



# Kidney Stones

## Preventing and Passing Kidney Stones the Natural Way

Kidney stones are deposits, resembling small rocks, that form in the kidneys. They are usually composed of calcium mixed with oxalic acid, but may be composed of other mixed minerals and amino acids. The best way to deal with kidney stones is to prevent them. Once kidney stones have formed, they can be very difficult and painful to get rid of. If they lodge in the passages between the kidneys and bladder they can cause excruciating pain.

There are several factors that contribute to the development of kidney stones. The first is not drinking enough water. Stones usually form if the urine is too concentrated. So, make certain to drink plenty of pure water (not soda pop, coffee, tea or other beverages) to maintain the health of the urinary system.

While there is some connection between calcium and kidney stones, calcium intake by itself does not contribute to stones. Calcium that is properly bound in the system will not cause stones, however, free calcium in the blood will contribute to stones because this calcium will be flushed out of the body through the kidneys.

If the pH of the body is too acid, then calcium may be drawn from the bones to buffer waste acids. Calcium carbonate will also raise free calcium levels and may increase the risk of stones. Calcium must be balanced with magnesium, and many people take too much calcium, when they are really deficient in magnesium. In fact, taking magnesium supplements will greatly reduce the risk of stones.

Vegetarians have less problems with kidney stones than meat eaters, possibly because their diet is more alkalizing. Animal proteins produce more acid waste, including oxalic acid, so a diet high in acid-forming foods, combined with high calcium intake (especially calcium carbonate) and insufficient water will contribute to stone formation.

It is possible to aid the passing of kidney stones naturally, if they are small enough to be passed. It is also possible to gradually dissolve them using a combination of herbs and diet.

Several herbs have been used traditionally to aid the passing of, and inhibit the formation of, kidney stones. These include gravel root (Joe-Pye weed), hydrangea, nettles and lemon. Fresh lemon juice in pure water is very helpful in dissolving and passing stones. One very useful folk remedy for passing kidney stones is to juice four fresh lemons and put the juice in one gallon of distilled water. Fast, drinking only the lemon water, until the stones have passed.

This program can be even more effective when hydrangea or gravel root are taken along with the lemon water, as both of

these herbs will help dissolve the stones. At the very least, they help to dissolve the rough edges of the stones so they will pass more easily.

Marshmallow root can also be taken to soothe urinary passages, thus helping the stones to pass. Antispasmodic herbs such as lobelia or kava kava can be taken, especially when there is severe pain, as they will relax urinary passages and help the stones pass more easily. High doses of magnesium (2-3,000 milligrams) may also be helpful when passing stones.

Here's a sample program for helping to pass kidney stones. The exact supplements and amounts required will vary from person to person and from situation to situation. This is only a general guideline. These supplements should be taken while fasting and drinking lemon water as described above.

- Hydrangea—2 capsules every two hours
- Magnesium Complex—2 capsules every two hours
- Marshmallow—1 capsule every two hours
- Lobelia or Kava Kava—1 capsule every two hours

For persons who have a tendency to kidney stones, herbs and supplements may be taken to help prevent them from forming again. Besides drinking plenty of pure water and eating a more alkaline diet, the following may be helpful: hydrangea, nettles, KB-C, and parsley. KB-C can be very helpful here, as it is a kidney tonic that helps the urinary system flush acid waste more effectively.

A sample program for preventing stones would be:

- Hydrangea—2 capsules 3 times daily
- Magnesium Complex—2 capsules 2 times daily.
- KB-C—2 capsules 3 times daily.

Again, the exact supplements and amounts needed will vary from person to person, but this will serve as a general guide. These measures should be employed while drinking plenty of pure water, including lemon water, and eating a more alkaline diet. Calcium supplements should be avoided by persons with a history of kidney stones.

These measures are effective and have worked for many people. However, always seek medical attention for kidney stones, as this can be a potentially serious condition if the stone blocks a urinary passage for an extended period of time.

### Selected References

- Encyclopedia of Natural Healing* by Siegfried Gursche
- Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch
- Alternative Health: The Definitive Guide* by the Burton Goldberg Group
- Healthy Healing* by Linda Rector Page

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