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Healing the Kidneys with Sodium Bicarbonate (Baking Soda)

Posted by **Dr Sircus** on November 11, 2009 | Filed under *Medicine*, *Sodium Bicarbonate (Baking Soda)*

296

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Sodium bicarbonate is not only an excellent agent for natural chemotherapy, bringing as it does higher O₂ levels through increased alkalinity to the cells, it is also one of the most basic medicines we have for kidney disease. **New**

research by British scientists at the Royal London Hospital shows that sodium bicarbonate can dramatically slow the progress of chronic kidney disease.^[1] We don't need a thousand years of tests to understand something as simple as water and it is quite the same with bicarbonate, which is always present in the best drinking waters.

Bicarbonate acts to stimulate the ATPase by acting directly on it.^[2]

The simple household product used for baking, cleaning, bee stings, treating asthma, cancer and acid indigestion is so effective in treating kidney disease that **it prevents patients from having to be put on kidney machines.** The findings have been published in the Journal of the American Society of Nephrology. Bicarbonate is a truly strong universal concentrated nutritional medicine that works effectively in many clinical situations that we would not normally think of. It is a prime emergency room and intensive care medicine that can save a person's life in a heartbeat and it is also a supermarket item that you can take right off the shelf and use for more things than one can imagine – including diaper rash.

Dr. SK Hariachar, a nephrologist who oversees the Renal Hypertension Unit in Tampa Florida stated, upon seeing the research on bicarbonate and kidney disease, "I am glad to see confirmation of what we have known for so long. I have been treating my patients with bicarbonate for many years in attempts to delay the need for dialysis, and now we finally have a legitimate study to back us up. Not only that, we have the added information that some people already on dialysis can reverse their condition with the use of sodium bicarbonate".

John, a dialysis technician at the same center as Dr. Hariachar, who used to be on dialysis himself for 2 years as a result of kidney failure, had his kidneys miraculously start functioning to the point where dialysis was no longer needed. He states that he was prescribed oral doses of sodium bicarbonate throughout his treatment, and still takes it daily to prevent recurrences of kidney failure. Dr. Hariachar maintains though, that not everyone will be helped by taking bicarbonate. He says that those patients who have difficulty excreting acids, even with dialysis using a bicarbonate dialysate bath, that, "oral bicarbonate makes all the difference."

Kidneys Produce Bicarbonate

The exocrine section of the pancreas has been greatly ignored in the treatment of diabetes even though its

impairment is a well documented condition. The pancreas is primarily responsible for the production of enzymes and bicarbonate necessary for normal digestion of food. Bicarbonate is so important for protecting the kidneys that even the kidneys get into the act of producing bicarbonate and now we know the **common denominator between diabetes and kidney disease**. When the body is hit with reductions in bicarbonate output by these two organs, acid conditions build and then entire body physiology begins to go south. Likewise when acid buildup outstrips these organs normal bicarbonate capacity cellular deterioration begins.

The kidneys alone produce about two hundred and fifty grams (about half a pound) of bicarbonate per day in an attempt to neutralize acid in the body.

The kidneys monitor and control the acidity or “acid-base” (pH) balance of the blood. If the blood is too acidic, the kidney makes bicarbonate to restore the bloods pH balance. If the blood is too alkaline, then the kidney excretes bicarbonate into the urine to restore the balance. Acid-base balance is the net result of two processes, first, the removal of bicarbonate subsequent to hydrogen ion production from the metabolism of dietary constituents; second, the synthesis of “new” bicarbonate by the kidney.^[3]

It is considered that normal adults eating ordinary Western diets have chronic, low-grade acidosis which increases with age. This excess acid, or acidosis, is considered to contribute to many diseases and to contribute to the aging process. Acidosis occurs often when the body cannot produce enough bicarbonate ions (or other alkaline compounds) to neutralize the acids in the body formed from metabolism and drinking highly acid drinks like Coke, Pepsi and we are even seeing reports on bottled mineral water being way too acidic.

Acid-buffering by means of base supplementation is one of the major roles of dialysis. Bicarbonate concentration in the dialysate (solution containing water and chemicals (electrolytes) that passes through the artificial kidney to remove excess fluids and wastes from the blood, also called “bath.”) should be personalized in order to reach a midweek pre-dialysis serum bicarbonate concentration of 22 mmol/l.^[4] Use of sodium bicarbonate in dialysate has been shown in studies to better control some metabolic aspects and to **improve both treatment tolerance and patients’ life quality**. Bicarbonate dialysis, unlike acetate-free biofiltration, triggers mediators of inflammation and apoptosis.^[5]

One of the main reasons we become acid is from over-consumption of protein. Eating meat and dairy products may increase the risk of prostate cancer, research suggests.^[6] We would find the same for breast and other cancers as well. Conversely mineral deficiencies are another reason and when you combine high protein intake with decreasing intake of minerals you have a disease in the making through lowering of pH into highly acidic conditions. **When protein breaks down in our bodies they break into strong acids.**

Unless a treatment actually removes acid toxins from the body and increases oxygen, water, and nutrients most medical interventions come to naught.

These acids must be excreted by the kidneys because they contain sulfur, phosphorus or nitrogen which cannot break down into water and carbon dioxide to be eliminated as the weak acids are. In their passage through the kidneys these strong acids **must take a basic mineral with them because in this way they are converted into their neutral salts and don't burn the kidneys on their way out.** This would happen if these acids were excreted in their free acid form.

*Substituting a sodium bicarbonate solution for saline infusion prior to administration of radiocontrast material seems to **reduce the incidence of nephropathy.***^[7]

- Dr. Thomas P. Kennedy

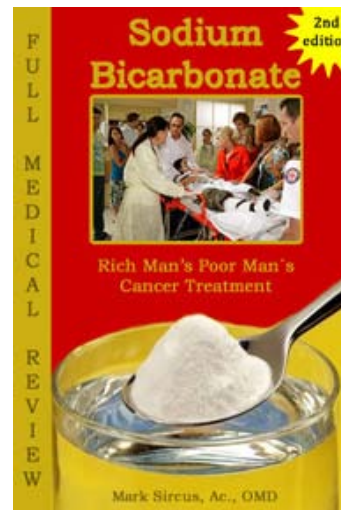
American Medical Association

Bicarbonate ions neutralize the acid conditions required for chronic inflammatory reactions. Hence, sodium bicarbonate is of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases. Sodium bicarbonate is a well studied and used medicine with known effects. Sodium bicarbonate is effective in treating poisonings or overdoses from many chemicals and pharmaceutical drugs by negating their cardiotoxic and neurotoxic effects.^[8] It is the main reason it is used by orthodox oncology – to mitigate the highly toxic effects of chemotherapy.

Sodium bicarbonate possesses the property of absorbing heavy metals, dioxins and furans. Comparison of cancer tissue

with healthy tissue from the same person shows that the cancer tissue has a much higher concentration of toxic chemicals, pesticides, etc.

Sodium bicarbonate injection is indicated in the treatment of metabolic acidosis, which may occur in severe renal disease, uncontrolled diabetes, and circulatory insufficiency due to shock or severe dehydration, extracorporeal circulation of blood, cardiac arrest and severe primary lactic acidosis. The acid/alkaline balance is one of the most overlooked aspects of medicine. In general, the American public is heavily acid, excepting vegetarians, and even their bodies have to face increasing levels of toxic exposure, which help turn the body to acidic pH conditions.

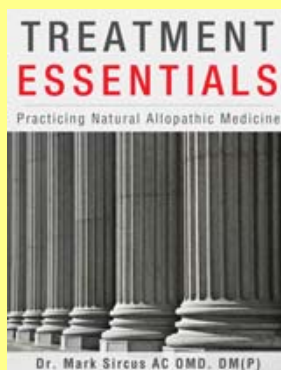
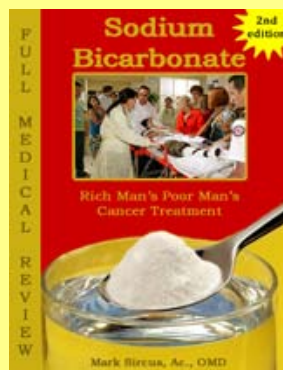


For more detailed information feel free to consult my book [Sodium Bicarbonate E-Book](#) that's with a reasonable price, or for a more personal approach check my [Consultations](#) page.

SEE REFERENCES ▼

Learn how to treat yourself and your loved ones safely at home with Sodium Bicarbonate and other

powerful medicinals



Learn Dr Sircus protocol including dosages, methods, side effects and contra-indications. This bundle includes the second edition of both [Sodium Bicarbonate](#) and [Treatment Essentials](#).

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**Dr. Mark Sircus, Ac.,
OMD, DM (P)**

*Director International Medical Veritas
Association*

Doctor of Oriental and Pastoral Medicine



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Dr. Mark Sircus

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For more advanced and detailed presentation we offer [Treatment Essentials](#), which has all the information for you to practice Natural Allopathic Medicine, including the important chapter on dosages.

For questions pertaining to your own personal health issues or for specific dosing of Dr. Sircus's protocol items please seek a consultation. Please visit our [knowledge base](#) to see if your question may have been answered previously.

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[Detoxology](#) · 11 days ago

I have been doing a detox for the last 1 days. I started taking organic bicarb as you suggest for the first week and my urine test were great and I was alkaline with saliva also. The instructions stated one week on and one week off the bicarb. Once I stopped taking it I have have been showing acid on every test all week. I am feeling really good and eating everything for kidney health. I have read most of your books and I am very impressed with your work. I am wanting to know if I should restart the bicarb as I feel my kidneys are probably over working?

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sneha · a month ago

Hi, my father is suffering from kidney failure. he has to go for dialysis every alternate day. Please suggest some remedy which will work effectively afre dialysis has started.

| · Reply · Share ›



Don B > sneha · 14 days ago

Watch a video on [FoodMatters.tv](#) called "Super Juice Me" subtitle '8 people, 22 diseases, 28 days'.

  • Reply • Share ›



Don B > sneha • 14 days ago

My dad was told last January 2015 that because of his failed kidney function he had between 2 days and 2 weeks to live. We put him on a juice only diet for 2 weeks. One was a juice made of 1 apple, two celery stalks, 4 medium carrots. All must be organic. Between this was natural grape juice, apple and alkaline water. He began filling the bag he was now attached to and in 2 weeks he lost most the water weight and his Parkinson's was gone. After he got better, he returned to his previous American diet and he is now back to needing help again along with having the Parkinson's back.

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Shizzarky > sneha • a month ago

Raw Vegan Diet

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chris wink • a month ago

Hi, I wondered if anyone can help me, my niece has developed IgA Nephropathy and is on dialysis every day, I'm told that her kidneys are scarred and the damage is irreversible, I've read briefly about the guy who was on dialysis for two years and then through your help now doesn't need it anymore. I'm sorry if this seems a bit vague but I have little contact at present but as I know about things like Essiac and have had success with it over cancer I tend not to just give up when I'm told there is no hope.

Many thanks

Chris

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brenda > chris wink • 10 days ago

Hi. My name is Brenda. I also had IGA NEPHROPATHY. I was able to get a transplant one month shy of being on dialysis. There is always hope so no never give up on her and never allow her to give up. My kidney will be 5yrs old in January. Just recently my doctor told me that my blood was acidity. I really don't understand what she means. Is it something that I eat or drink. I just know that she put me on sodium bicarb. I was feeling sluggish and tired but I do have more energy and I am

feeling a lot better.

□ | □ • Reply • Share ›



qman • 2 months ago

My experience with baking soda (sodium bicarbonate) may help some people determine how much to take. When I first began taking baking soda, I'd take a teaspoon of bs in a glass of water. I drank plenty of water. I had never had much heartburn before but with taking bs I was now having lots of heartburn even though I did not take the bs with meals. I quit the bs and finally after a couple of months the heartburn stopped but my urine was testing around 5.0 pH and was very difficult to increase. Then... Later I was plagued with systemic candida and I knew I had to do something to increase the pH of my body urine and saliva among other things. Using pH strips (litmus paper) I found our tap water had a pH of 4.5 which is almost as acidic as soda pop. I wondered how I could ever alkalize my body with water that acidic. I decided to try baking soda again but this time I would use it to alkalize all the water I drank which is about 5 or 6 - 12 oz glasses per day. My goal was to bring the pH in my drinking water up to around 7.3. I kept adding a bit of bs to a gallon of water until it measured 7.3 on the pH paper chart. I found that I needed to add about 2 1/4 to 2 1/2 teaspoons of baking soda to a gallon of water. Actually when I first started this, I made it a bit more alkaline ...to about 8.0 pH for a couple of weeks. The candida was really bad. I even had thrush and I saw a bunch of white fungus on one my hard stools.

If someone objects to the taste of baking soda in the water, let me assure you that you do get used to it quite quickly. It might help to start with just 1 teaspoon in a gallon of water and then to slowly add a bit more baking soda until your water has a pH of around 7.5 or so. Now when you test your urine, you will see that it is quite alkaline.

□ | □ • Reply • Share ›



sarah • 2 months ago

Hi, i just want to ask if how can we use baking soda to treat kidney failure.since my father was diagnosed of kidney failure and tolda to under go dialysis next month but as much as possible we dont want to do that procedure since it is expensive. Please help us with any home remedies that you can recommend.thanks...sarah

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Mahmudul Islam Khan • 2 months ago

I have been suffering from CKD since 2008. At that time my creatinine level was 170 micro mol/litre. My present creatinine levle is 143 micro mol/litre.Other parameters , such as uric acid, blood urea, glucose are within normal level. I have history of hypertension, which is now 110/80. I take one losartan potassium 50 mg+hydrochlorothiazide 6.25 mg in the morning and amlodipine 5 mg at night for hypertension.How much baking soda can I take everyday and for how long time ? My age is 51

years.

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Bhavna Sharma • 3 months ago

Hello,

My name is Bhavna Sharma and I found this website online while searching for more information on Creatine and urea levels and ways of lowering them without use of dialysis. This is in regards to my uncle who resides in India and was recently told he only had 1 kidney; as in was born with just one. After performing some tests, the doctors there said "there was an infection in the kidney" and was given medications and to follow up within 15 days; after 15 days they performed blood tests again and stated that his levels went from 4 to 6.43 in creatine in just 15 days. My uncle has been following a strict diet of what the physicians in India have told him and despite that the levels have increased so much. After visiting another kidney specialist in India; this kidney specialist performed another test and said that level was 6 and a dialysis was required to just get kidney fluid. I am really worried and scared due to Indian physicians not always worrying or caring about the patient's health but more about extracting money from them. My family and I don't think a dialysis is needed because we believe it will harm him more in the long run. Would adding sodium bicarbonate help him; he does have a previous medical history of HIGH BLOOD PRESSURE so I'm not sure sodium would be okay? if you can help me with anything regarding this, please let me know. I would really appreciate any feedback. Thank you so much for your time.

□ | □ • Reply • Share ›



brenda > Bhavna Sharma • 10 days ago

When they found out that my kidney level was 6.5 I was immediately put on dialysis within a weeks time. They did not remove fluid but merely cleaned my blood. My blood pressure was 220/234. I was going into stroke mood and my kidneys were shutting down. I had an a great urologist. He saved my life. So get a urologist and get started with the dialysis.

□ | □ • Reply • Share ›



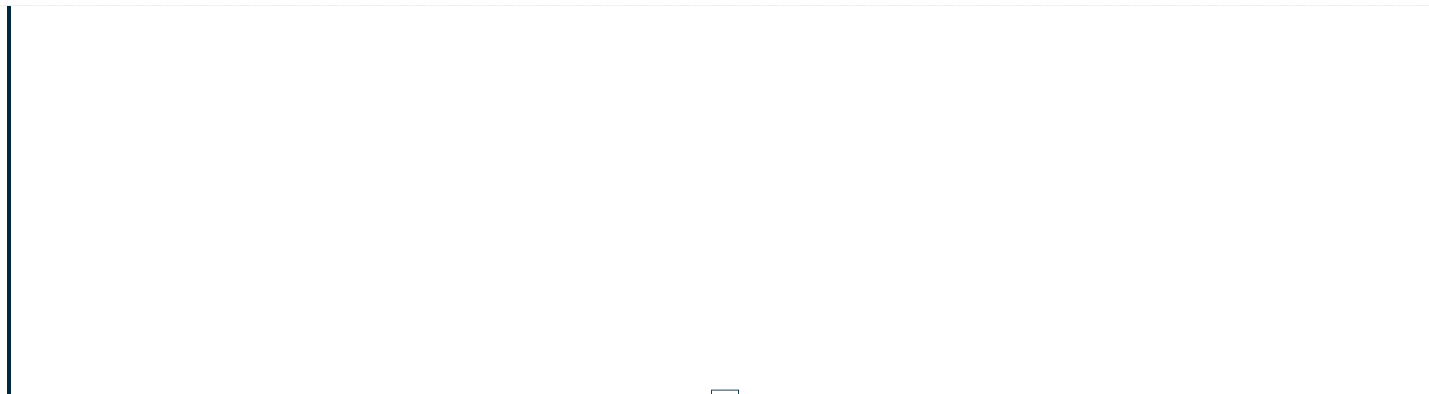
Shizzarky > Bhavna Sharma • a month ago

<http://nutritionfacts.org/vide...>

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<http://www.naturalnews.com/046...>

<http://drsircus.com/medicine/s...>



see more

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[Sally Sabater](#) • 3 months ago

Hi, My mum is 74 years old and diagnosed with Acute kidney disease, I am not really keen to put her in the machine because she is not a fighter, I have been introducing herbals from Chinese and from any source of other Herbal medicines, but sometimes looks like she never get better, She is taking this Ketolog tablet but it's given by her Nephrologist, and after 1 year of taking it, her skin start to dry and start to be so itchy, her creatinine level results now is around 771 umol/L, it was just 340 before, the Nephrologist said she is on acute Kidney disease, and just take tablets . . .we stop the tablets and we go herbals, still her acids is very strong I thin . . Is this soda bicarbonate can really help her more just to reduce a little toxic in her blood, I know she produce heaps of acids, coz everytime she eats some beef or fruits, it gives her reflux in her stomach . . thank you

  • Reply • Share ›



[IMVAUser](#) Mod > [Sally Sabater](#) • 3 months ago



Hi Sally, Sorry to hear about your mum's health problem. Sodium Bicarbonate is one of the things that can help her at this point,
You might want to consider a consultation with Dr. Sircus to discuss this and to get his recommendation on what would be best for her. you can check the info at www.drircus.com/consultations
Best in health,
IMVA Support Team

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[aziz](#) • 3 months ago





how to cure cyst in kidneys

  • Reply • Share ›



FRANCISCA CHINONYE • 4 months ago



I have Flank Pain getting to two months now and am worried about my kidney, please how do go about this sodium bicarbonate. Thanks

  • Reply • Share ›



Saru • 5 months ago

I am suffering from urticaria for the last 13 [years](#).[how](#) can I take baking soda to cure my problem.please tell me dose.Also on Internet I have read that baking soda can cause stones in kidneys and gallbladder.Is this correct? Please guide me.

  • Reply • Share ›



[Claudia French](#) Mod > Saru • 5 months ago

Baking Soda use should not cause stones in kidney or gallbladder,

Using Dr, Sircus complete protocol will prevent this,

<http://drsircus.com/medicine/t...>

Please get a consultation with the doctor for more guidance on using sodium bicarbonate in baths, topically and orally.

Claudia French

IMVA

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lynn • 5 months ago

what natural means can be used for polycystic kidney? urgent

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[Claudia French](#) Mod > lynn • 5 months ago

an iodine protocol can shrink polycystic kidneys/ you will need a consultation for specific dosing
<http://drsircus.com/consultati...>

Claudia French
IMVA

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[Rebecca Brothers](#) • 6 months ago

I take the (baking soda) three x a day. Must I take it at the time I mix it (in a liquid) or can I have a jar of the mixture premade for a few hours or even days?

I kno it works well for me. The spots around my eyes diminish and no flank pain. But when I don't take as much the spots come back and the flank pain has worsened. Am I more off then I think?

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[Claudia French](#) Mod > Rebecca Brothers • 6 months ago

Rebecca, it is best to take the mixture as you need it and not let it stand around for long.

Claudia French
IMVA

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Anne • 7 months ago

Hi,

I want to discuss my case as its mentioned below :

In
december 2012, pre-eclampsia occured due to pregnancy, after that pulmonary edema happened and urine output stopped, went on dialysis for 3 months (3 times a week), and it stopped on 28th feb 2013 as creatinine level was under 6, In July 2013 Hepatitis E happened along with Urinary Tract Infection & Steven Johnson Syndrome which was cured under six months of time to be exact under december 2013, currently my reports are

mentioned as below :
Urea : 40 mg/dl
Creatinine : 2.2 mg/dl
Uric Acid : 3.99 mg/dl
Sodium : 138 mEq/l
Potassium : 4.9 mEq/l
Chloride : 114 mEq/l
Bicarbonate : 15.0 mEq/l

I'm concerned about my creatinine level on how it can be decreased, please guide if it can be cured by Sodium Bi-Carbonate.

Regards,
Anne.

□ | □ • Reply • Share ›



[Claudia French](#) Mod > Anne • 7 months ago

Dear Ann,

Sorry to hear about these circumstances.

Dr. Sircus has many ways to help lower your creatinine level but you must first purchase a consultation with him. Definitely sodium bicarbonate will help but there are other things that can be employed in addition such as iodine, L-arginine, magnesium and glutathione. Keeping well hydrated will help to lower creatinine. Please get a consultation for more detailed information.

<http://drsircus.com/consultati...>

Claudia French
IMVA

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[lenao](#) • 8 months ago

my daughter has a large cyst in her kidney, she start drinking baking soda water.... to clear it... in the process i start drinking it too to support her and since i drink it for one week i have pain in my left kidney and i do not go pee, should i stop the baking soda or it might actually clean something out of my kidney i did not know i had?
I started with a table spoon a day but that make me sick, now i take a teaspoon a day

□ | □ • Reply • Share ›



[Claudia French](#) Mod > [lenao](#) • 8 months ago

cut back or stop taking it till function returns to normal. bE SURE you are checking your pH at least twice per day. You should not have a decrease in urination.

<http://drsircus.com/consultati...>

Claudia French
IMVA

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[lenao](#) > [Claudia French](#) • 8 months ago

thanks Claudia, for my daughter' cyst, do you think that the baking soda can actually dissolve and get ride of it? she still feel the pain sometimes to times.. she drinks a teaspoon per day? is there something else she could do to make sure that cyst goes away and prevent her from the kidney ablation?

□ | □ • Reply • Share ›



[Claudia French](#) Mod > [lenao](#) • 8 months ago

You should talk with Dr. Sircus. Iodine has been shown to diminish many cysts and Dr. Sircus has other things that would also help.

<http://drsircus.com/consultati...>

Claudia French
IMVA

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[kathy](#) • 8 months ago

I wish I knew about this before my dad died from kidney failure.

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[Dasa Raja](#) · 8 months ago

Hi doctor my grand mom suffering from CKD. She is under dialysis since her creatinine found 11.2 . sugar bp normal. Doctor says kidney 90% failure due to urine infection . how I use sodium bicarbonate for her. Dose?

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[Claudia French](#) Mod > [Dasa Raja](#) · 8 months ago

Dasa, so sorry to hear about your mom. We have been following research that states :
The doses used in the research were 600-650mg. given 2 or 3 times per day which is equal to 1/8 teaspoon of sodium bicarbonate in water or one capsule of sodium bicarbonate. It is generally used in those with chronic metabolic acidosis. Overt chronic metabolic acidosis in patients with chronic kidney disease develops after a drop of glomerular filtration rate to less than approximately 25 mL/min/1.73 m². The pathogenic mechanism seems to be a lack of tubular bicarbonate production, which in healthy individuals neutralizes the acid net production.
So it would depend on your glomerular filtration rate (GFR). New clinical trials are going on to further determine who benefits and how much is needed per day.
Please seek a consultation with Dr. Sircus as there are other things that can help to resolve her kidney failure.
<http://drsircus.com/consultati...>

Claudia French
IMVA

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[Robert D](#) · 8 months ago

I am a 68year old male diabetic with kidney function about 20%. I want to avoid dialaysis any way I can. VA doctors say they no nothing to help. Please help! Is twitching relative to this disease? Thank you

· Reply · Share ›



[Maria](#) · 8 months ago

Can I drink bicarbonate sodium with water if pregnant?

· Reply · Share ›

Mod



Claudia French Mod > Maria · 8 months ago

It is not recommended unless only used occasionally for gastric upset. Otherwise consult your health care provider.

Claudia French
IMVA

· Reply · Share ›



NATCUE · 8 months ago

DO NOT USE ARMEN HAMER BAKING SODA!!!

IT CONTAINS ALUMINUM!!

TRY TO FIND AN ORGANIC ALUMINIUM FREE BANKING SODA!!

THIS IS VERY IMPROTANT IN THE CURE!!!

· Reply · Share ›



Claudia French Mod > NATCUE · 8 months ago

Natcue,

Arm and Hammer Baking soda does NOT contain aluminum. We at the IMVA have investigated this . If you have some proof of what you are saying please send it to us and we will look into it but we have found that people mistakenly believe what you claim., It is generally baking powder, not baking soda that contains the additive of aluminum and should not be used. 100% sodium bicarbonate does not contain aluminum. Buy only 100% baking soda (sodium bicarbonate) Arm & Hammer Baking Soda (not powder) is fine to use and is what Dr. Sircus recommends.

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Rania · 8 months ago

My premature baby is having renal failure and his BUN levels are really high. Would this treatment work on babies? Should I bring this up to his doctors?

· Reply · Share ›



[Claudia French](#) Mod > [Rania](#) · 8 months ago

You definitely should work with your health care providers on whether sodium bicarbonate will help. Babies are much different than adults and will react differently and may require different dosing. Hopefully your doctor will be aware of the recent research and benefits of sodium bicarbonate for kidney problems. If he is not Dr. Sircus would be willing to speak with him or you in consultation where more information can be shared.

<http://drsircus.com/consultati...>

Wishing the very best for you and your baby.

Claudia French
IMVA

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[Rania](#) > [Claudia French](#) · 8 months ago

Can I please get the contact information for Dr. Sircus

| · [Reply](#) · [Share](#) ›



[Claudia French](#) Mod > [Rania](#) · 8 months ago

Rania you can get a consultation with Dr. Sircus.

Here are your options:

<http://drsircus.com/consultati...>

Once you make payment an appointment will be arranged for you.

Claudia French
IMVA

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