

# Rationale For Nephuro<sup>TM</sup>

The urinary system consists of the kidneys (filter blood to form urine), ureters (tubes which carry urine away from the kidneys), bladder (a urine reservoir), and the urethra (exits urine from the body). The kidneys not only remove a variety of toxins and metabolic end products from the blood, but also help maintain internal homeostasis (body balance) by regulating acid-base balance, minerals, water, and blood pressure through the renin-angiotensin system. The kidneys are critical to life. When they lose their abilities, toxic substances rapidly build in the blood leading to uremic poisoning and death if the condition is not reversed or the blood is not artificially cleansed through dialysis.

## NEPHUROL<sup>TM</sup>

Nutrient Support Formula

W Y S O N G

### PURPOSE:

To support the health of the kidneys, urinary bladder, ureters and urethra.

### INGREDIENTS:

Natural Phytonutrient Extracts and Concentrates of Uva ursi, Goldenseal, and Cranberry; Dried Kidney.

- Contains no additives -

### DIRECTIONS:

**Suggested Dosage:** Two capsules three times daily. Nephuro<sup>TM</sup> is best assimilated if swallowed with meals. For best results, Nephuro should be used as part of the Wysong Optimal Health Program<sup>TM</sup>.

For long-term usage follow the Wysong Foundation Formula Cycle or discontinue two days out of every week and five successive days every month to decrease the potential for intolerance developing.



As with all disease, prevention is far more wise than attempts at cure. Since the urinary system is an integral part of the rest of the body, the health of the part directly affects the health of the whole.

The Wysong Optimal Health Program describes a variety of lifestyle and nutritional choices that can do much to optimize health and prevent crises. Additionally, in our modern increasingly toxic world, a variety of specific nutrients in supplement form is important. These are provided in the Wysong Foundation Formulas and include a complete spectrum of vitamins and minerals, essential fatty acids, antioxidants, enzymes and probiotics. Wysong Nutrient Support Formulas which will be of specific benefit to the urinary system include Pancidrim<sup>TM</sup> and Immulyn<sup>TM</sup> (if infection is present), and Nephuro<sup>TM</sup>.

The urinary system is vulnerable both from the inside and from the outside of the body. High levels of toxins or pathogenic organisms in the blood can be concentrated in the kidney and cause tissue damage and foci of infection. Improper nutrition can lead to disturbances of pH (acid balance) and imbalances of minerals which can precipitate in various parts of the urinary system as “stones” which incite inflammation, infection and can completely block the flow of urine.

Proper nutrition is food to which the species is genetically adapted. Without exception, these are raw whole foods found in nature which can be appropriately digested.

The urethra is an open channel to the outside world and infective agents can ascend the urinary tract. Pathogenic organisms overgrowing in the digestive tract can be seeded to the urethral opening particularly if good hygiene is not practiced or tight fitting undergarments are used. Probiotic organisms (such as provided in the Wysong Foundation Formula Probiosyn<sup>TM</sup>) can compete against these organisms and help prevent their overgrowth and potential for urinary infection.

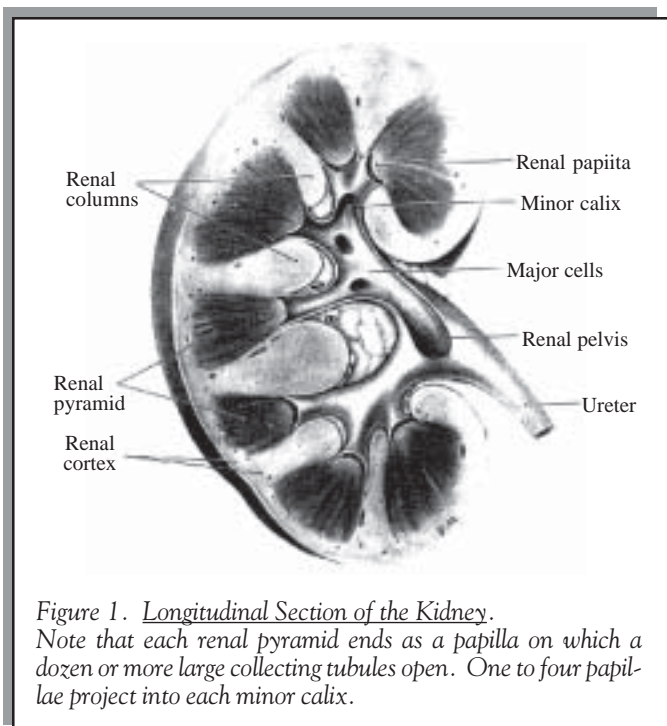


Figure 1. *Longitudinal Section of the Kidney.* Note that each renal pyramid ends as a papilla on which a dozen or more large collecting tubules open. One to four papillae project into each minor calix.

There are several obvious things that can be done to both prevent and reverse urinary disease aside from the above considerations. If there is chronic infection in the body, it will likely, with time, migrate to the kidneys. For example, chronic gum disease (periodontitis) is often a root cause of kidney disease. This oral disease can be prevented by eating properly to alkalize the body to prevent the formation of calculus on the teeth and the proliferation of pathogenic bacteria. Good oral hygiene practices using non-toxic dentifrices (such as Wysong Probiudent™) will also help prevent this condition.

High levels of toxic exposure can be tolerated by the body for only so long. Then when adaptive mechanisms are exhausted, the liver can lose its ability to neutralize toxins and the kidneys become exposed to their unmodified noxious effects. General steps to improve lifestyle must be taken to enhance overall health. One must move from a workplace that causes high levels of toxic exposure, convert the home environment using only nontoxic building materials, cleaning agents, etc., and support

public action to protect the environment.

Increasing the consumption of clean water will enhance healthy function of the urinary system. Use purified filtered, reverse osmosis, or distilled if the quality of your water is in question. Produce your own purified water (see Healthy Water Products section) rather than buying it in plastic jugs, which may themselves release toxic materials into the water. Drink a minimum of three to

four glasses of water each day, unless thirst indicates more. If ill, this amount should be doubled to help dilute toxins that build in the body during illness.

Nephurol incorporates a variety of nutrients not found in the Wysong Foundation Formulas and is known to specifically target the urinary system. It is important, however, that the Foundation Formulas be taken concomitantly with Nephurol since they are designed to complement its effectiveness.

Nephurol is the result of several years of research seeking non-toxic, natural nutritional supplements. Ingredients have been selected based upon the weight of scientific evidence and traditional experience with their use. Supplementation with natural nutrients and “nutraceuticals”

is an emerging science and precise mechanisms of action have not been determined in many cases.

### Biochemistry

Nephurol Cranberry inhibits the bacterium *Escherichia coli*, a common cause of urinary tract infections, from adhering to the cells that line the wall of the urinary bladder.

Goldenseal root alkaloids, as found in Nephurol, include hydrastine and berberine, which have broad-spectrum antimicrobial activity without the side effects of antibiotics. Berberine has antimicrobial functions against bacteria, fungi, and protozoa. For some of these infections, its actions have been found to be even stronger than the antibiotics normally given.

Additionally, goldenseal root alkaloids complement the inhibitory action of cranberry against *E. coli*. Thus, Nephurol Goldenseal prevents infections of the urinary system not only by inhibiting microbial growth, but also by blocking the adherence of these microorganisms to host cells.

Goldenseal root alkaloids are

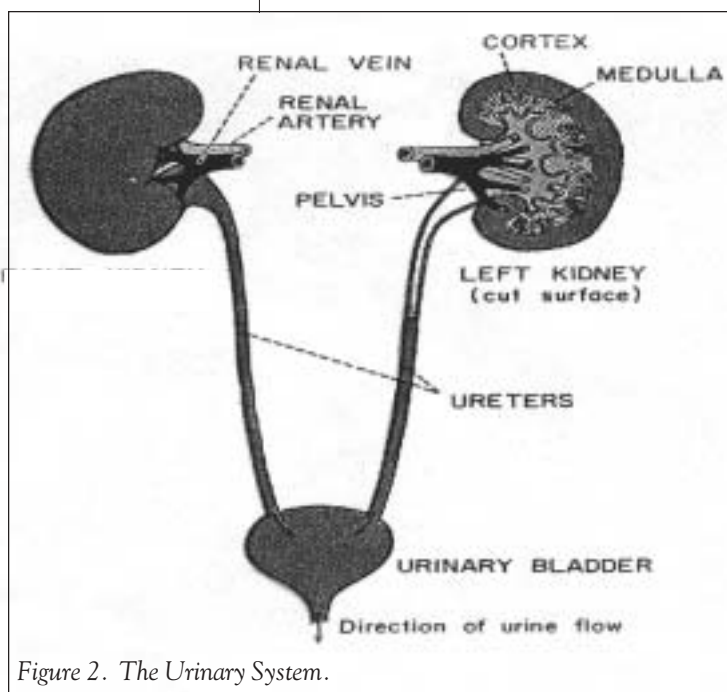


Figure 2. *The Urinary System.*



Goldenseal

generally non-toxic at recommended doses, but are not recommended during pregnancy. High doses may interfere with metabolism of B vitamins, and thus taking

W y s o n g Foundation Formulas becomes very important to keep the proper balance of all vitamins and minerals.

Arbutin, the active component of the Nephurul ingredient uva ursi, is an antiseptic and diuretic, thus helping to relieve pain from bladder and kidney stones. Arbutin works best in crude extracts (as is found in Nephurul) because components in the crude plant convert arbutin to hydroquinone in the urinary tract, while protecting arbutin from being broken down by bacteria in the intestinal tract.

Kidney substance, as found in Nephurul, fuels kidney growth, function, and repair. Nutrients contained within specific tissues stimulate the corresponding tissue when consumed.

#### Clinical Evidence

Studies have shown that Nephurul cranberry may protect against *E. coli* in the urinary tract. One study involved 153 women (average age 78.5 years) and demonstrated that cranberry reduced the amount of bacteria in the urine. Another study found that cranberry given to 28 patients led to absence of bacteria in 19 of these patients. The daily amount of cranberry given in Nephurul meets the suggested daily dose needed to provide these protective effects.

The goldenseal alkaloid berberine has



Uva Ursi

been shown in clinical studies to have protective effects against infective agents including *E. coli*, streptococcal and staphylococcal bacteria, and even tuberculosis and cholera. Further, additional studies have demonstrated goldenseal's effectiveness as a restorative treatment following protracted fevers to be three times as potent as that of aspirin.

The ingredients in Nephurul have a significant body of scientific research demonstrating their effectiveness in protecting the urinary system from damage. The partial listing of scientific references demonstrating the efficacy and safety of these ingredients follows this monograph.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



Cranberry

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