

Kidney care

The kidney is one of the body's most important organs, responsible for the growth of many body parts such as the bones, teeth and hair. It also affects a person's memory and respiratory, excretory and reproductive systems.

People in the medical field, particularly Chinese medical practitioners, regard the kidney as perhaps the most important organ of the human body.

A weak kidney for example can speed up a person's aging process. Aging starts at age 40 for men, and 35 for women. A healthy kidney is the key to slowing aging.

Many factors can cause kidney deficiency. They include:

- 1) The kidney's natural decay;
- 2) Influenza, skin disease, malnutrition, nephritis, hypertension and diabetes;
- 3) Side-effects of some drugs.
- 4) Excessive sex.

The heart, liver, spleen, lungs and kidney are the five most important organs of the human body.

Their functions are interrelated. If the kidney is weak, the other organs will be affected.

Osteoporosis, cancer, bronchitis, hepatitis, rheumatism, cardiac diseases, obesity, hypertension and diabetes may not have a direct bearing on the kidney, but they are closely related to kidney deficiency.

Being emotionally stable is essential to a healthy kidney. Avoiding stress, heavy workloads and too much sex can also prevent kidney deficiency.