REVERSING RENAL FUNCTION THROUGH DIET MODIFICATION AND BLOOD CUPPING THERAPY

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Abstract

Chronic kidney disease (CKD) represents a significant public health problem because of the associated high morbidity and mortality. It affects about 1 in 10 adults and accounts for millions of premature deaths worldwide. In Malaysia, the National Health and Morbidity Survey (NHMS) in 2011 showed a 9.07% prevalence of CKD in West Malaysia. End-stage renal disease requiring dialysis also high with an incidence rate of 216 per million population in the year 2016 compared to 96 per million population in 2002. A total of 37,781 patients were on renal replacement therapy at the end of the year 2016 (at a rate of 1159 per million population). Most CKD patients will end up with either dialysis or renal transplant. Many studies showed that lifestyles and diet changes together with other complimentary therapy have an impact on lowering creatinine and urea level thus could improve renal function and delayed dialysis. We conducted an intervention study to examine the role of vegetable-based diet and blood cupping therapy in reducing serum creatinine and urea. Our preliminary results are very encouraging where most patients show significant reduction in serum creatinine and urea within three weeks of intervention.

Biography

Dr Ab Aziz al-Safi bin Ismail (MD, PhD) is a professor of public health at Lincoln University Collage, Kota Bharu campus who specializes in prevention of diabetes mellitus, chronic kidney disease, and malignancies. He is practicing integrative and functional medicine and actively involved in conducting clinical trials and epidemiological research. Recently he conducted a study on the use of blood cupping in reducing cardiovascular disease and actively speaks on treating chronic diseases using blood cupping therapy.