

ALKALINITY & POTASSIUM CITRATE STUDIES

- ★ 1998 Potassium Citrate/Citric Improves Renal Function Polycystic Kidney Disease
<http://www.pkdiet.com/pdf/kcitanner/kcit1998.pdf>
- ★ 2000 Citrate Therapy for Polycystic Kidney Disease in rats [*Potassium helps, citrate helps, alkalinity is key!*]
<http://www.pkdiet.com/pdf/kcitanner/kcit2000.pdf>
- ★ 2010 Clinical Trial sodium citrate alkalinity improves GFR [Kidney functioning]
<http://goo.gl/747dy>
- ★ 2010 Clinical Trial Completed using Potassium Citrate in Renal Transplant Patients
<http://clinicaltrials.gov/ct2/show/NCT00913796>
- ★ 2010 basic approach to CKD [*metabolic acidosis incapacitates kidney disease*]
<http://www.ncbi.nlm.nih.gov/pubmed/20224583>
- ★ 2010 Clinical Trial Acid retention leads to progressive GFR decline, *a situation ameliorated by alkaline diet.*
<http://www.ncbi.nlm.nih.gov/pubmed/20861823>
- ★ 2010 Alkaline Diet reduces urinary oxalate excretion [*prominent in PKD*]
<http://www.ncbi.nlm.nih.gov/pubmed/21076446>
Kidney Int. 2010 Dec;78(11):1178-85. Epub 2010 Aug 25.
- ★ Alkaline Diet, not oral probiotics, effectively reduces urinary oxalate excretion, calcium oxalate
- ★ 2008 Can lemon juice be an alternative to potassium citrate in the treatment of urinary stones?
- ★ 2008 Clinical Trial on normotensive patients Potassium Citrate delays and lowers blood pressure.
http://www.ncbi.nlm.nih.gov/pubmed/18053306?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=9
- ★ 2005 Clinical Trial Effect of Potassium Citrate on Hypertensives, lowers blood pressure
<http://www.pkdiet.com/pdf/alkaline/kcitbp.pdf>
- ★ 2010 Comment in Kidney Int. 2010 Dec;78(11):1065-7.
<http://www.ncbi.nlm.nih.gov/pubmed/21076447> Division of Nephrology and Hypertension, Department of Medicine, Feinberg School of Medicine, Northwestern University, Chicago, Illinois 60611, USA. There is increasing evidence that alkali therapy can retard progression of chronic kidney disease (CKD), the treatment of choice for stone dissolution and prevention of uric acid stones.
- ★ 2010 Swiss study 2 years daily 60 mmol potassium citrate increased BMD 201 healthy elderly subjects.
<http://www.polycystic-kidneydisease.com/pdf/BoneDensity.pdf> *2 years supplementing with Potassium Citrate increased bone density.*

ALKALINE CLINICAL TRIALS

<http://www.polycystic-kidneydisease.com/pdf/AlkalineTrial.pdf>

2010 Clinical Trial sodium citrate-alkalinity improves GFR

2010 Clinical Trial completed using potassium citrate in renal transplant patients

2010 Basic approach to chronic kidney disease

2010 Alkaline Diet reduces urinary oxalate excretion, prominent in PKD

2010 Urinary alkalization for the treatment of uric acid

2010 Clinical Trial potassium citrate boosts bone density in the elderly

2010 Veggie diet best for kidney patients

2010 Clinical Trial: acid retention leads to progressive GFR decline, remedied by alkaline diet

2013 Clinical Trial: Plant Based Diet Protects Against renal toxicity and loss of DNA integrity

2014 Plant Based MultiCenter Study Reduces Depression Anxiety & Improves Quality of Life

2014 Dietary Patterns and Risk of Death and Progression to ESRD in Individuals With CKD: A Cohort Study

2014 Plant Based Diet Lowers Risk of Renal Cell Carcinoma in Large US Cohort Study