

## Kidney Stones

**T**he frequency of kidney stone is increasing in our society. However, they are more common among men than women. For some reason some people have a tendency to excrete high levels of calcium oxalate and calcium phosphate. If they are not expelled from the kidneys they calcify and cause kidney stones.

Kidney stones normally begins as a tiny speck deposited in you kidney where the urine collects before it flows into the urethra. As more material clings to the first speck it gradually builds up until it is too large to pass.

### Symptoms

1. Stabbing pain that tends to come in waves often a few minutes apart. It is felt in the back just below the ribs on either side of the spinal column.
2. You may notice traces of blood in your urine.
3. It may cause nausea.

### Traditional Treatment

#### Surgery

If the stone becomes lodged and restricts the flow of urine, surgery is often required to remove it.

#### Blood Test

You should see your doctor and have a blood test and a chemical analysis of your urine to see if calcium is really your problem.

### Alternative Considerations

#### Drink Lots of Water

During the summer months, heavy perspiration eliminates a lot of water through the skin rather than through the kidneys, therefore, a person should drink 8 to 10 full 12 oz glasses of pure water per day. This does not include juice, milk or soft drinks. Use pure filtered or distilled water. This is also a good preventive. Drink

enough so you are urinating every couple of hours.

#### Magnesium

Magnesium is essential to regulate calcium. Magnesium binds with the calcium salts so that they stay dissolved rather becoming clumped together. Doctors recommend that if a person is predisposed to kidney stones that they take 500 to 1,000 mg. of magnesium daily.

#### Vitamin B6

B6 reduces the production of oxalate.

#### Calcium

Some doctors tell patients to avoid calcium, but calcium enhances oxalate absorption and reduces oxalate formation. Do not use calcium carbonate it is poorly absorbed. Use calcium citrate 300-1,000 mg. daily

#### Cranberry Juice

This may be taken as a juice or there are cranberry capsules.

#### Vinegar-- Good Prevention

"When the human individual taking two spoons of the vinegar in a glass of water each meal passes urine in a vessel at night, the following morning it will be noted that no red dust-like deposit is present in the vessel; this shows that a marked chemical change has taken place in the urine.

"If there is inflammation in the kidney called pyelites, in which pus cells are present in the urine, generally the condition will be cleared up by taking a mixture of two teaspoonfuls of apple cider vinegar in a glass of water.

"For fifteen years a married woman forty-eight years of age had been subject to attacks of pyelitis. Attacks came sometimes as often as every six weeks, and never was free of them for more than two or three months. She began taking apple cider vinegar and found she was free

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from pyelites. When she had been free for one year she discontinued the apple cider vinegar, believing she no longer needed it. Four weeks later the pyelites developed again, with chills, a temperature of 103 degrees, and pain in the region of the left kidney. She returned to taking the apple cider vinegar and the clinical condition quieted down. —D.C. Jarvis M.D.

Apple cider vinegar should be from whole apples not the cores or peels—Suggest Heinz or Sterling brands.

### **Vegetables To Avoid**

Spinach, beans, parsley, tea, coffee, because they are rich in oxalates.

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