

How we Approach CKD



Rooted in **Integrative and Functional Nutrition** coupled with current clinical research, Bear Nutrition and Herbs has developed expertise in assisting patients with Chronic Kidney Disease (CKD) reduce their complications associated with the condition in addition to improving the kidney condition itself. We use a holistic approach that includes a whole foods foundational meal planning,

herbal/botanical treatments and other natural lifestyle therapies to achieve quality outcomes and improved kidney health in our patients.

At **Bear Nutrition & Herbs** our practitioners:

- Analyze each patient's unique history, severity of the condition, and overall health via a comprehensive assessment
- We then create a customized treatment plan, which will help patient's increase their energy level, improve their appetite and sleep quality as well as reduce edema by supporting:
 - Restoration of their kidney structure and function
 - Repair of kidney damage
 - Addressing various CKD complications.



Astragalus membranaceus: Botanical with good clinical efficacy in CKD (flowering; Dried & Cut)

- Our **Comprehensive treatments** are effective because we address the root causes of CKD:

- Hypertension / High Blood Pressure
- Elevated Blood Sugar / Glucose Management / Metabolic Syndromes
- Anemia and Mineral and Botanicals needed to nourish the blood
- Cardiovascular Health and the nutrients that support it
- Chronic Infections and inflammation commonly associated with CKD patients



- We provide **wrap around counseling and coaching support** for our nutrition,



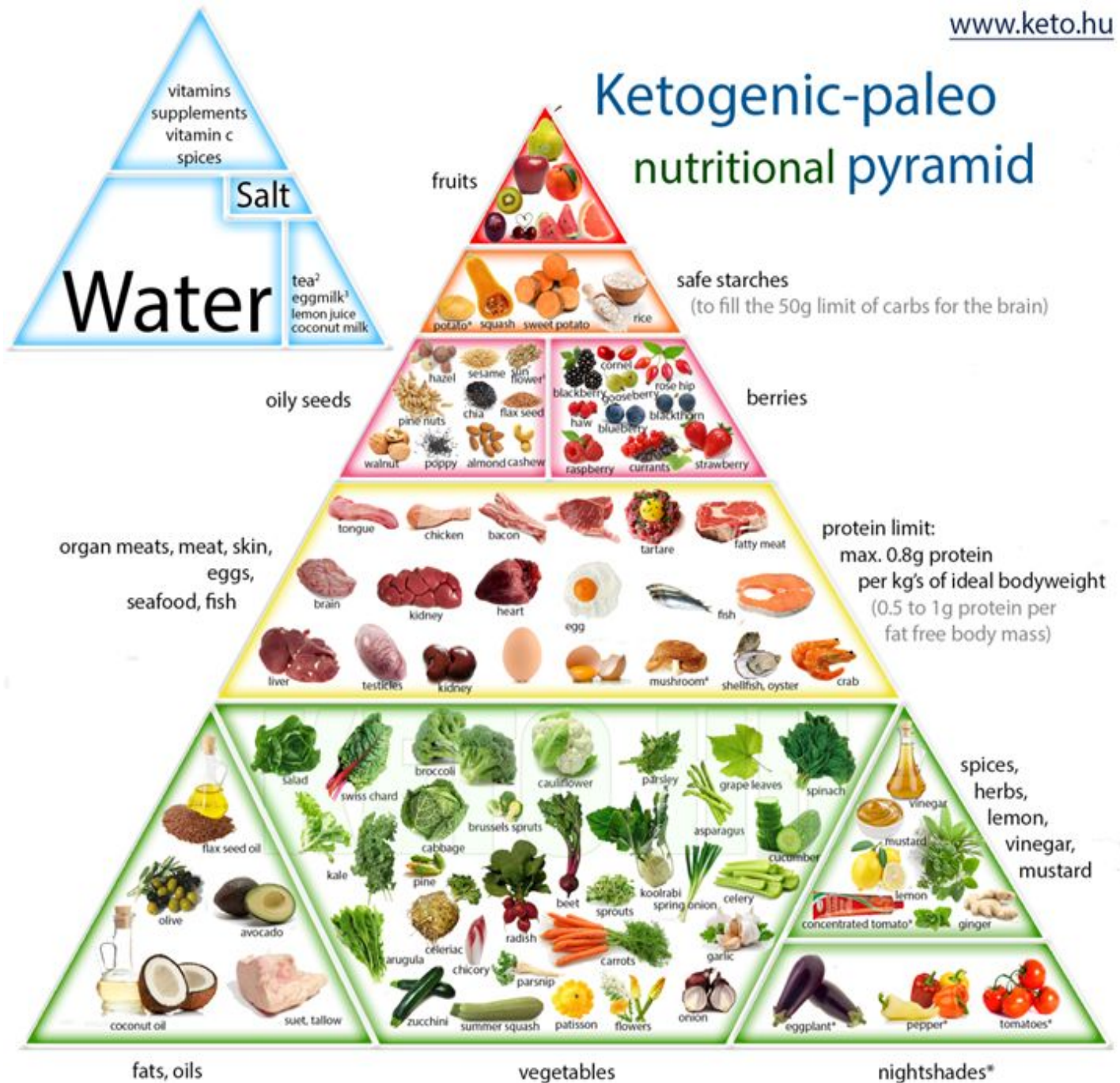
herbal and lifestyle recommendations. This allows us to support our patients every step of the way in their journey to better kidney health.

Our patients can expect weekly “check-ins” via virtual video conferencing, phone calls, email and text that allows for more comprehensive and seamless implementation of our recommendations. This allows our patients greater potential for accurate implementation, adherence and real world success.

Understanding the Hierarchy of Foods

to Tame Inflammation, Metabolic Syndrome and Oxidative Stress

www.keto.hu



About Njeri Kai Jarvis, MS, RD, LDN - Herbalist



Njeri Kai Jarvis MS/RD/LDN owns **Bear Nutrition and Herbs**, an integrative nutrition and wellness practice located in Washington, DC. Her nutrition practice covers a wide range of health issues from body composition and weight loss to cardiac, endocrine and kidney imbalances, as well as cancer and autoimmunity. She specializes in addressing food-sensitivities as they relate to hormone and mood regulation, and long term chronic conditions.

Ms. Jarvis uses a variety of functional testing methods to look for wellness potential as well as underlying imbalances upon which to target diet and nutritional programs. She uses this testing along with an extensive health assessment to develop individualized nutrition and lifestyle programs. Her desire is that her clients realize their health potential as they create lives devoted to healthy eating and healthy living.

Njeri has a Masters in Herbal Medicine and a BS in Nutrition and Dietetics. She is a board-certified, licensed dietician with over 19 years clinical practice experience with additional study and specialization in Integrative and Functional Nutrition. She utilizes best practices for digestion, absorption, food sensitivities, inflammation and immunity support. Njeri also works to improve outcomes in this area by working with people on improving sleep hygiene through lifestyle and nutritional support. She also hosts Herbal Cordials Pop Ups around the DC region. Here, she mixes medicinal cocktails and provides health insites with massage, yoga and live music for evenings of fun and wellness. Contact her to find out how she can support you in your journey to better health !