

UPDATE BULLETIN

AUGUST 2023



What You Need to Know About Kidney Disease

Kidney disease, also known as renal disease or nephropathy, refers to a condition where the kidneys' normal functioning is impaired, leading to a loss of their ability to effectively filter waste and excess fluids from the blood. This can result in the accumulation of harmful substances and electrolyte imbalances in the body.

There are various types and causes of kidney disease, with some common ones including:

1. Chronic Kidney Disease (CKD):

This is a long-term condition where the kidneys gradually lose their function over time. Common causes of CKD include high blood pressure, diabetes, and certain kidney infections.

2. Acute Kidney Injury (AKI):

AKI is a sudden and severe decline in kidney function, often caused by conditions like dehydration, severe infections, or kidney damage from medications or toxins.

3. Polycystic Kidney Disease (PKD):

A genetic disorder where fluid-filled cysts develop in the kidneys, potentially leading to kidney failure.

4. Glomerulonephritis:

An inflammation of the kidney's filtering units (glomeruli) caused by infections, immune system disorders, or other conditions.

Symptoms of kidney disease may vary depending on the stage and underlying cause, but they can include:

- Fatigue and weakness
- Swelling (edema) in the ankles, legs, or around the eyes
- Changes in urine output or appearance (e.g., foamy urine, blood in urine)
- High blood pressure
- Nausea and vomiting
- Loss of appetite
- Itching and skin rashes
- Shortness of breath due to fluid retention
- Muscle cramps

Conclusion

Early detection of kidney disease is essential, as it can progress to kidney failure, where the kidneys are unable to support the body's needs. In such cases, patients might require dialysis or kidney transplantation.

Diagnosis often involves blood and urine tests, imaging studies, and sometimes kidney biopsies. Treatment depends on the specific cause and stage of kidney disease but may involve lifestyle changes, medications, and management of underlying conditions.

Regular check-ups, maintaining a healthy lifestyle, managing underlying health conditions like diabetes and hypertension, and avoiding substances that can harm the kidneys are essential for preventing or managing kidney disease effectively. If you suspect you have kidney-related concerns, it is crucial to consult a healthcare professional for proper evaluation and guidance.

HOW DOES HDI PRODUCT HELP?

HDI Propoelix™ - sourced from natural ingredients and propolis extract, to help boost your immune system. This anti oxidant-rich supplement is known to have many health benefits and can be consumed by the whole family. HDI Propoelix™ contains eight bioactive compounds, namely, Galangin, Chrysin, Pinocembrin, Naringenin, CAPE (Caffeic Acid Phenethyl Ester), Cinnamic acid, Apigenin, and Rutin, which have anti-bacterial, anti-inflammatory, anti oxidant, anticancer, antidiabetic, antiviral, and antifungal properties. With these beneficial properties HDI Propoelix™ is effective as an immunomodulator for both prevention and curative for various diseases.

UPDATE BULLETIN

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了解关于肾脏疾病

肾脏疾病，也称为肾病，是指肾脏的正常功能受损，导致其丧失有效过滤血液中废物和多余液体的能力。这会导致体内有害物质的积累和电解质失衡。

肾脏疾病有多种类型和原因，其中一些常见的包括：

1. 慢性肾脏病(CKD):

这是一种长期疾病，肾脏随着时间的推移逐渐丧失功能。慢性肾病的常见原因包括高血压、糖尿病和某些肾脏感染。

2. 急性肾损伤 (AKI):

AKI 是肾功能突然严重下降，通常由脱水、严重感染或药物或毒素引起的肾脏损伤等情况引起。

3. 多囊肾病 (PKD):

一种遗传性疾病，肾脏中会形成充满液体的囊肿，可能导致肾衰竭。

4. 肾小球肾炎:

由感染、免疫系统紊乱或其他病症引起的肾脏过滤单位（肾小球）炎症。

肾脏疾病的症状可能因阶段和根本原因而异，但可能包括：

- 疲劳和虚弱
- 脚踝、腿部或眼睛周围肿胀（水肿）
- 尿量或外观发生变化（例如泡沫尿、尿中带血）
- 高血压
- 恶心和呕吐
- 食欲不振
- 瘙痒和皮疹
- 由于体液滞留而导致呼吸短促
- 肌肉痉挛

早期发现肾脏疾病至关重要，因为它可能会发展为肾衰竭，导致肾脏无法满足身体的需求。在这种情况下，患者可能需要透析或肾移植。

通常涉及血液和尿液检查、影像学检查，有时还包括肾脏活检。治疗取决于肾脏疾病的具体病因和阶段，但可能涉及生活方式的改变、药物治疗和基础疾病的管理。

定期检查、保持健康的生活方式、管理糖尿病和高血压等潜在健康状况以及避免使用可能损害肾脏的物质，对于有效预防或控制肾脏疾病至关重要。如果您怀疑自己有与肾脏相关的问题，咨询医疗保健专业人员以获得正确的评估和指导至关重要。

HDI产品有何益处？

HDI Propoelix™ - 源自天然成分和蜂胶萃取，有助于增强您的免疫系统。这种富含抗氧化剂的补充剂具有许多健康益处，适合全家人食用。HDI Propoelix™ 富含8种生物活性成分：CAPE(Caffeic Acid Phenethyl Ester - 咖啡酸苯乙酯)、柚皮素、白杨素、高良姜素、咖啡酸、皮诺霉素，芹菜素和芦丁。它们具有抗菌、抗炎、抗氧化、抗癌、抗糖尿病、抗病毒和抗真菌特性。凭借这些健康有益的特性，HDI Propoelix™ 可作为免疫调节剂，能够有效预防和治疗各种疾病。



Kidney Pain Improved, Thanks to HDI's Natural Products

In 2018, I suffered from daily episodes of nausea, vomiting, chills, and a stuffy nose with bloody mucus after meals. Upon diagnosis, I had kidney failure due to stones in both kidneys, with my right kidney non-functioning. As a result, I required dialysis for three weeks. Unfortunately, my condition did not improve.

I began taking HDI Royale Jelly Liquid, Pollenergy 520, Propoelix™, and Clover Honey to help alleviate my symptoms. Thankfully, it was proved that Clover Honey to be effective in curbing my nausea. After just a week of this regimen, there was a noticeable improvement in my health, and my dialysis treatments were reduced from three times a week to once a week. Subsequent test results revealed that the stones in my kidneys had disappeared completely.

I am immensely grateful to HDI for their products, which played a significant role in my recovery and improved quality of life.

肾部疼痛得到改善，多亏HDI的天然产品

在2018年，每当我吃完饭后都会出现恶心、呕吐、发冷以及鼻塞伴有带血的黏液。经过诊断，发现我因为肾结石导致肾功能衰竭，右肾已经完全失去功能了。因此，我必须接受三周的透析治疗。可悲的是，我的状况并未有所改善。

我开始服用HDI液状蜂皇乳，520活力花粉、Propoelix™和苜蓿蜂蜜来帮助缓解我的症状。感恩苜蓿蜂蜜能够有效的减轻我的恶心。仅仅一个星期后，我的健康状况明显改善，透析治疗次数从每周三次减少到每周一次。随后的检测结果显示我的肾结石已经完全消失。

我非常感谢HDI的产品，在我的康复和提高生活质量方面发挥了重要作用。

Herry Susanto
40 years old



TESTIMONY | 见证



HDI Products Helped Improve My Kidney Function

I was diagnosed with high cholesterol (320 mg/dL), high blood pressure (220/120), and high uric acid levels last March. As I refused dialysis, I was hospitalized for three days. After three months, I was admitted to the hospital again when my hemoglobin level dropped to 2.5 g/dL, and despite treatments, my blood pressure remained unchanged.

During this time, I started taking HDI Propoelix™, Clover Honey, Royale Jelly Liquid, and Pollenergy 520. After just three months, I experienced significant improvements. My lungs have healed, and I am now free from fluid due to pulmonary edema. Moreover, my hemoglobin level has increased, and I have noticed a considerable improvement in my stamina. Due to this, doctor had reduced my medication. Thank you HDI!

HDI 产品帮助改善肾功能

我在去年三月被诊断出患有高胆固醇（320 mg/dL）、高血压（220/120）和高尿酸水平。由于我拒绝透析治疗，所以我必须住院三天。三个月后，我的血红蛋白水平降到了2.5 g/dL，尽管接受了治疗，但我的血压仍然没有改变。

在此期间，我开始服用HDI Propoelix™、苜蓿草蜜、液状蜂皇乳和520活力花粉。仅仅三个月后，我的身体明显有所改善。我的肺部已经痊愈，我现在没有因肺水肿而有体液积聚。此外，我的血红蛋白水平已经增加，并且我注意到体力明显改善。因此，医生减少了我的药物用量。感谢HDI!

Heri Suherlan
44 years old

