

# Kidney Stones

Let's take a minute to smash a couple of myths about kidney stones. For starters, they're not really stones at all. They're usually small, rough hunks of calcium that crystallize in your urine. Second, kidney stones probably aren't caused by a diet too high in dairy products. Even though the stones are made from calcium, research shows that a diet high in calcium actually decreases your risk of forming them. But one common belief about kidney stones is true: They can hurt like crazy. If a stone gets lodged in your urinary tract, you may feel extreme pain in your groin, lower back, inner thighs or genitals. If this happens, see your doctor immediately. Stubborn stones sometimes have to be surgically removed. The natural remedies in this document—in conjunction with medical care and used with your doctor's approval—may help prevent the recurrence of kidney stones, according to some health professionals.

See Your Medical Doctor When...

- You see blood in your urine.
- You experience sharp pain in your groin, lower back or testicles.

## Food Therapy

"Magnesium has been shown to prevent all types of kidney stones, so I'd recommend eating more foods rich in this mineral," says Julian Whitaker, M.D., founder and president of the Whitaker Wellness Center in Newport Beach, California.

"They include pumpkin seeds, tofu, wheat germ, seafood and dark green leafy vegetables such as spinach."

But the most important dietary therapy is to drink a lot of water, according to Dr. Whitaker. He says people who are prone to stones or who are recovering from them need at least ten eight-ounce glasses of water each day. Water helps decrease the concentration of stone-forming elements in the urine, he explains.

## Juice Therapy

For those prone to kidney stones, cranberry is the juice of choice, says naturopathic physician Michael Murray, N.D., author of *The Complete Book of Juicing*. He explains that high levels of urinary calcium have been linked to kidney stones and that cranberry juice reduces

the amount of calcium in your urine. He recommends two eight-ounce glasses daily as a preventive. Of course, if you develop kidney stones, see your physician immediately, he says.

## Reflexology

Work the kidney, bladder, diaphragm and parathyroid gland reflexes on the hands or feet, says St. Petersburg, Florida, reflexologist Dwight Byers, author of *Better Health with Foot Reflexology*. Also work the ureter points on your feet. To help you locate these points, consult the hand and foot reflex charts beginning on page 582. For instructions on how to work the points, see "Your Reflexology Session" on page 110.

## Vitamin and Mineral Therapy

If you're prone to developing kidney stones, supplement your diet with 800 milligrams of magnesium and 100 milligrams of vitamin B6 each day, advises Julian Whitaker, M.D., founder and president of the Whitaker Wellness Center in Newport Beach, California. He says that these two nutrients have been found to prevent stones from recurring.

## Preventive Strategies

Preventive strategies include dietary modifications and sometimes also taking drugs with the goal of reducing excretory load on the kidneys:

- Drinking enough water to make 2 to 2.5 liters of urine per day.
- A diet low in protein, nitrogen and sodium intake.
- Restriction of oxalate-rich foods, such as chocolate, nuts, soybeans, rhubarb and spinach, plus maintenance of an adequate intake of dietary calcium. There is equivocal evidence that calcium supplements increase the risk of stone formation, though calcium citrate appears to carry the lowest, if any, risk.
- Taking drugs such as thiazides, potassium citrate, magnesium citrate and allopurinol, depending on the cause of stone formation.

- Some fruit juices, such as orange, blackcurrant, and cranberry, may be useful for lowering the risk factors for specific types of stones.
- Avoidance of cola beverages.
- Avoiding large doses of vitamin C.

### **Kidney Stones treatment using Basil**

Basil has a strengthening effect on the kidneys. In case of kidney stones, one teaspoon each of basil juice and honey should be taken daily for six months. It has been found that stones can be expelled from the urinary tract by this treatment.

### **Kidney Stones treatment using Celery**

Celery is a valuable food for those who are prone to getting stones in the kidneys or gall-bladder. Its regular intake prevents future stone formation.

### **Kidney Stones treatment using Apple**

Apples are useful in kidney stones. In countries where the natural unsweetened cider is a common beverage, cases of stones or calculus are practically absent. The ripe fresh fruit is, however, more valuable.

### **Kidney Stones treatment using Grapes**

Grapes have an exceptional diuretic value on account of their high contents of water and potassium salt. The value of this fruit in kidney troubles is enhanced by its low albumin and sodium chloride content. It is an excellent cure for kidney stones.

### **Kidney Stones treatment using Pomegranate**

The seeds of both sour and sweet pomegranates are useful medicine for kidney stones. A tablespoon of the seeds, ground into a fine paste, can be given along with a cup of horse gram (kulthi) soup to dissolve gravel in kidneys. Two tablespoons of horse gram should be used for preparing the cup of soup.

### **Kidney Stones treatment using Watermelon**

Watermelon contains the highest concentration of water amongst all fruits. It is also rich in potassium salts. It is one of the safest and best diuretics which can be used with beneficial result in kidney stones.

### **Kidney Stones treatment using Vitamin B 6**

Research has shown the remarkable therapeutic success of vitamin B6 or pyridoxine in the treatment of kidney Stones. A daily therapeutic dose of 100 to 150 mg of vitamin B6, preferably, combined with other B complex vitamins, should be continued for several months for getting a permanent cure.

### **Treat Kidney Stones Naturally — By Doing Nothing?**

So how can doing nothing be the best way to treat kidney stones?

Because 90 percent of all kidney stones pass on their own with a few days or weeks.

And since the medical profession kills over 225,000 people every year by doing things like treating kidney stones.

Roughly 1 million Americans develop kidney stones each year, and they can be extremely painful. However, the best way to deal with them may be to simply let them pass on their own, without additional treatment.

Kidney stones form out of the chemicals present in urine. If they get wedged into a bad place, or block the urine flow, they can cause excruciating pain in the back or side.

The most common reason they get wedged in a bad place is because you are not drinking enough water or you are drinking too many drinks that contribute to kidney stones. Like Soda or Coffee.

How much water do you need? Long story short, enough until your pee is very pale yellow or clear.

What is the best water to drink? Long story short – Reverse Osmosis

So What else can you do? Organic Apple Juice. The citric acid in organic apple juice will help your body break down the chemicals that form the kidney stones. To help them pass more easily and with less pain. BUT, make sure you only do 8 oz in the morning and 8 oz at night. No more. The rest water.