

# Optimal Treatment Prevents Progression Of Chronic Kidney Disease

John Hopkins University study data confirms results

By J. Grainger

Top doctors from John Hopkins University have announced an amazing solution to preventing the progression of Chronic Kidney Disease (CKD).

Now after years of research and testing they have found new ways that CKD sufferers can treat their symptoms. Doctors in the know are passing this onto their patients, with amazing results.

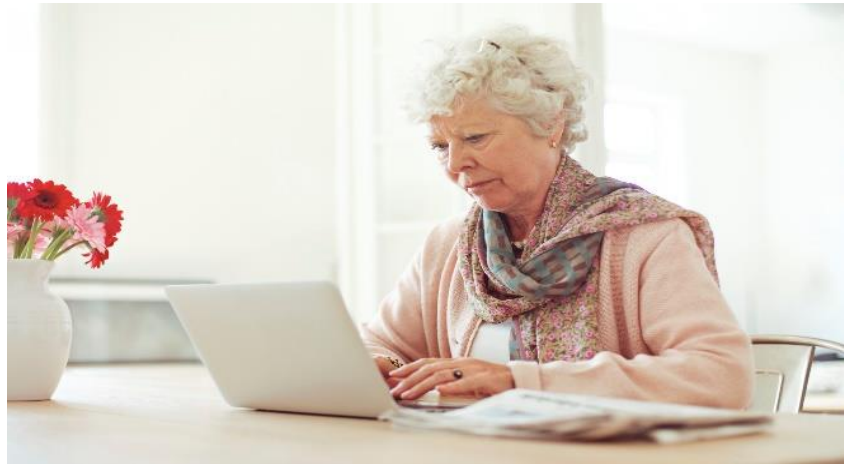
"We knew we'd uncovered a treatment plan that could give CKD sufferers control of their lives, but it's even exceeded our expectations," said Lawrence Appel, MD, MPH, Professor of Medicine, Epidemiology, and International Health.

"People are just bowled over with the simple steps they can take to prevent the progression of their CKD, it's been pretty amazing to see," he said.

There are some very good reasons for this treatment's remarkable success.

The results from the clinical trial were very impressive.

The group using these new techniques were able to stop the progression of their symptoms, the other groups symptoms progressed with no change.



These results were achieved without taking medication.

The U.S. clinical study was conducted in New York; the study included individuals between the ages of 31 and 75.

The participants were instructed to strictly follow the information given with no deviations.

By making small changes they were able to lessen their symptoms within weeks, leading to less fluid retention in the feet and legs, less puffiness around the eyes, less paleness from anemia and clearer thinking," said Raquel Charles Greer, MD, MHS.

"But patients should always keep in mind that they should always follow these suggested changes with the knowledge of their health provider," added Dr. Greer.

Zita Emmanuel, registered UK trained nurse, has had some of her clients use these techniques with amazing success.

"I heard about this new program for halting the progression of CKD so I checked out the facts then tried it with my self-help group. It's really helped my clients to control their symptoms." Zita said.

"When I read over the clinical results, I knew I had found the help my group needed," said Zita.

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