

**Medullary sponge kidney** is a congenital disorder (meaning it is present at birth) of the **kidneys** characterized by cysts that develop in the urine-collecting ducts and tubules of one or both kidneys. Medullary sponge kidney belongs to a group of diseases known as 'cystic kidney disease'.

Individuals with **medullary sponge kidney,** as a result of the urine flow being blocked, are at increased risk for

1. kidney stones
2. urinary or kidney infections
3. blood in the urine (haematuria).

**SYMPTOMS:** Although medullary sponge kidney is present from birth, symptoms do not usually occur until later in life. Symptoms and signs may include:

* pain in the back, lower abdomen or groin
* cloudy, dark or bloody urine
* burning or painful urination
* fever and chills
* vomiting

**Traditional Medicine recommendations:**

Medical treatment aims to manage the symptoms and reduce the risk of complications because there is no cure in traditional medicine.

* long-term, low-dose antibiotics to prevent urinary tract infections
* medication to discourage the formation of kidney stones
* avoiding non-steroidal anti-inflammatory drugs (NSAIDs), since these types of medication can worsen kidney function in people with kidney disease
* a short course of high-dose antibiotics to treat existing abscesses
* surgery to drain abscesses, if they are particularly large or do not respond to antibiotic therapy.

**Natural Health Recommendations**

* drinking plenty of water to discourage the formation of kidney stones
* dietary changes such as reducing salt, animal protein, cholesterol and caffeine
* Daily probiotics to reduce the risk of urinary tract infections
* NutriFeron to reduce the risk of urinary tract infections
* Vita D3 to reduce the risk of urinary tract infections
* VitalMag to discourage the formation of kidney stones
* Abundant use of Alfalfa tablets DAILY
* Do a Kidney Cleanse quarterly
* If an infection occurs, reach for Defend & Resist and Garlic (Garlic can be taken daily if desired as further defense ... Defend and Resist can be taken on a rotation basis all the time if desired ... 4 days on and 3 days off)