

Renal Dysfunction

Your kidneys do much more than filter waste; they also regulate electrolytes, blood pressure, and fluid balance. When kidney function becomes impaired, even slightly, it can affect energy levels, blood pressure, and how well your body manages other hormones. Symptoms can be subtle at first, but may include swelling, fatigue, changes in urination, or difficulty regulating blood sugar and blood pressure.

Why It Matters

The kidneys play a central role in overall health. When they're not working at full capacity, toxins can build up, inflammation can rise, and metabolic balance can be harder to maintain. Renal dysfunction also makes it more difficult for the body to process medications and supplements, which requires careful attention to safety.

What We're Doing About It

At NuBloom, we consider kidney health as part of the whole picture. We coordinate with your lab results, medical history, and prescribing provider to ensure therapies are safe and effective. Nutrition, hydration, blood sugar balance, and inflammation management are key tools we use to support kidney function alongside medical guidance.

