

# Stay

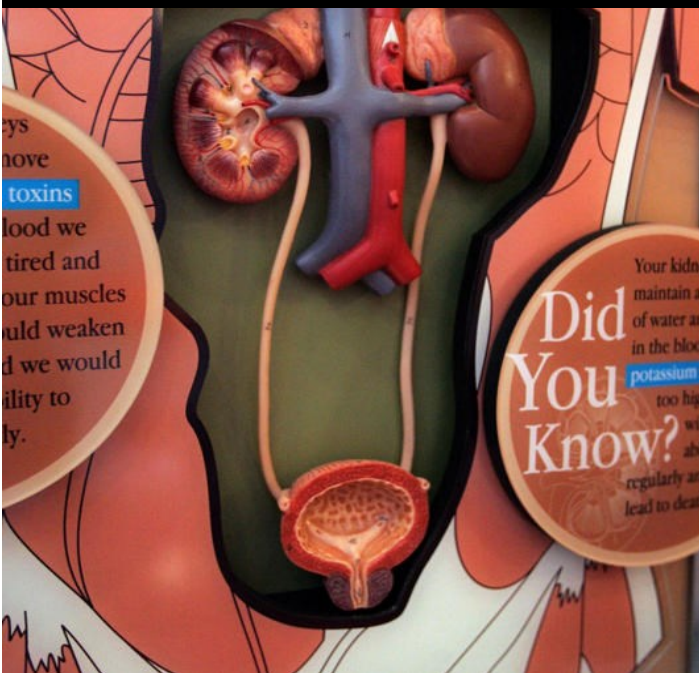
# Healthy

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## How To Keep Your Kidneys Healthy: Interesting Tips



Content By Jolene Whitmore M.D

### Stay active

Regular exercise lowers the risk of diseases like diabetes and high blood pressure, reducing the potential for kidney damage and the development of chronic kidney disease. In addition, training can be important for other functions in your body.

It has been scientifically proven that training affects the overall health of the body. Therefore, training, even 20 minutes a day is enough.

### Here are some tips to keep your kidneys healthy:

**Stay hydrated:** Drinking plenty of water and staying hydrated is key to detoxifying kidneys. It is recommended to drink at least 8 glasses of water per day.

**Eat healthy:** Eating a balanced diet that is low in sodium, proteins, and phosphorus can help improve kidney health and reverse kidney disease. Foods rich in Vitamin C, such as apples, cranberries, and lemon juice, can also help maintain hydration.

**Maintain a healthy weight:** Being overweight or obese can increase the risk of developing kidney damage or disease. Regular exercise can help lower the risk of chronic kidney disease.

**Monitor blood pressure:** High blood pressure can cause kidney damage. A healthy blood pressure reading is 120/80. Prehypertension is between that point and 139/89.

**Avoid smoking:** Smoking can damage blood vessels and reduce blood flow to the kidneys.

**Limit alcohol intake:** Drinking too much alcohol can increase blood pressure and lead to dehydration, which can harm the kidneys.

**Avoid taking too many painkillers:** Overuse of painkillers such as ibuprofen and aspirin can lead to kidney damage.

**Get tested regularly:** If you have diabetes, high blood pressure, or a family history of kidney disease, it's important to get tested regularly for kidney function.

