

**Dear Steve,**

About three years ago I was diagnosed with an “underfunctioning” kidney. I have been told that the headaches I have been experiencing for about five years were due to toxic overload from this kidney. I have also been having dull pains in my back around that area. I went to a nutritionist and followed a recommended kidney cleansing diet, and have been taking some supplements. They seem to be helping, but the problem keeps recurring. What can I do?

I can't think of anything bad going on in my life around the time this all started. There were some changes, but they were all good. My husband got a new, higher paying job that he liked. I had my second child, and got to be a stay-at-home mom for a while, and we added on to our house. I'm not stressed over these things. If anything I have calmed down a lot, and take life more easily.

Tired of always having to watch my health,  
JoAnn - Madison, WI

**Dear JoAnn,**

It is not only “bad” things that create tension in our lives. The good things create stress as well. It sounds like you've been treating yourself pretty good for the last five years. However, as you probably already know, pregnancy can be a little hard on your kidneys, and they might need a little boost after birthing. Also, there definitely were some other big changes in your life then.

Generally, kidneys deal with “filtering” toxins (anger) and other substances from the body. For you, I feel there was something going on around the birth of your second child that upset you - perhaps unintentional jealousy from your husband, perhaps from your first child. Anger may have been directed at you. However, in your loving calmness, you decided not to get angry as well. That is commendable, but some anger can be useful. It is not the anger in and of itself that is destructive, but what we do with it. First acknowledge when you do get angry - it lets you know that perhaps you feel hurt, and that there may be needs and wants that are not being fulfilled. You can then let it out in constructive, non-hurtful ways.

Filter out what anger is harmful. Acknowledge and “use” any anger left over as a motivating force for positive change.

**Positive Thought To Manifest:** I communicate my needs and wants to others in with love and acceptance. I accept the perfect support for that.

Even anger can be communicated in loving ways,  
Steve