

- **Category:** Research Article
- **Rating:** ★★★★★
- **Description:** This research article discusses the relationship between kidney function and high blood pressure, providing insights into how renal physiology influences cardiovascular diseases.
- **URL:** [JCI Renal Research](#)

Blogs and Websites

1. **"Renal Fellow Network"**
 - **Category:** Blog
 - **Rating:** ★★★★★
 - **Description:** This is a collaborative blog written by nephrology fellows and professionals that shares detailed posts on various aspects of renal physiology, from basic concepts to cutting-edge research.
 - **URL:** [Renal Fellow Network](#)
2. **"Nephrology On-Demand"**
 - **Category:** Blog and Educational Resource
 - **Rating:** ★★★★★☆
 - **Description:** This website offers a wide range of educational materials focused on nephrology, including tutorials and updates on renal physiology. The content is particularly useful for medical students and residents.
 - **URL:** [Nephrology On-Demand](#)
3. **"The Kidney Doctor"**
 - **Category:** Blog
 - **Rating:** ★★★★★☆
 - **Description:** Written by nephrologists, this blog focuses on various aspects of kidney health, including renal physiology, kidney disease, and patient management.
 - **URL:** [The Kidney Doctor](#)

Videos and Podcasts

1. **"Khan Academy – Renal Physiology"**
 - **Category:** Video Lectures
 - **Rating:** ★★★★★
 - **Description:** This series of short videos explains various aspects of renal physiology, such as glomerular filtration, tubular reabsorption, and urine formation, using clear animations and diagrams.
 - **URL:** [Khan Academy Renal Physiology](#)
2. **"The Physiology Podcast: Renal Series"**
 - **Category:** Podcast
 - **Rating:** ★★★★★☆
 - **Description:** This podcast series discusses the fundamental and clinical aspects of renal physiology, from how the kidneys regulate body fluids to the physiology behind chronic kidney diseases.
 - **URL:** [The Physiology Podcast](#)