

# Protect Your Kidneys: What You Can Do to Prevent, Slow, and Even Reverse Kidney Disease

By Robert Ferguson

## Introduction

As I've matured in life, what I learned in textbooks about kidney health has come to life through personal experience. As a nutritionist, health, and weight loss coach, a friend, and a family member, I've seen many people be told by their doctor that they have kidney damage. Some are worse than others.

Because of my experience working with many people over the years, I've been able to provide **renewed hope** and a **pathway to both preserve kidney health** and, in some cases, **reverse kidney damage**.

No matter where you are in your kidney journey, this article is for you. Read on—and feel free to contact me if you want additional help. **Email me at:** [robert@dietfreelife.com](mailto:robert@dietfreelife.com)

## Why Your Kidneys Matter

Your kidneys are like built-in filters that clean your blood all day, every day. They help control your blood pressure, balance minerals, and remove waste and extra water through your pee.

When your kidneys stop working the way they should, waste builds up in your body. This can lead to serious health problems like high blood pressure, weak bones, nerve damage, and heart issues.

And if kidney function gets too low, you may need **dialysis**—a treatment where a machine does the work of your kidneys—or even a **kidney transplant**. That's why protecting your kidneys early is so important.

The good news? You can take care of your kidneys before anything goes wrong. And even if you already have kidney disease, it's not too late. You can slow it down—and in some cases, even improve your kidney function.

## What Is Kidney Disease?

Kidney disease means your kidneys are damaged and can't clean your blood as well as they should. Most people don't feel symptoms until things get worse. That's why it's important to understand your kidney health stage—not just if you have high blood pressure, diabetes, or a family history of kidney problems, but because **everyone benefits from living in a way that supports healthy kidneys**.

Instead of waiting for a problem to show up, it's better to live in a way that builds strong, healthy kidneys now and for the future.

## The 5 Stages of Kidney Disease

Doctors use a blood test called **eGFR** (estimated Glomerular Filtration Rate) to check how well your kidneys are working. This number tells you your kidney stage:

Stage	eGFR Number	What It Means
Stage 1	90 or higher	Normal kidney function, but there may be signs of damage
Stage 2	60–89	Mild damage: kidneys still work well
Stage 3a	45–59	Mild to moderate damage
Stage 3b	30–44	Moderate to serious damage
Stage 4	15–29	Severe kidney damage; get ready for possible treatments
Stage 5	Below 15	Kidney failure: dialysis or transplant may be needed

## What You Can Do to Protect and Help Your Kidneys

### 1. Eat Foods That Help Your Kidneys

- Eat more fruits and vegetables
- Drink clean water (unless your doctor says otherwise)
- Cut down on ultra-processed foods
- Avoid sugary drinks and keep red meat to once a week
- Choose home-cooked, whole foods instead of fast food

### 2. Omega-3s: Super Nutrients for Your Kidneys

Omega-3 fatty acids are healthy fats found in fish like salmon and sardines, as well as in top-quality supplements like BalanceOil+, which is made with 60% omega-3s from wild fish. These fats help lower inflammation and protect your kidney cells from damage.

Studies show that people who eat more omega-3s have a **lower risk of kidney disease** and **slower kidney decline** if they already have it (Friedman, 2010; Zhao et al., 2023; BMJ Group, 2023).

### 3. Polyphenols: Plant Power That Helps

Polyphenols are natural nutrients found in olives, berries, green tea, and even dark chocolate. They help fight inflammation and support kidney health. One great option is BalanceOil+, which contains 40% polyphenols from unripe olives—making it a powerful and easy way to get more polyphenols into your daily routine.

Research shows that polyphenols can **prevent and slow down kidney damage**, especially in people with other health conditions like high blood pressure or diabetes (Tay et al., 2022; American Society for Biochemistry and Molecular Biology, 2023).

## What If You're in Stage 2–5?

Even if your kidneys are already damaged, don't give up. You can still take action. In many cases—especially in **stage 2 or 3**—you can **slow down** or even **reverse some of the damage** by making smart changes.

Here's what helps:

- Take BalanceOil+ daily for the sole fact that it's made up of omega-3s and polyphenols, which is known support kidney health
- Get tested—know your eGFR and your omega-6 to omega-3 ratio
- Move your body every day, even with gentle exercise
- Eat real food, not junk food
- Drink water (as directed by your doctor)
- Stay on top of your labs and doctor visits
- Work with a nutrition coach who understands kidney health

## Real Success Story

I've worked with many people who were told their kidneys were getting worse. One powerful example: I had three clients with stage 3b kidney disease. After just six months of working with me as their nutrition coach, we added BalanceOil+ to their routine and tested their omega-6 to omega-3 ratios.

All three of them improved to stage 2—a big step forward that gave them more energy, better lab results, and most importantly, hope. This shows that with the right plan and support, your kidneys can get stronger—even when others say it's not possible.

## Can Kidney Damage Be Reversed?

Sometimes, yes—especially in the early to middle stages. Studies show that taking omega-3s and polyphenols can:

- Reduce inflammation
  - Improve kidney function
  - Slow down or even reverse some kidney damage
- (Friedman, 2010; Tay et al., 2022)

The key is consistency. Real food, daily movement, BalanceOil+, and testing can all make a difference.

## Final Thoughts

Your kidneys work hard for you—every single day. Whether you're totally healthy or already in stage 3, you can take steps to support them. Eat better. Move more. Lower inflammation. And if you're not sure where to start, reach out for help. You are not powerless. Your kidneys can get stronger, and your health can improve. My email is [robert@dietfreelife.com](mailto:robert@dietfreelife.com) or [click to schedule a free consultation](#).

## References

1. American Society for Biochemistry and Molecular Biology. (2023, July 24). *Plant-based compound prevents kidney damage in animal model*. ScienceDaily. <https://www.sciencedaily.com/releases/2023/07/230724122717.htm>
2. BMJ Group. (2023). *Omega-3 fatty acids in seafood linked to lower risk of chronic kidney problems*. <https://bmjgroup.com/omega-3-fatty-acids-in-seafood-linked-to-lower-risk-of-chronic-kidney-problems>
3. Friedman, A. N. (2010). Omega-3 fatty acid supplementation and kidney disease. *Kidney International Supplement*, 78(S119), S226–S232. <https://pmc.ncbi.nlm.nih.gov/articles/PMC2863302/>
4. Tay, J. Y., Najjar, R. H., & Sinha, A. (2022). Dietary polyphenols in kidney disease: From experimental models to clinical outcomes. *Nutrients*, 14(12), 2492. <https://pubmed.ncbi.nlm.nih.gov/35744059/>
5. Zhao, Y., Chen, Y., et al. (2023). Dietary intake of fish and long-chain omega-3 fatty acids and risk of chronic kidney disease: A prospective cohort study. *BMJ*, 380, e072909. <https://www.bmj.com/content/380/bmj-2022-072909>

---

**Robert Ferguson** is a California- and Florida-based single father of two daughters, nutritionist, researcher, best-selling author, speaker, podcast and television host, health advisor, NAACP Image Award Nominee, creator of the **Diet Free Life** methodology, and **Chief Nutrition Officer for iCoura Health**. He also serves on the **Presidential Task Force on Obesity** for the National Medical Association and the **Health and Product Advisory Board** for Zinzino, Inc.