

# NATUROPATHIC TREATMENT OF IDIOPATHIC CHRONIC GLOMERULONEPHRITIS

Jason Mallia, ND, IMD, DSci, PhD, BHSc, AdvDipNat, AdvDipAcu, AdvDipHom  
Integrated Health Australia – [www.integratedhealth.com.au](http://www.integratedhealth.com.au)

## BACKGROUND INFORMATION

Glomerulonephritis, also known as chronic nephritis, presents with persistent proteinuria, inflammation, chronic kidney failure and hypertension. The kidneys are symmetrically contracted and granular, with scarring and loss of glomeruli and efficient kidney filtration.

Toxic metal exposure, particularly to mercury, may be a significant contributing factor in idiopathic nephrotic syndrome, as can long term dysbiosis and compromised gut and liver detoxification. This case demonstrates that a treatment approach with the main targets of reducing overall toxic load and dysbiosis as well as improving kidney function with integrative medicine, dietary and lifestyle interventions provided significant beneficial effects.

## CASE HISTORY

A 64 year old male presented to the Integrated Health Clinic with chronic glomerulonephritis and renal failure. Dialysis had been recommended, however the patient wanted to avoid this treatment option.

He was experiencing mental stress, gout and poor sleep as well as polyuria and high blood pressure and cholesterol which were being managed with prescription medication. Previous history revealed significant exposure to chemicals and medications with 10 years working in sheet metal and concrete, history of heavy smoking and a full mouth of amalgam and silver fillings.

Live blood assessment revealed:

- Increased platelet aggregation (J grade) – see Figure One.
- High levels of inflammatory parameters such as erythrocyte aggregation; and
- Anisocytosis and microcytosis (both indicating possible iron deficiency) – see Figure Two.

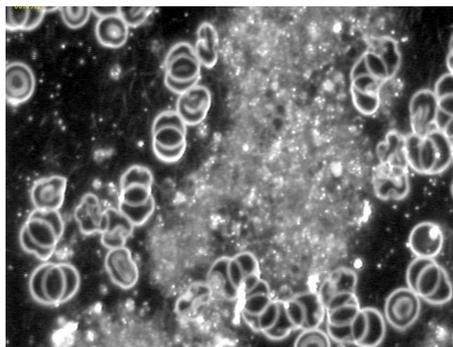


Figure One: Increased platelet aggregation as seen in live blood screening.

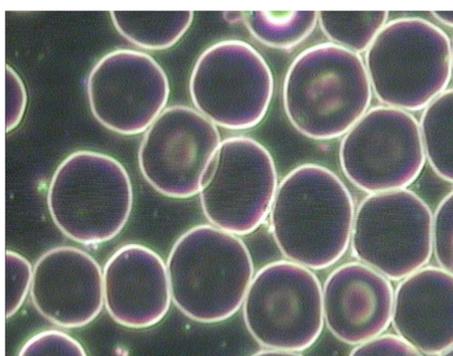


Figure 2: Anisocytosis as seen in live blood screening.

## PATHOLOGY TEST RESULTS

- Elevated urea
- Elevated creatinine
- Low calcium
- High phosphate
- Elevated IgE
- Elevated total cholesterol but low HDL
- Low serum vitamin D
- Low serum iron
- High ESR

## TREATMENT FOCUS

1. To reduce overall toxic load, support detoxification of accumulated toxins & decrease environmental toxin exposure
2. Improve kidney function to help patient move away from dialysis treatment
3. Decrease inflammation
4. Improve general wellbeing

## PRESCRIPTION

Treatment consisted of oral nutritional and herbal supplementation and dietary and lifestyle changes including gentle detoxification (see Table One).

Table One: Prescription.

RECOMMENDATION	DOSE
Chinese Herbal Support for Urinary Disturbances	5 pills TDS
High Potency Ultra-Pure EPA Liquid	5 mL TDS
Homeopathic Arsenic album	50M given 1 dose
Blood Type A diet with emphasis on low purine foods, organic foods and filtered water, low purine foods.	N/A
Biofeedback treatment given to kidneys.	N/A
Gentle detox with biofeedback given.	N/A

The patient was followed up two days after commencing treatment then asked to continue treatment for the next two months prior to follow up blood tests with kidney specialist.

## CLINICAL OUTCOMES

Over this 8 week period, blood test results showed a marked improvement with reductions in urea, creatinine and phosphate levels. Iron and calcium levels, which had been initially low, had moved into the normal/ideal range. The medical doctor was satisfied the patient was improving so dialysis was postponed. The patient was happy to continue with the prescribed treatment and continued to improve.

## CONCLUSIONS

This case study demonstrates how an integrated medicine approach, incorporating detoxification and addressing dysbiosis can be effective in the management of chronic glomerulonephritis and improvement, not only in renal function, but also general wellbeing.