



# *Doctors' Choice*

N U T R I T I O N

AUGUST 2, 2011

VOLUME 3, NUMBER 8

## In the News – Meta-analysis of *Astragalus membranaceus* injections in diabetic nephropathy

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### Meta-analysis of Astragalus membranaceus injections in diabetic nephropathy – J Ethnopharmacol. 2011 Jan 27; 133(2):412-9. Epub 2010 Oct 13

A systematic review of 25 studies (21 randomized control trials & 4 controlled trials) comprising of 1804 patients (945 in treatment group and 859 in control group) examined the clinical benefit from injections of the herb, *Astragalus membranaceus* (traditionally used to treat kidney disease), in patients with diabetic nephropathy. Articles published in PUBMED and MEDLINE and Chinese biological and medical database were searched and included for this review.

The authors reported that when compared to the control group, subjects receiving Astragalus injections had improvements in their markers for kidney function (BUN, Serum creatinine, creatinine clearance and urine protein) as well as systemic improvements measured via serum albumin.

While the mechanisms of action for this herb and its biological activity is still unknown as it pertains to diabetic nephropathy, astragalus injections may prove to be an effective treatment strategy for this patient population.

### Advice from Dr. Aaron Hoo

Diabetic nephropathy is a serious complication for patients with diabetes; kidney function is severely compromised and for some, this may even lead to the need for kidney dialysis. While there are herbal preparations to support and protect kidney function and the organ itself, the role of naturopathy in this instance is truly to provide a means to prevent diabetic nephropathy from developing through lifestyle and nutritional modifications.

Last month's discussion on therapeutic lifestyle changes (FirstLine Therapy) eludes to this treatment option; for more information on herbal preparation for protecting the kidney and its function, please log onto my online store <http://www.meta-ehealth.com/site/office/index.jsp> and look up **Renagen DTX** for its ingredient listing and pricing.

### Featured Recipe

#### Salpicon de mariscos (Seafood Salad):

Ingredients: 1 spring onion, chopped into strips; 1 ½ kg prawns (50g each); 1 kg mussels; 3 large red shrimps; 3 tbsp extra virgin olive oil; 2 tbsp sherry vinegar; sea salt; laurel

Boil 1 litre of water with 40g of sea salt and two laurel leaves. In boiling water, add prawns and shrimps. Cook prawns for 90 seconds and shrimp for 1-2 minutes more (depending on their size). Remove from the pan as they cook and leave to cool. Once cold, peel and chop into pieces. Wash mussel shells thoroughly, place in frying pan with a small amount of water and cook. When the mussels open, remove from their shells. Prepare a vinaigrette dressing by dissolving 1 tsp of sea salt in the vinegar, and whisking with olive oil. Add spring onion and cooked seafood – leave it to cool to room temperature before serving.

Bon a petit!

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