart and kidneys as one connected system.

17 FITNESS & MOVEMENT

Movement Protects More Than Your Muscles

Regular physical activity helps control blood pressure, blood sugar, weight and cardiovascular health — all of which support long-term kidney health.

Strong muscles, better circulation and better metabolic control can all support healthy kidneys.

*Move Today
Healthier Kidneys Tomorrow*

Why Movement Matters for Kidney Health?

- ✓ Helps control blood pressure
- ✓ Improves blood sugar control
- ✓ Supports healthy body weight
- ✓ Reduces cardiovascular risk
- ✓ Maintains muscle mass
- ✓ Improves stamina and mobility
- ✓ Enhances insulin sensitivity
- ✓ Reduces prolonged sitting
- ✓ Supports better sleep and stress control



1 Walking – The Simplest Place to Start

- ✓ Improves glucose control
- ✓ Supports blood pressure
- ✓ Boosts circulation
- ✓ Helps weight management
- ✓ Easy and practical for most people

Try this:
10–15 minutes of walking after meals can help reduce post-meal blood sugar.



2 Strength Training – Protect Your Muscle

- ✓ Maintains muscle mass
- ✓ Improves insulin sensitivity
- ✓ Supports balance and mobility
- ✓ Helps healthy aging
- ✓ Builds strength and independence

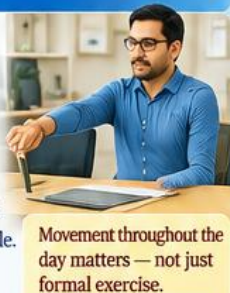
Simple exercises:



3 Reduce Long Periods of Sitting

Even if you exercise daily, sitting for long hours can harm metabolic health.

- ✓ Stand up and move every 30–60 minutes.
- ✓ Walk around the room.
- ✓ Stretch or do light activity.
- ✓ Climb a few stairs if possible.



4 Yoga & Mobility

- ✓ Improves flexibility
- ✓ Supports balance
- ✓ Reduces stress
- ✓ Enhances body awareness
- ✓ Gentle and safe movement

Simple practices:

- Tadasana
- Cat-cow movements
- Gentle spinal mobility
- Seated stretches
- Supported forward bends
- Relaxation practices (breath awareness)



5 Breathwork & Stress Regulation

Chronic stress can affect blood pressure, sleep, appetite and glucose control.

- ✓ Slow diaphragmatic breathing
- ✓ Gentle anulom-vilom
- ✓ Box breathing
- ✓ 5 minutes mindful breathing



Helps relaxation and overall metabolic balance. Avoid forceful breathing if it causes discomfort.

6 Exercise and Blood Pressure

Regular movement can help improve blood-pressure control, which is one of the most important tools for protecting your kidneys.

- ✓ Walking and aerobic activity
- ✓ Strength training
- ✓ Weight management
- ✓ Reduced sodium intake
- ✓ Better sleep



7 Exercise and Diabetes

Physical activity helps muscles use glucose better.

- ✓ Lowers post-meal glucose
- ✓ Improves insulin sensitivity
- ✓ Supports HbA1c reduction
- ✓ Helps weight control



Better diabetes control reduces the risk of kidney disease progression.

8 Exercise in Chronic Kidney Disease

People with CKD can often benefit from physical activity, but it should be individualized.

- ✓ Consider CKD stage
- ✓ Check blood pressure and anaemia
- ✓ Be mindful of heart disease
- ✓ Adjust intensity and type of exercise
- ✓ Focus on safe, gradual progression

Even with CKD, safe movement can improve strength, energy, and quality of life.

9 Exercise During Dialysis

Dialysis patients may have fatigue and muscle weakness. Appropriate exercise can help:

- ✓ Improve strength
- ✓ Enhance mobility
- ✓ Increase exercise capacity
- ✓ Better quality of life



Activity should be coordinated with the dialysis team.

A Simple Kidney-Friendly Movement Routine

Morning	After meals	During the day	2–3 times/week	Evening
5–10 mins mobility or stretching	10-minute gentle walk	Break sitting every 30–60 minutes	Simple strength exercises	Gentle walk, stretching or breathing practice

Adjust intensity to your fitness level and medical condition.

The Livine 5-Movement Formula

- 1 Walk Daily**
Build a regular walking habit.
- 2 Strengthen Twice or More Weekly**
Preserve muscle and function.
- 3 Break Sitting Frequently**
Do not remain sedentary for long periods.
- 4 Add Mobility**
Keep joints and muscles moving comfortably.
- 5 Recover Well**
Sleep, hydration and recovery matter too.

Common Movement Mistakes

- ✗ Doing nothing because you have kidney disease
- ✗ Starting intense exercise suddenly
- ✗ Ignoring muscle loss
- ✗ Sitting all day despite doing one workout
- ✗ Following a generic gym plan
- ✗ Forgetting recovery, sleep and hydration

Warning Signs – Stop and Seek Advice



Key Takeaway

Movement protects more than your muscles — it helps protect the metabolic and cardiovascular systems your kidneys depend on.

LIVINE Message

Walk more.
Sit less.
Build strength.
Move safely.
Protect your kidneys through better metabolic health.



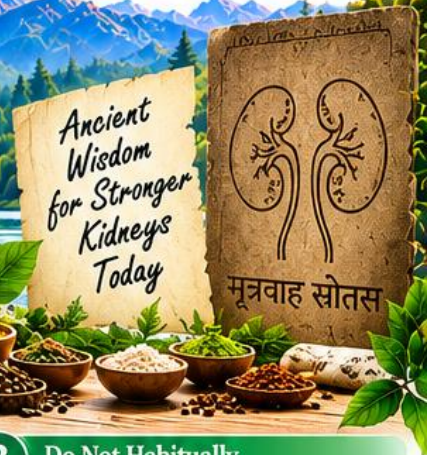
18 AYURVEDA & INDIAN WISDOM CORNER

Mutravaha Srotas & Kidney Wellness

Traditional Wisdom, Modern Clinical Perspective

Ayurveda offers valuable lifestyle wisdom for urinary health, fluid balance and overall wellbeing. When combined with modern diagnosis and monitoring, it can support better long-term kidney health.

Traditional wisdom can support daily habits —
but kidney disease still requires proper clinical assessment.



1 What is Mutravaha Srotas?

- ✓ In Ayurveda, Mutravaha Srotas is described as the system responsible for urine formation, passage and fluid balance.
- ✓ It relates to elimination and water regulation in the body.
- ✓ This is an Ayurvedic concept, not a direct equivalent of modern kidney anatomy.
- ✓ Modern kidney health is assessed through tests like creatinine, eGFR, urine albumin, electrolytes and imaging.



Both systems can complement each other without being identical.

2 Maintain Regular Daily Rhythms (Dinacharya)

- ☀ Wake and sleep at consistent times
- 🕒 Keep meals regular
- 🚶 Move daily
- 💊 Maintain medication timing
- 🛌 Prioritize good sleep
- 🌸 Manage stress



Your kidneys benefit when the rest of your metabolism follows a healthier rhythm.

3 Do Not Habitually Suppress Natural Urges

- ✓ Respond to normal urinary urges
- ✓ Do not force urination unnecessarily
- ✗ Do not habitually hold urine for long periods
- ✗ Seek medical advice for pain, urgency or recurrent infection



Urinary symptoms may arise from bladder, urinary tract, prostate, stones or infection — not always directly from kidney weakness.

4 Hydration Should Be Balanced, Not Extreme

- ✓ Drink according to your clinical needs
- ✓ Adjust for climate, activity and kidney function
- ✓ Do not follow extreme "drink more water" advice
- ✗ In some patients, fluid restriction may be required



More water is not always better. Follow individualized advice.

5 Support Digestion Without "Kidney Detox" Claims

- ✓ Eat fresh, home-cooked meals
- ✓ Avoid overeating
- ✓ Reduce ultra-processed foods
- ✓ Maintain regular bowel habits
- ✓ Eat mindfully



Better digestion and eating habits can support kidney health indirectly through weight, blood sugar and blood pressure.

6 Spices Can Add Flavor Without Excess Salt

- ✓ Use natural Indian spices like jeera, dhania, haldi, ginger, garlic, ajwain, curry leaves
- ✓ Enhance taste while reducing salt
- ✓ Support overall metabolic health



Spices are foods, not a substitute for kidney treatment.

7 Ayurveda Does Not Mean "More Herbs"

- ✓ Herbs can be valuable when used appropriately
- ✓ Suitability depends on CKD stage, potassium, medications and overall health
- ✗ Unsupervised herbal formulations can be unsafe
- ✗ May contain heavy metals, high minerals or unknown ingredients



The presence of kidney disease should make herbal prescribing more careful, not more aggressive.

8 Be Careful With "Kidney Cleansing" Remedies

- ✗ Avoid products claiming to "clean" or "flush" kidneys
- ✗ Be cautious of claims like creatinine reducer, dialysis alternative or stone dissolver
- ✗ Seek proper diagnosis and monitoring



Kidney disease requires medical assessment, not quick-fix detox remedies.

9 Food Before Formulations

- ✓ Focus on fresh, traditional Indian diet
- ✓ Control excess sodium
- ✓ Appropriate protein intake
- ✓ Suitable vegetables and fruits
- ✓ Portion control
- ✓ Good diabetes and BP management



Daily food and lifestyle habits are the foundation of kidney wellness.

10 Avoid Excessive Fasting in High-Risk Patients

- ✗ Aggressive fasting may be unsafe in CKD, diabetes or frail patients
- ✗ May cause dehydration, hypoglycaemia and muscle loss
- ✗ Can affect electrolytes and medications



Use individualized, medically appropriate meal timing rather than assuming fasting is therapeutic for everyone.

11 Gentle Yoga & Pranayama Can Support Wellness

- ✓ Improves flexibility, balance and breathing
- ✓ Helps manage stress
- ✓ Supports sleep and mobility
- ✓ Can assist blood pressure control as part of a broader plan



Practice gentle and suitable yoga and breathing techniques. Avoid forceful practices if they cause discomfort.

12 The Ayurvedic Idea of Balance Fits Kidney Prevention Well



- Avoid extremes such as:
- ✗ Excess salt or protein
 - ✗ Excess water or dehydration
 - ✗ Severe fasting
 - ✗ Unnecessary supplements
 - ✗ Sedentary living
 - ✗ Excessive self-medication

Balance, regularity, moderation and monitoring support long-term kidney health.

What Ayurveda Can Contribute

- ✓ Regular daily routine (Dinacharya)
- ✓ Mindful eating
- ✓ Seasonal awareness
- ✓ Traditional home cooking
- ✓ Use of culinary spices
- ✓ Gentle movement
- ✓ Stress management
- ✓ Sleep discipline
- ✓ Individualized approach

What Ayurveda Should Not Replace

- ✗ Falling eGFR
- ✗ Significant albuminuria
- ✗ High potassium
- ✗ Acute kidney injury
- ✗ Severe swelling
- ✗ Breathlessness
- ✗ Urinary obstruction
- ✗ Advanced CKD
- ✗ Dialysis indications

These situations require proper medical assessment.

Integrative Approach at Livine

- 📊 Modern diagnosis and monitoring
- 🛡️ Safety and medication review
- 🌿 Lifestyle and dietary guidance
- 🍵 Traditional wisdom (where suitable)
- 👤 Individualized care

Modern medicine tells us what is happening to kidney function. Ayurveda and lifestyle wisdom help us support the person as a whole

Key Takeaway

Traditional wisdom can support kidney wellness — but it should be integrated responsibly, not used as a substitute for diagnosis or nephrology care.



LIVINE Message

Respect tradition.
Use modern monitoring.
Avoid unsafe detox claims.
Personalize herbs and diet.
Protect the kidneys with evidence, balance and wisdom.



19 KIDNEY STONES – MINI SECTION

Kidney Stones: Can They Be Prevented?

Understand the causes. Make the right changes.
Reduce the risk of recurrence.

Kidney stones are common, painful and often recurrent.
The best prevention plan starts by understanding why the stone formed and what type of stone it is.

Stop
Stones
Before
They Stop
You

1 What Are Kidney Stones?

Kidney stones are hard deposits made from substances that become concentrated in the urine.

Common types:

-  Calcium oxalate (most common)
-  Calcium phosphate
-  Uric acid
-  Struvite (often infection-related)
-  Cystine (rare)



2 Why Do Stones Form?

Stones form when urine becomes favorable for crystal formation.

- ✓ Low urine volume
- ✓ High urinary calcium
- ✓ High urinary oxalate
- ✓ High uric acid
- ✓ Low urinary citrate
- ✓ High sodium intake
- ✓ Certain dietary patterns
- ✓ Obesity and metabolic syndrome
- ✓ Recurrent urinary infections
- ✓ Some medications
- ✓ Genetic conditions



Different stones form for different reasons, so prevention should be personalized.

3 Hydration Is Key

Adequate fluid intake helps dilute the urine and reduces the concentration of stone-forming substances.



Practical goal:

Maintain enough fluid intake to produce good urine volume throughout the day.

- ✓ Adjust amount to climate, activity and body size
- ✓ More water is not always better
- ✓ People with kidney or heart disease may need fluid restriction
- ✓ Follow individualized advice

4 Reduce Excess Sodium

High sodium intake can increase urinary calcium, raising the risk of stone formation.

Limit foods like:

- ✓ Pickles
- ✓ Papad
- ✓ Namkeen
- ✓ Farsan
- ✓ Packaged snacks
- ✓ Instant foods
- ✓ Restaurant meals
- ✓ Commercial sauces



Stone prevention may begin with reducing excess sodium –not just increasing water.

5 Do Not Automatically Stop Calcium

Many people wrongly avoid all calcium when they have a calcium stone.

- ✓ A calcium stone does not automatically mean a calcium-free diet.
- ✓ Very low dietary calcium can sometimes increase oxalate absorption.
- ✓ Normal dietary calcium intake with meals is often more appropriate.
- ✓ Calcium supplements may need individualized review.



6 What About Oxalate?

Oxalate is found naturally in many foods.

High-oxalate foods include:

- ✓ Spinach
- ✓ Beetroot
- ✓ Certain nuts
- ✓ Chocolate
- ✓ Tea
- ✓ Some seeds
- ✓ Certain leafy vegetables



Not every stone-former needs a severe low-oxalate diet. Advice depends on stone type, urine oxalate and overall diet.

7 Uric Acid Stones Need a Different Approach

Uric acid stones are different from calcium stones.

- ✓ Associated with high uric acid, acidic urine and metabolic syndrome
- ✓ Manage weight, diabetes and lifestyle
- ✓ Urine alkalization may be prescribed
- ✓ Dietary changes may help
- ✓ Medication in selected patients



8 Citrate Can Be Protective

Citrate in urine can help reduce stone formation by binding calcium and inhibiting crystals.

- ✓ Low urinary citrate can increase stone risk
- ✓ Lemon or citrus fruits may increase dietary citrate
- ✓ In some patients, citrate supplements may be prescribed



9 Recurrent Stones Need More Evaluation

If stones keep coming back, further testing may help.

- ✓ Stone analysis
- ✓ Serum calcium, uric acid and electrolytes
- ✓ 24-hour urine analysis
- ✓ Imaging where appropriate

24-Hour Urine Test May Assess:

- Urine volume
- Calcium
- Oxalate
- Citrate
- Uric acid
- Sodium
- pH



10 Metabolic Health Matters Too

Kidney stones can be part of a broader metabolic pattern.

- ✓ Obesity and insulin resistance
- ✓ Diabetes and high uric acid
- ✓ High blood pressure
- ✓ Poor diet quality
- ✓ Sedentary lifestyle



Managing weight, blood sugar and lifestyle can reduce stone risk.

11 Recurrent Urinary Infections & Stones

Some stones occur with recurrent infections.

- ✓ Symptoms: burning, frequency, fever, flank pain, foul-smelling urine
- ✓ Seek proper medical evaluation
- ✓ Persistent infection may increase stone-related complications



12 Be Careful With "Kidney Cleansing" Remedies

Many products are marketed as "stone breakers" or "stone dissolvers."

- ✗ Not all stones dissolve.
- ✗ Claims should be approached cautiously.
- ✗ Do not delay medical evaluation.
- ✗ Large stones, obstruction or infection require proper treatment.



When Is a Kidney Stone Urgent?

-  Severe flank pain
-  Fever or chills
-  Vomiting and dehydration
-  Reduced urine output
-  Blood in urine
-  Known single kidney
-  Pregnancy
-  Severe kidney disease

LIVINE Message

Know your stone type. Hydrate appropriately.
Reduce excess sodium. Protect metabolic health.
Investigate recurrent stones properly.

11 The Kidney Stone Prevention Formula

- ✓ Maintain appropriate hydration
- ✓ Reduce excess sodium
- ✓ Keep dietary calcium appropriate
- ✓ Avoid unnecessary extreme oxalate restriction
- ✓ Manage weight and metabolic health
- ✓ Understand your stone type
- ✓ Consider 24-hour urine testing in recurrent cases
- ✓ Treat infections properly
- ✓ Use medications when indicated
- ✓ Do not depend on "stone-dissolving" myths

Key Takeaway

Kidney stones are not one disease.
The best prevention strategy depends on what the stone is made of and why it formed.

20 RED FLAGS

When Kidney Symptoms Should Never Be Ignored

Early action can prevent complications and protect your kidney health.

Kidney disease can often remain silent in its early stages. But some symptoms can indicate a serious problem that needs prompt medical assessment rather than home remedies, dietary experiments or waiting for the next appointment.



1 Markedly Reduced Urine Output

- ✓ Very little urine is being passed
- ✓ Sudden fall in urine output
- ✓ Unable to pass urine
- ✓ May indicate acute kidney injury, obstruction, severe dehydration or serious illness



Seek urgent medical care if urine output is significantly reduced or absent.

2 Blood in the Urine

- ✓ Pink, red or cola-coloured urine
- ✓ May be visible or only on tests
- ✓ Possible causes: stones, infection, inflammation or other urinary tract conditions



Visible or persistent blood in urine should not be ignored — even if there is no pain.

3 New or Rapidly Increasing Swelling

- ✓ Swollen feet, ankles, legs
- ✓ Puffiness around eyes or face
- ✓ Sudden weight gain
- ✓ May indicate fluid retention due to kidney, heart or other medical conditions



Seek medical evaluation if swelling is new, rapidly worsening or accompanied by breathlessness.

4 Breathlessness

- ✓ Sudden shortness of breath
- ✓ Difficulty lying flat
- ✓ Chest tightness
- ✓ May be due to fluid overload, anaemia, heart involvement or other serious causes



Seek prompt medical care — do not manage breathlessness at home.

5 Severe Vomiting or Dehydration

- ✓ Persistent vomiting or diarrhoea
- ✓ Unable to keep fluids down
- ✓ Dizziness or extreme weakness
- ✓ Can reduce kidney blood flow and cause acute kidney injury



Seek medical attention if vomiting is persistent or urine output is low.

6 Rapidly Rising Creatinine

- ✓ Sudden increase in creatinine
- ✓ May indicate acute kidney injury
- ✓ Can be caused by dehydration, infection, medications, obstruction or other conditions



A rapid change in creatinine requires timely medical evaluation.

7 Potassium Abnormalities

- ✓ High or low potassium can affect heart rhythm
- ✓ May cause muscle weakness, palpitations or fatigue
- ✓ Can sometimes occur without obvious symptoms



Significant potassium abnormalities need medical attention even if you feel well.

8 Severe or Uncontrolled Blood Pressure

- ✓ Very high BP can damage kidneys, heart and brain
- ✓ Seek urgent care if associated with severe headache, chest pain, breathlessness or vision changes



Repeatedly high BP readings require medical review.

9 Fever + Flank Pain + Urinary Symptoms

- ✓ Fever, chills, side or back pain
- ✓ Burning or frequent urination
- ✓ May indicate kidney infection
- ✓ Can become serious if untreated



Fever with suspected stone obstruction can be a medical emergency.

10 Severe Kidney-Stone Pain

- ✓ Intense colicky pain in side or back, radiating to groin
- ✓ Often associated with nausea or vomiting
- ✓ Seek care if there is fever, reduced urine, persistent vomiting or uncontrolled pain



Do not ignore severe or persistent stone pain, especially with fever or low urine output.

11 Confusion or Altered Consciousness

- ✓ May be due to electrolyte disturbance, infection, advanced kidney dysfunction or medication effects



Confusion requires urgent medical assessment.

12 Severe Weakness or Palpitations

- ✓ May be related to potassium abnormality, anaemia, dehydration or heart rhythm problems
- ✓ Seek care if associated with breathlessness, chest pain or dizziness



Do not ignore sudden or severe weakness or palpitations.

13 Persistent Foamy Urine With Swelling

- ✓ Foamy urine may indicate protein loss in urine
- ✓ Often seen with leg swelling, diabetes or high BP
- ✓ Needs proper testing (urine ACR, creatinine, eGFR)



Persistent foamy urine with swelling deserves medical evaluation.

14 Sudden Weight Gain Over a Few Days

- ✓ May be due to fluid accumulation rather than fat gain
- ✓ Often accompanied by swelling or breathlessness
- ✓ Can occur in kidney or heart conditions



Rapid weight gain needs medical review, especially with swelling or breathlessness.

15 Unexplained Severe Fatigue, Loss of Appetite or Nausea

- ✓ Can be due to progression of CKD, anaemia, electrolyte disturbance, infection or other causes
- ✓ Should be evaluated rather than ignored or self-treated



Persistent worsening symptoms require medical assessment.

Seek URGENT Medical Care If There Is:

- ✓ Severe breathlessness
- ✓ Chest pain
- ✓ Confusion
- ✓ Very low or absent urine output
- ✓ Severe weakness with palpitations
- ✓ Fever with suspected urinary obstruction
- ✓ Severe dehydration with inability to keep fluids down
- ✓ Dangerous potassium abnormality
- ✓ Rapidly worsening kidney function



Seek PROMPT Medical Assessment If There Is:

- ✓ Persistent blood in urine
- ✓ New significant swelling
- ✓ Repeated high blood pressure
- ✓ Persistent protein or foam in urine
- ✓ Rising creatinine or falling eGFR
- ✓ Recurrent urinary infections
- ✓ Recurrent stones
- ✓ Unexplained persistent fatigue or appetite loss



What NOT to Do

- ✗ Do not wait several days
- ✗ Do not start a detox drink
- ✗ Do not drink excessive water without knowing the cause
- ✗ Do not take repeated painkillers
- ✗ Do not start herbal kidney remedies
- ✗ Do not stop prescribed medicines
- ✗ Do not delay medical care

Key Takeaway

Kidney health is often about early detection — but red flags are about timely action. Do not wait for severe deterioration if warning signs appear.



LIVINE Message

Recognize the warning signs.
Do not self-treat serious symptoms.
Seek timely medical care.
Protect kidney function before a reversible problem becomes a crisis.

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Livine Holistic Wellness



21 PATIENT SUCCESS STORY

From Kidney Risk to Better Metabolic Health

A real journey of improved kidney function, diabetes and blood pressure reversal with 20 kg weight loss.

When the right diet, lifestyle, monitoring and guidance come together, meaningful improvement is possible — even with multiple health concerns.



About the Patient

Name : Mr. Rajesh Maniar

Age : 60 years

Key Concerns at Joining

- ✓ Raised creatinine (1.9 mg/dL)
- ✓ Diabetes
- ✓ High blood pressure
- ✓ Excess body weight
- ✓ Low energy and multiple symptoms



His kidney health, diabetes, blood pressure and weight were all interconnected. We focused on the complete metabolic picture rather than just one number.



The Starting Point



Creatinine **1.9 mg/dL**



Diabetes **Present**
(poor control)



Blood Pressure **Elevated**



Weight **High**
(20 kg higher)



Symptoms **Low energy, reduced stamina and metabolic symptoms**



The Livine Approach



Personalized Nutrition

Kidney-conscious, diabetic-friendly, lower sodium, whole foods, practical and sustainable.



Regular Movement

Daily walking and structured activity to improve metabolism and overall fitness.



Diabetes Management

Better meal composition, timing and lifestyle for improved glucose control.



Blood Pressure Management

Sodium reduction, weight loss, activity, sleep, stress management and proper follow-up.



Kidney-Supportive Plan

Appropriate protein, proper hydration, medication review and consistent monitoring.



The Transformation

With consistent lifestyle changes, structured follow-up and personalized guidance, Mr. Maniar achieved significant improvements.

	Before	Now
Creatinine (mg/dL)	1.9	1.3
Weight	-	20 kg reduction
Diabetes	Present	Reversed / under control
Blood Pressure	Elevated	Under control
Symptoms	Low energy, reduced stamina	Significantly improved



Key Changes That Made the Difference

- ✓ 20 kg weight loss
- ✓ Improved diabetes control
- ✓ Better blood pressure management
- ✓ Kidney-supportive nutrition
- ✓ Lower sodium intake
- ✓ Regular movement and exercise
- ✓ Better sleep and stress management
- ✓ Medication adherence and monitoring
- ✓ Increased knowledge and self-care

"The real change came when I started to understand how my weight, diet, blood sugar, blood pressure and kidney health are all connected."

– Mr. Rajesh Maniar



Beyond the Numbers

Mr. Maniar experienced a significant improvement in his overall wellbeing.



More energy



Better stamina



Improved sleep



Better digestion



Greater confidence



Better metabolic fitness



Improved daily activity



Overall better quality of life



Before vs Now – Overall Picture

Before	Now
✗ Creatinine 1.9 mg/dL	✓ Creatinine 1.3 mg/dL
✗ Diabetes (poor control)	✓ Diabetes reversed / under control
✗ High blood pressure	✓ Blood pressure under control
✗ 20 kg higher weight	✓ 20 kg weight loss
✗ Low energy and stamina	✓ Significant improvement in symptoms
✗ Multiple metabolic symptoms	✓ Better metabolic health
✗ Higher risk to kidney and heart health	✓ More confident and active lifestyle



The Bigger Lesson

Kidney health cannot be separated from metabolic health.

When excess weight, blood sugar, blood pressure, nutrition and lifestyle improve together, the entire cardiometabolic system can benefit.

Kidney progress is best measured through trends, overall clinical picture and long-term stability — not just one isolated number.



Key Takeaway

- ✓ Understand the risk.
- ✓ Treat the whole person.
- ✓ Track the right markers.
- ✓ Build sustainable habits.
- ✓ Protect kidney function for the future.



LIVINE Message

Small, consistent changes can lead to meaningful improvements in kidney health and overall well-being.

One patient. Multiple improvements.
One integrated approach.



Livine Holistic Wellness



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The 8 Kidney Numbers Worth Knowing

Know your numbers before your kidneys are forced to show symptoms.

Kidney disease often develops silently. A few simple health markers can reveal early changes and help you take timely action.

Early Awareness Today Healthier Kidneys Tomorrow

1 Blood Pressure (BP)

One of the most important kidney-protective numbers

- ✓ High BP can damage the small blood vessels in the kidneys.
- ✓ Kidney disease can also make BP difficult to control.
- ✓ Your home readings and long-term pattern are more important than one reading.

Target (general guidance):
Usually < 130/80 mmHg
(as per individual clinical advice).



2 Fasting Blood Sugar (FBS)

A window into metabolic risk

- ✓ High fasting glucose can indicate prediabetes or diabetes.
- ✓ Persistently high blood sugar can damage the kidney filters over time.
- ✓ Better glucose control helps reduce the risk of diabetic kidney disease.

Ideal range (general guidance):
70 – 99 mg/dL
(as per individual clinical advice).



3 HbA1c

Your longer-term blood sugar picture

- ✓ Reflects average glucose over the previous 2-3 months.
- ✓ Helps assess diabetes control.
- ✓ Poorly controlled diabetes can lead to albumin leakage and kidney damage.

General target:
< 5.7% (non-diabetic)
< 7% (for many people with diabetes)
(as per individual clinical advice).



4 Serum Creatinine

Important, but not the whole story

- ✓ Used to assess kidney function.
- ✓ Can rise when filtration declines.
- ✓ Can also be influenced by age, muscle mass, hydration, diet, acute illness and certain medicines.

General reference range:
~ 0.6 – 1.3 mg/dL
(varies by lab, age and muscle mass).



5 eGFR

Your estimated kidney filtration

- ✓ Shows how well your kidneys are filtering blood.
- ✓ Helps detect early kidney dysfunction.
- ✓ Should be interpreted with creatinine, urine albumin and overall clinical picture.

General guidance:
≥ 90 Normal (if no other signs of kidney damage)
60 – 89 Mild reduction
< 60 Needs further evaluation
(as per individual clinical advice).



6 Urine Albumin-to-Creatinine Ratio (ACR)

The early warning many people miss

- ✓ Checks for albumin leakage through the kidney filters.
- ✓ Can become abnormal before creatinine rises.
- ✓ Especially important in diabetes, hypertension and high-risk people.

General guidance:
< 30 mg/g Normal
30 – 300 mg/g Moderately increased
> 300 mg/g Severely increased
(as per individual clinical advice).



7 Potassium

The kidney-heart safety number

- ✓ Kidneys help regulate potassium in the body.
- ✓ High or low potassium can affect heart rhythm.
- ✓ Important if you are taking certain blood-pressure medicines, diuretics or supplements.

General reference range:
3.5 – 5.0 mEq/L
(as per individual clinical advice).



8 Waist Circumference & Body Weight

The metabolic numbers we often forget

- ✓ Excess abdominal fat increases risk of diabetes, hypertension, fatty liver and kidney disease.
- ✓ Weight reduction can improve blood sugar, blood pressure and kidney health.
- ✓ A simple measure that provides important insights into metabolic risk.

General guidance:
Waist circumference (Asian):
Men < 90 cm | Women < 80 cm
Aim for a healthy and sustainable weight loss
(as per individual clinical advice).



Bonus Lipid Profile

Important for overall kidney and heart health

- ✓ High cholesterol and triglycerides increase cardiovascular risk.
- ✓ Kidney disease and heart disease often go together.
- ✓ Key markers include LDL, HDL, triglycerides and non-HDL cholesterol.

General guidance (varies by risk level):
LDL cholesterol — lower is better
Triglycerides — 150 mg/dL (generally)
HDL cholesterol — higher is better
Non-HDL cholesterol — individual target
(as per individual clinical advice).



Your Kidney Prevention Dashboard

Look at these numbers **together**, not in isolation, to understand your overall kidney and metabolic risk.



Who Should Be Especially Kidney-Aware?

- ✓ Diabetes or prediabetes
- ✓ Hypertension
- ✓ Obesity or abdominal obesity
- ✓ Cardiovascular disease
- ✓ Family history of kidney disease
- ✓ Recurrent kidney stones
- ✓ Previous acute kidney injury
- ✓ Protein in urine
- ✓ Long-term use of kidney-sensitive medicines
- ✓ Anyone above 40 years, even without symptoms



Key Takeaway

You do not need to wait for symptoms to understand your kidney risk. A few important numbers, interpreted together and followed over time, can help you act early and protect your kidney health for the future.



LIVINE Message

Know your numbers.
Know your trend.
Control the risk factors.
Act before symptoms appear.

Healthy Kidneys Today Stronger Tomorrows

23 SELF-ASSESSMENT

How Kidney-Aware Are You?

Kidney disease can develop quietly. This self-check helps you recognize your risk factors so you can take early action.



Be
Kidney Aware
Today
for a Healthier
Tomorrow



Tick YES or NO for the following questions

This is not a diagnostic test. It helps you identify whether you may be at increased risk and need kidney screening.

- | | | | |
|---|---|--|--|
| 1 Do you have diabetes or prediabetes?
High blood sugar can damage the kidney filters over time. | ☐ Yes
☐ No | 11 Have you ever been told there is protein or albumin in your urine?
Urine protein can be an early sign of kidney damage. | ☐ Yes
☐ No |
| 2 Do you have high blood pressure?
Hypertension is a major risk factor for kidney disease. | ☐ Yes
☐ No | 12 Have you ever been told your creatinine is high or your eGFR is low?
Persistent abnormalities deserve evaluation. | ☐ Yes
☐ No |
| 3 Do you have heart disease?
Heart and kidney health are closely connected. | ☐ Yes
☐ No | 13 Do you smoke?
Smoking increases vascular and kidney risk. | ☐ Yes
☐ No |
| 4 Are you overweight or carrying excess abdominal fat?
Increases risk of diabetes, hypertension and metabolic stress. | ☐ Yes
☐ No | 14 Do you have an autoimmune or inflammatory condition?
Some autoimmune conditions can involve the kidneys. | ☐ Yes
☐ No |
| 5 Do you have a family history of kidney disease?
Some kidney conditions can run in families. | ☐ Yes
☐ No | 15 Do you often eat high-sodium packaged or restaurant foods?
Excess sodium can worsen blood pressure and kidney risk. | ☐ Yes
☐ No |
| 6 Have you ever had kidney stones?
Recurrent stones may indicate an underlying tendency. | ☐ Yes
☐ No | 16 Are you physically inactive for most of the day?
Sedentary lifestyle increases metabolic risk. | ☐ Yes
☐ No |
| 7 Do you get repeated urinary infections?
Recurrent infections may affect kidney health. | ☐ Yes
☐ No | 17 Do you have persistent swelling of the feet, ankles or face?
Swelling may indicate fluid retention or kidney issues. | ☐ Yes
☐ No |
| 8 Have you ever had an episode of acute kidney injury?
Previous kidney injury can increase future risk. | ☐ Yes
☐ No | 18 Have you noticed persistent foamy urine or blood in the urine?
These symptoms may warrant urine testing. | ☐ Yes
☐ No |
| 9 Do you frequently use painkillers?
Regular use of certain painkillers can affect kidney function. | ☐ Yes
☐ No | 19 Do you know your latest creatinine and eGFR?
Knowing your kidney numbers is important if you are at risk. | ☐ Yes
☐ No |
| 10 Do you regularly take supplements, herbal products or "detox" remedies?
Some products may affect kidney function or interact with medicines. | ☐ Yes
☐ No | 20 Have you ever checked your urine ACR (albumin-to-creatinine ratio)?
A useful test even when creatinine is normal. | ☐ Yes
☐ No / Not sure |

What Does Your Checklist Mean?

- ✓ If you answered YES to major risk factors (diabetes, high BP, heart disease, obesity, family history, stones, previous kidney injury or urine abnormalities), discuss kidney screening with your healthcare professional.
- ✓ If you answered YES to several questions, your kidney risk may be higher and a more complete evaluation may be appropriate.
- ✓ If you answered NO to everything, it generally suggests fewer obvious risk factors, but it does not guarantee perfect kidney health.

5 Tests Worth Discussing If You Are at Risk

- 1 **Blood Pressure**
Because hypertension can damage kidney blood vessels.
- 2 **Serum Creatinine**
To assess kidney function.
- 3 **eGFR**
Estimate of kidney filtration.
- 4 **Urine ACR**
Checks for protein leakage.
- 5 **Blood Sugar / HbA1c**
Especially important in diabetes.

Other tests may be added as per individual needs.

Pay Extra Attention If You Have:

- ✓ Diabetes + High BP
- ✓ Diabetes + Protein in urine
- ✓ High BP + Falling eGFR
- ✓ CKD + Heart disease
- ✓ Recurrent stones + Recurrent UTI



Key Takeaway

Kidney awareness begins before kidney symptoms. Knowing your risk factors, checking the right markers and acting early can give you a better opportunity to protect long-term kidney function.



LIVINE Message

Ask the questions. Know the risk. Check the right markers. Act early. Protect your kidneys before symptoms appear.

Your Kidney-Awareness Action Plan



TODAY

Identify your major kidney risk factors.



THIS WEEK

Find your latest BP, creatinine, eGFR, HbA1c and urine ACR (if available).



THIS MONTH

Discuss any missing or abnormal kidney-health markers with your healthcare professional.



LONG TERM

Focus on healthy weight, BP and diabetes control, lower sodium, regular activity and periodic monitoring.

When Not to Wait

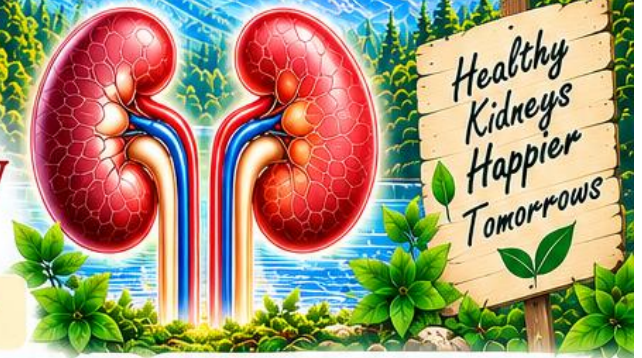
- ✓ Markedly reduced urine output
- ✓ Blood in urine
- ✓ Rapidly increasing swelling
- ✓ Severe breathlessness
- ✓ Persistent vomiting
- ✓ Severe weakness
- ✓ Very high BP with symptoms
- ✓ Rapid rise in creatinine
- ✓ Significant potassium abnormalities

24 QUICK TAKEAWAY

10 Things Your Kidneys Wish You Knew

Kidney health can feel complicated, but the most important lessons are actually quite simple.

If you remember only one page from this entire Kidney Health Special, make it this one.



1 Kidney disease can be silent

- ✓ You may feel completely normal even while kidney damage is developing.
- ✓ Screening is important if you have risk factors.



Do not wait for symptoms to check your kidney health.

2 Diabetes is one of the biggest kidney risks

- ✓ High blood sugar can gradually damage the kidney's filtering structures.
- ✓ Better diabetes control is a major part of kidney protection.



Control your sugar, protect your kidneys.

3 High blood pressure can damage the kidneys

- ✓ Hypertension can injure the small blood vessels in the kidneys.
- ✓ Kidney disease can also make blood pressure harder to control.



Protect your pressure, protect your kidneys.

4 Creatinine is important — but it is not enough

- ✓ Do not judge kidney health from one creatinine value alone.
- ✓ A complete picture includes creatinine, eGFR, urine albumin, blood pressure, potassium and trends over time.



Look at the full picture, not just one number.

5 Protein in urine matters

- ✓ Albumin or protein in urine may be an early marker of kidney damage.
- ✓ It can sometimes become abnormal before creatinine rises significantly.



Check your urine when you are at risk even if you feel well.

6 More water is not always better

- ✓ Your kidneys need appropriate hydration, not forced hydration.
- ✓ Fluid needs vary with climate, activity, kidney function, heart function and medications.
- ✓ Some patients may even require fluid restriction.



Right amount of water is important — not always more.

7 Salt is often hiding where you do not expect it

- ✓ A large amount of sodium comes from pickles, papad, namkeen, farsan, packaged foods, sauces, restaurant meals and instant foods.
- ✓ Reducing excess sodium can support both blood pressure and kidney health.



Less hidden salt, healthier kidneys.

8 Painkillers and supplements deserve respect

- ✓ Repeated use of certain painkillers can affect kidney function.
- ✓ Herbal products, protein powders, electrolyte products and supplements should also be reviewed when kidney function is reduced.



Natural does not automatically mean kidney-safe.

9 There is no single "kidney diet"

- ✓ The right nutrition depends on CKD stage, potassium, phosphorus, protein needs, diabetes, blood pressure and overall nutrition.
- ✓ One person may need potassium restriction while another may not.
- ✓ A dialysis patient may need more protein.



Your diet should be personalized, not a one-size-fits-all plan.

10 Early action can make a meaningful difference

- ✓ Depending on the cause and stage, kidney disease may sometimes improve, stabilize, or progress more slowly with appropriate care.
- ✓ The most useful long-term strategy includes:



Blood pressure control



Diabetes management



Appropriate nutrition



Safe medication use



Regular movement



Weight management



Monitoring



Timely specialist care when needed

A combination of small, consistent steps can make a big difference in long-term kidney health.

5 Kidney Rules for Life



KNOW
Know your risk factors.



CHECK
Check the right markers.



CONTROL
Control diabetes and blood pressure.



PROTECT
Protect yourself from excess sodium, unsafe self-medication and unnecessary extremes.



FOLLOW UP
Kidney health is about trends — not one report.

The One Sentence to Remember

“Kidneys often suffer silently, so protect them before they have to ask for help.”

LIVINE Message

- ✓ Know your numbers.
- ✓ Control your risks.
- ✓ Avoid extremes.
- ✓ Act early.
- ✓ Protect your kidneys for the future.

Healthy Kidneys Today
Stronger Tomorrows



LIVINE
HOLISTIC WELLNESS
...towards wholesome health*

MONTHLY WELLNESS JOURNAL

OCTOBER 2026 EDITION

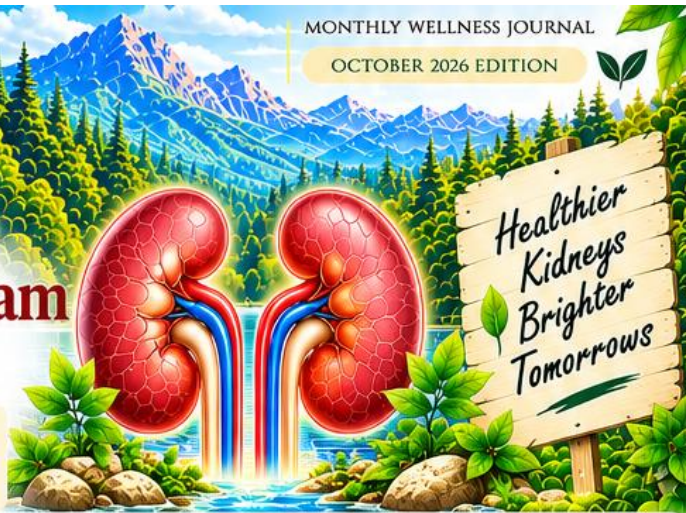
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FEATURED LIVINE PROGRAM

Livine Holistic Kidney Disease Care Program

A comprehensive, integrative and personalized approach to support kidney health while addressing the whole person.

Because kidney health is not just about one test report — it is connected to your diet, lifestyle, diabetes, blood pressure, weight, heart health and overall well-being.



Who Is This Program For?

This program may be suitable for people with:

- ✓ Early chronic kidney disease
- ✓ Diabetic kidney disease
- ✓ Hypertension-related kidney risk
- ✓ Protein or albumin in urine
- ✓ Reduced eGFR
- ✓ Recurrent kidney stones
- ✓ Obesity with diabetes or hypertension
- ✓ Metabolic risk affecting kidney health
- ✓ People who want a preventive approach



For better kidney health today and long-term protection tomorrow.



Our Integrative Approach

We look at the complete picture, not just the kidneys.



What Are We Trying to Achieve?

- ✓ Stabilize kidney function
- ✓ Slow CKD progression
- ✓ Reduce protein in urine (where possible)
- ✓ Improve diabetes control
- ✓ Control blood pressure
- ✓ Support healthy weight
- ✓ Preserve muscle and strength
- ✓ Reduce cardiovascular risk
- ✓ Prevent avoidable kidney injury
- ✓ Improve quality of life
- ✓ Build long-term kidney health awareness



A realistic, responsible and sustainable approach towards long-term kidney protection.



Key Components of the Program

Personalized. Integrative. Monitored. Sustainable.

1

Comprehensive Assessment

- ✓ Complete medical history
- ✓ Lifestyle, diet, activity & sleep
- ✓ Symptoms and risk factors
- ✓ Body composition and goals

2

Report Review & Monitoring

- ✓ Creatinine, eGFR, urine ACR
- ✓ Urea, electrolytes (potassium)
- ✓ HbA1c, lipid profile, BP trends
- ✓ Focus on patterns, not just one value

3

Personalized Kidney Nutrition

- ✓ Stage-appropriate diet plan
- ✓ Potassium, phosphorus & protein as per individual need
- ✓ Diabetes and BP friendly
- ✓ Practical, tasty and sustainable

4

Diabetes & Metabolic Management

- ✓ Better glucose control
- ✓ Insulin resistance management
- ✓ Weight reduction support
- ✓ Meal timing and composition

5

Blood Pressure & Sodium Management

- ✓ BP monitoring and tracking
- ✓ Hidden sodium reduction
- ✓ Home-cooked, balanced diet
- ✓ Medication adherence support

6

Movement & Muscle Preservation

- ✓ Individualized walking plan
- ✓ Strength and mobility exercises
- ✓ Yoga and breathwork
- ✓ Improve fitness and metabolic health

7

Medication & Supplement Safety

- ✓ Review of current medicines
- ✓ Avoid unnecessary painkillers
- ✓ Guidance on supplements, herbal products and protein powders
- ✓ Coordination with medical care

8

Ayurveda & Naturopathy (Where Appropriate)

- ✓ Lifestyle routines and daily habits
- ✓ Culinary herbs and spices
- ✓ Stress management practices
- ✓ Complementary therapies as suitable

9

Regular Follow-Up & Plan Modification

- ✓ Ongoing monitoring of symptoms
- ✓ Weight, BP, sugar and reports
- ✓ Adherence and progress review
- ✓ Monthly updates and plan adjustments
- ✓ Long-term guidance and support

“

Integrative care works best when lifestyle support and medical care work together — not against each other.

”



How the Program Works

1

Initial Consultation

2

Clinical & Lifestyle Assessment

3

Report Review

4

Personalized Kidney Plan

5

Nutrition + Movement + Lifestyle + Medication Safety Support

6

Regular Follow-Up

7

Monthly Review & Plan Modification

8

Long-Term Kidney Protection



What Makes Livine Different?

- ✓ Integrative and personalized approach
- ✓ Focus on the whole person, not just kidneys
- ✓ Practical, sustainable and Indian food-friendly plans
- ✓ Evidence-informed and safety-conscious
- ✓ Regular follow-up and guidance
- ✓ Coordination with nephrology care
- ✓ Support for long-term kidney and heart health



Important Note

This program provides supportive integrative care and does not replace nephrology or emergency medical care when indicated.

Patients with advanced CKD, rapidly worsening kidney function, severe electrolyte abnormalities, severe swelling, dialysis indications or acute kidney injury should remain under appropriate specialist supervision.



Take the Next Step

Protect your kidneys before symptoms appear.
Book a Livine Kidney Health Consultation.

Get a personalized review of:

- ✓ Kidney reports
- ✓ Diet and nutrition
- ✓ Blood pressure
- ✓ Diabetes
- ✓ Weight and lifestyle
- ✓ Medications and supplements
- ✓ Overall metabolic risk
- ✓ Long-term guidance



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Livine Holistic Wellness

Healthier Kidneys Today
Stronger Tomorrows

26 LIVINE PROGRAM CONNECTION

Kidney Health Is Not an Isolated Program

Kidney disease rarely exists alone. It is often connected with diabetes, blood pressure, heart disease, cholesterol, obesity and other lifestyle factors.

At Livine, we look at the whole person — not just the kidneys, so that all interconnected factors are addressed together for better long-term health.

Better Kidneys Happier Lives Together

1 Kidney Health + Diabetes

Diabetes is one of the biggest contributors to kidney disease.

- ✓ High blood sugar can damage the kidney's filters.
- ✓ Increases risk of protein in urine and falling kidney function.
- ✓ Better glucose control helps protect the kidneys.



Livine Connection:
Kidney Program ↔ Diabetes Reversal Program

2 Kidney Health + Blood Pressure

High blood pressure can damage the tiny blood vessels in the kidneys.

- ✓ Kidney disease can also make BP harder to control.
- ✓ Monitoring and sodium reduction are important.
- ✓ Better BP control helps slow kidney damage.



Livine Connection:
Kidney Program ↔ Blood Pressure Management Program

3 Kidney Health + Heart Disease

The heart and kidneys constantly influence each other.

- ✓ Kidney disease increases cardiovascular risk.
- ✓ Heart problems can affect kidney function.
- ✓ Managing both together gives better long-term outcomes.



Livine Connection:
Kidney Program ↔ Heart Disease Care Program

4 Kidney Health + Weight & Metabolic Health

Excess abdominal fat increases metabolic stress on the kidneys.

- ✓ Associated with diabetes, hypertension and fatty liver.
- ✓ Healthy weight reduction can support kidney protection.
- ✓ Improves blood sugar, BP and cardiovascular risk.



Livine Connection:
Kidney Program ↔ Weight Management & Metabolic Restoration Program

5 Kidney Health + Cholesterol

Abnormal cholesterol adds to vascular risk in kidney disease.

- ✓ Can increase heart and kidney complications.
- ✓ Important to manage LDL, triglycerides and overall lipid profile.
- ✓ Diet, weight and activity play a key role.



Livine Connection:
Kidney Program ↔ Cholesterol Management Program

6 Kidney Health + Preventive Health

The best time to protect kidney function is before major damage develops.

- ✓ Important for people with risk factors.
- ✓ Helps detect changes early.
- ✓ Supports long-term kidney and cardiovascular health.



Livine Connection:
Kidney Program ↔ Preventive Health & Longevity Program

7 Kidney Health + Nutrition

Kidney nutrition must balance several priorities at once.

- ✓ Protein, sodium, potassium and phosphorus.
- ✓ Also needs to consider diabetes, BP, weight and overall nutrition.
- ✓ There is no one-size-fits-all diet.



Livine Connection:
Kidney Program ↔ Personalized Nutrition Support

8 Kidney Health + Movement

Exercise can improve blood sugar, BP, weight and overall metabolic health.

- ✓ Helps cardiovascular and kidney health.
- ✓ Preserves muscle and physical function.
- ✓ Includes walking, strength training, mobility and yoga (as suitable).



Livine Connection:
Kidney Program ↔ Exercise Therapy & Yoga Program

9 Kidney Health + Sleep & Stress

Poor sleep and chronic stress can worsen blood sugar, BP, weight and overall health.

- ✓ Can indirectly affect kidney health.
- ✓ Better sleep and stress management support treatment consistency.
- ✓ Includes yoga, pranayama, relaxation and lifestyle routines.



10 Kidney Health + Medication Safety

Kidney function affects how some medicines are handled by the body.

- ✓ Certain painkillers and supplements can be harmful in susceptible people.
- ✓ Medication review helps ensure safety.
- ✓ Coordination with your treating physician is important.



“We connect the programs because your health is interconnected.

One patient.
One complete plan.
Better health for the whole you.

The Livine Integrated Care Model

We connect multiple programs to create one coordinated plan based on your complete health profile.



Key Takeaway

- ✓ Kidney health is connected to the rest of the body.
- ✓ The strongest plan is the one that treats the whole cardiometabolic picture together.
- ✓ At Livine, we create a personalized, integrated strategy for your long-term health.

Healthy Kidneys Today
Stronger Tomorrows



LIVINE
HOLISTIC WELLNESS
...towards wholesome health

27

LIVINE UPDATES

What's Happening at Livine?

Every month at Livine is about more than consultations. We are continuously building new ways to support patients, families, professionals, institutions and communities through education, structured wellness programs, preventive healthcare, research, digital health and integrative care. Here are some important updates from the Livine ecosystem.

MONTHLY WELLNESS JOURNAL

OCTOBER 2026 EDITION

From
Bangkok to
a Healthier
Tomorrow

INTERNATIONAL RECOGNITION FOR LIVINE

Fame Times International Excellence Awards

Bangkok, Thailand | 19 September 2026

Livine Holistic Wellness was honoured at the Fame Times International Excellence Awards for pioneering an integrated, personalised and sustainable model for chronic disease reversal and health transformation.



Integrative
Medicine



Nutrition



Ayurveda &
Naturopathy



Exercise &
Lifestyle Medicine



Preventive
Health



Personalised
Care



Sustainable
Outcomes

This recognition reflects the trust of our patients, the support of our families, and the vision of a more personalised, preventive and holistic approach to chronic disease care.



FAME TIMES
INTERNATIONAL
EXCELLENCE AWARDS
BANGKOK 2026

★★★★★

Recognised for pioneering an integrated, personalised and sustainable model for chronic disease reversal and health transformation.

1 Chronic Disease Programs Continue to Expand

- ✓ Diabetes
- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Heart Disease
- ✓ Kidney Disease
- ✓ Liver Disease
- ✓ Thyroid Disorders
- ✓ PCOS
- ✓ Gut Health
- ✓ Arthritis
- ✓ Weight Management
- ✓ Preventive Health & Longevity



Personalized assessment, integrative care and regular follow-up with measurable outcomes.

2 Kidney Health Awareness This Month

- ✓ Creatinine and eGFR awareness
- ✓ Urine ACR testing
- ✓ Diabetes-related kidney risk
- ✓ Blood-pressure control
- ✓ Medication safety
- ✓ Sodium awareness
- ✓ Kidney-friendly nutrition
- ✓ Early identification of red flags



Protect your kidneys before symptoms appear.

3 Livine Health Challenges

- ✓ Metabolic reset challenges
- ✓ Weight-management challenges
- ✓ Gut-health challenges
- ✓ Walking challenges
- ✓ Sugar-reduction challenges
- ✓ Sleep and lifestyle challenges



Small actions. Consistent accountability. Better long-term habits.

4 Patient Education Is Growing

- ✓ Monthly wellness newsletters
- ✓ WhatsApp education
- ✓ Disease-specific guides
- ✓ Diet resources
- ✓ Exercise guidance
- ✓ Video explainers
- ✓ Webinars and community discussions



A patient who understands their condition is better equipped to participate in their own care.

5 Livine Books & Educational Resources

- ✓ Diabetes nutrition
- ✓ Thyroid health
- ✓ PCOS
- ✓ Hormonal health
- ✓ Fatty liver
- ✓ Kidney health
- ✓ Chronic disease prevention



Evidence-informed, practical and culturally relevant health education for Indian lifestyles.

6 Courses & Learning Initiatives

- ✓ Women's health
- ✓ Child health and nutrition
- ✓ Lifestyle medicine
- ✓ Preventive health
- ✓ Nutrition
- ✓ Integrative wellness



Structured programs for patients, families and health-conscious communities.

7 Corporate & Institutional Wellness

- ✓ Preventive screening
- ✓ Chronic-disease risk awareness
- ✓ Nutrition and lifestyle
- ✓ Stress management
- ✓ Physical activity and sleep
- ✓ Employee wellness education



Shifting healthcare from late intervention to early prevention.

8 Livine Community Wellness

- ✓ Active WhatsApp and online communities
- ✓ Regular health education
- ✓ Habit-building challenges
- ✓ Interactive discussions
- ✓ Ongoing motivation and support



Healthcare becomes more sustainable when people feel they are part of a supportive community.

9 Integrating AI Into Livine Care

- ✓ Structured and personalized care
- ✓ Data-informed program planning
- ✓ Efficient follow-up systems
- ✓ Education and content creation
- ✓ Outcome tracking



AI supports clinical decision-making — it does not replace practitioner judgment.

10 Building the Livine Clinical System



A more systematic patient journey without losing personalization.

Coming Up at Livine

- ✓ Upcoming webinars
- ✓ Health challenges
- ✓ New patient-education resources
- ✓ Disease-awareness initiatives
- ✓ New program announcements
- ✓ Workshops and collaborations

Stay Connected With Livine



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Learn • Prevent • Transform • Sustain

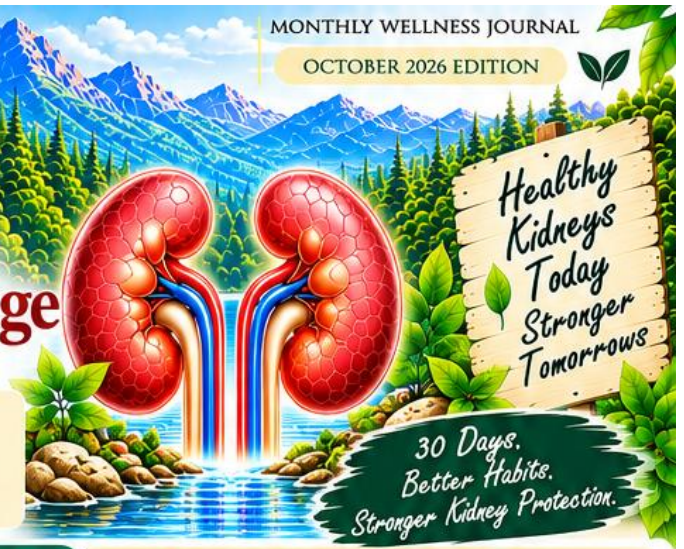
Healthier Kidneys Today
Stronger Tomorrows

28 MONTHLY CHALLENGE

Livine 30-Day Kidney Protection Challenge

Small Daily Actions. Stronger Kidney Health.

Kidney protection is not built in one day. It is built through consistent habits repeated over weeks, months and years. This 30-day challenge will help you improve the everyday factors that influence kidney health and overall well-being.



12 KEY CHALLENGE ACTIONS



The goal is not perfection.
The goal is consistency.

1 Know Your Blood Pressure - Monitor BP as advised - Focus on the trend - Keep a simple record this month	2 Remove Sugary Drinks - Avoid soft drinks, packaged juices, energy drinks - Choose water or other unsweetened beverages	3 Reduce Hidden Sodium - Limit pickles, papad, namkeen, packaged foods and sauces - Choose fresh, home-cooked meals more often	4 Walk Every Day - Aim for regular daily walking - Try 10-15 minutes after meals (as suitable) - Build it into your routine	5 Break Long Sitting - Every 30-60 minutes, stand up and move - Do light walking, stretching or simple movements	6 Add Strength Twice a Week - Helps glucose, mobility and metabolic health - Try chair squats, wall push-ups, resistance exercises (as suitable)
7 Hydrate Intelligently - Maintain appropriate hydration - Adjust to climate, activity and medical advice	8 Review Your Painkiller Use - Avoid unnecessary or frequent painkiller use - Especially be careful with NSAIDs	9 Make a Complete Medication List - Include all prescription medicines, OTC medicines, supplements and herbal products - Take this list to your doctor	10 Build a Kidney-Smart Plate 1/4 plate vegetables 1/4 plate protein (as suitable) 1/4 plate controlled carbohydrates - Fresh, home-cooked, lower sodium	11 Protect Your Blood Sugar - Follow treatment as advised - Control portions - Walk after meals - Avoid sugary beverages	12 Protect Your Sleep - Maintain a consistent sleep routine - Reduce screens at night - Avoid heavy late meals - Practice relaxation

4-WEEK CHALLENGE PLAN

Week 1 Awareness	Week 2 Food & Sodium	Week 3 Movement & Metabolism	Week 4 Consistency
- Know your BP - Find your creatinine and eGFR - Review medications - Identify major risk factors - Check if urine ACR has been done	- Less packaged food - Less pickle and papad - No sugary beverages - More home-cooked meals - Better portion control	- Daily walking - Post-meal activity - Break long sitting - Two strength sessions - Better glucose control	- Maintain all good habits - Monitor BP and glucose - Follow medicines correctly - Sleep better - Reduce sodium - Review progress
Weekly Goal: Know where you stand.	Weekly Goal: Make your kitchen more kidney-friendly.	Weekly Goal: Move more and sit less.	Weekly Goal: Turn temporary effort into permanent habit.

Your Daily Kidney Protection Tracker

Day	Medicine	No Sugary Drinks	Low Sodium	Home-Cooked Food	Walking / Activity	Less Sitting	Hydration (As Advised)	Blood Sugar	Good Sleep
1	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	☐	☐	☐	☐
...	...	...	...	...	...	...	...	...	...
30	☐	☐	☐	☐	☐	☐	☐	☐	☐

5 Things NOT to Do During This Challenge

- ✗ A juice cleanse
- ✗ A water-loading competition
- ✗ A zero-protein diet
- ✗ An extreme fasting plan
- ✗ A herbal "kidney detox"

This challenge is about safe, sustainable kidney protection — not extreme or risky approaches.

At the End of 30 Days, Ask Yourself

- Did my food become less processed?
- Did my sodium intake decrease?
- Did I become more active?
- Did my BP improve?
- Did my glucose improve?
- Do I understand my kidney risk better?
- Which habit can I continue permanently?

The Real Challenge

The hardest part is not completing 30 days. The real challenge is making the best habits continue on Day 31, Day 60, and Day 365.

Key Takeaway

Your kidneys are protected by what you repeatedly do — not what you occasionally do perfectly.

Know.
Reduce.
Move.
Monitor.
Sustain.

30 Days. Better Habits.
Stronger Kidney Protection.

Protect Today. Preserve Tomorrow.

Healthy Kidneys. Healthier Lives. Brighter Tomorrows.



Kidney health is often quiet.

Your kidneys may continue working for years without giving you obvious warning signs, which is why prevention, screening and consistent lifestyle care matter so much.



Throughout this special edition, one message has remained constant:

"Do not wait for symptoms to start protecting your kidneys."



Kidney Protection Is Built Through Everyday Choices

It is not built through fear, extreme diets, excessive water intake or "detox" remedies. It is built through a series of intelligent, sustainable choices.

- ✓ Know your blood pressure
- ✓ Manage blood sugar
- ✓ Monitor creatinine, eGFR and urine albumin when appropriate
- ✓ Reduce excess sodium
- ✓ Maintain appropriate hydration
- ✓ Use medicines and supplements carefully
- ✓ Preserve muscle through movement
- ✓ Maintain a healthy weight
- ✓ Sleep well
- ✓ Avoid smoking
- ✓ Follow up consistently
- ✓ Seek specialist care when needed



The Bigger Lesson

Your kidneys are not isolated organs. They are deeply connected with your:

- ♥ Heart
- 🩺 Blood pressure
- 🩸 Blood sugar
- ⚙️ Metabolism
- 📊 Body weight
- 🍏 Nutrition
- 💪 Muscles
- 💊 Medications
- 🌿 Lifestyle

That is why long-term kidney health is ultimately part of whole-person health.



This Month's Affirmation

“Every healthy choice I make today is an investment in the organs that quietly protect me every day.”



A Message From Livine

You do not have to change everything overnight. Start with one better meal. One walk. One blood-pressure check. One less packaged snack. One medication review. One health test you have been postponing.

Because meaningful health transformation is rarely created by one dramatic action.



It is created by what you do repeatedly.



Carry These 5 Kidney Principles With You



KNOW

Know your risks and your numbers.



CONTROL

Control diabetes, blood pressure and metabolic risk.



PROTECT

Protect yourself from excess sodium, unsafe self-medication and unnecessary extremes.



MONITOR

Track kidney function and important trends when you are at risk.



SUSTAIN

Build habits you can continue for life.



Our Closing Thought

“The goal is not simply to live with healthier kidneys. The goal is to build a healthier body in which your kidneys can continue doing their remarkable work for years to come.”



Grateful to be on this health journey with you. Together, towards healthier tomorrows.

With gratitude for being part of the Livine community.

Dr. Harshit R. Maniar
Integrative Medicine Practitioner
Founder, Livine Holistic Wellness

Dr. Khushboo Dhar Maniar
Functional Nutritionist &
Holistic Health Practitioner
Co-Founder, Livine Holistic Wellness



LIVINE
HOLISTIC WELLNESS
...towards wholesome health'

Personalized • Integrative • Preventive • Sustainable



Next Month

A new Livine Wellness Journal. A new health conversation. The same commitment to helping you live healthier.



+91 9825783153



www.livine.in



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