Kidney Stones

Kidney Stones (Renal Calculi) and their relation to diet

There are five types of kidney stones:

1. Calcium phosphate stones are common and easily dissolve in urine acidified by vitamin C.

2. Calcium oxalate stones are also common but they do not dissolve in acid urine.

3. Magnesium ammonium phosphate (struvite stones) is much less common, often appearing after an infection. They dissolve in vitamin C acidified urine.

4. Uric acid stones result from a problem metabolizing purines (the chemical base of adenine, xanthine, theobromine [in chocolate] and uric acid). They may form in a condition such as gout.

5. Cystine stones result from a hereditary inability to reabsorb cystine. Most children's stones are this type, and these are rare.

Ways for ANYONE to reduce the risk of kidney stones:

1. Maximize fluid intake. Especially drink fruit and vegetable juices. Orange, grape and carrot juices are high in citrates which inhibit both a build up of uric acid and also stop calcium salts from forming. (Carper, J. "Orange Juice May Prevent Kidney Stones" *Lancaster Intelligencer-Journal*, Jan 5, 1994)

2. Control urine pH: acidic urine helps prevent urinary tract infections, dissolves both phosphate and struvite stones, and will not cause oxalate stones.

3. Eat your veggies: studies have shown that dietary oxalate is generally not a significant factor in stone formation. I would go easy on rhubarb and spinach, however.

4. Most kidney stones are compounds of calcium and most people are calcium deficient. Instead of lowering calcium intake, reduce excess dietary phosphorous by avoiding carbonated soft drinks, especially colas. Soft drinks contain excessive quantities of phosphorous as phosphoric acid. This is the same acid that has been used by dentists to etch tooth enamel before applying sealant.

Remember that most people get only about 500 mg of dietary calcium daily, and the RDA is 800 to 1200 mg/day. Any nutritionist, doctor or text suggesting calcium reduction is likely in error.

5. Take a magnesium supplement of at least the RDA of 300-350 mg/day (more may be desirable in order to maintain an ideal 1:2 balance of magnesium to calcium)

6. Be certain to take a good B-complex vitamin supplement daily, which contains pyridoxine (vitamin B-6). B-6 deficiency produces kidney stones in experimental animals. In high doses, it is also used medically to treat kidney stones. Remember:

* B-6 deficiency is very common in humans

* B-1 (thiamine) deficiency also is associated with stones (Hagler and Herman, "Oxalate Metabolism, II" American Journal of Clinical Nutrition, 26:8, 882-889, August, 1973)

7. Additionally, low calcium may itself CAUSE calcium stones (L. H. Smith, et al, "Medical Evaluation of Urolithiasis" *Urological Clinics of North America* 1:2, 241-260, June 1974)

8. For uric acid/purine stones (gout), STOP EATING MEAT! Nutrition tables and textbooks indicate meats as the major dietary purine source. Naturopathic treatment adds juice fasts and eating

sour cherries. Increased vitamin C consumption helps by improving the urinary excretion of uric acid (Cheraskin, et al, 1983). Use buffered ascorbate "C".

9. Persons with cystine stones (only 1% of all kidney stones) should follow a low methionine diet and use buffered C.

10. Kidney stones are associated with high sugar intake, so eat less (or no) added sugar (J. A. Thom, et al "The Influence of Refined Carbohydrate on Urinary Calcium Excretion," *British Journal of Urology*, 50:7, 459-464, December, 1978)

11. Infections can cause conditions that favor stone formation, such as overly concentrated urine (from fever sweating, vomiting or diarrhea). Practice good preventive health care, and it will pay you back with interest.

There are many different kinds of Kidney stones. Sometimes, it can take days to dissolve them, sometimes it can take months. Sometimes water is enough; sometimes you may need several different remedies.

Crystals form in urine from various salts that build up on the inner surfaces of the kidney. Eventually these crystals become large enough to form stones in the kidney (called ***nephrolithiasis***).

Such salts may include calcium oxalate, uric acid, cystine, or xanthine. These salts can become extremely concentrated under certain circumstances: if the volume of urine is significantly reduced (chronic thirst and dehydration); or if abnormally high amounts of crystal-forming salts are present (infection). When concentration levels reach the point at which the salts no longer dissolve, they ***precipitate*** out and form **crystals**.

Stones may also form in the ureter or the bladder. The salts that form these stones are made up of combinations of minerals and other chemicals, some of which are derived from a person's diet.

How to prevent kidney stones?

Drink Water, eat melons, cleanse your kidneys, avoid dehydration, avoid coffee, avoid chocolate, avoid industrial products, improve your diet, and improve your lifestyle.

All individuals who have experienced kidney stones should take some specific preventive measures to prevent recurrence. The following are some general observations:

- The most important dietary recommendations for reducing the risk for calcium stones are increasing fluid intake, restricting sodium, and reducing protein intake.
- A lower risk for calcium stones is also associated with higher potassium intake.
- A high calcium diet does not appear to increase the risk for kidney stones as long as it also contains plenty of fluids and dietary potassium and phosphate. (Increasing calcium alone may pose a modest risk for stones.)
- Patients should try to correct any dietary habits that cause acidic or alkaline imbalances in the urine that promote stone formation.

Because kidney stone types may require specific dietary changes, patients should work with their physicians to develop an individualized plan. It should be stressed that nutritional considerations are very important in preventing recurrence, and patients should be vigilant in complying with the proper diet.

Fluids (Water, Juice, and Other Beverages)

Good voiding habits, particularly frequent urination, are important. Therefore, of all the preventive recommendations, drinking enough fluid is the most important guideline for people with any type of kidney stones.

- In general, patients with calcium or uric acid stones should drink at least 10 full glasses of fluid each day (at least half should be water). This includes one with each meal and drinking fluids at night, even if it means getting up from sleep. Fluid intake should produce at least two and a half quarts of urine each day.
- More water (over four liters every day) is needed to prevent cystine stones, and it must be drunk at regular intervals throughout the night and day.

In all cases, more fluid is needed after exertion and during times of stress. If fluid intake is sufficient, the urine should be pale and almost watery, not dark and yellow.

Water. Although water is best, it may vary depending on its source. Variations in water itself may have different impacts. One study reported that drinking hard tap water increased urinary calcium concentration by 50% compared to soft bottled water. On the other hand, mineral water containing both calcium and magnesium may reduce several risk factors for both calcium and uric acid stone formation.

Juices and Specific Effects. Other beverages have various positive or negative effects, depending on the type of stone:

- Lemon Juice. Drinking one-half cup of pure lemon juice (enough to make eight glasses of lemonade) every day raises citrate levels in the urine, which might protect against calcium stones. (While orange juice also increases citrate levels, it does not lower calcium and it raises oxalate levels. It is, therefore, not recommended.)
- Cranberry and Apple Juice. Apple and cranberry juice contain oxalates, and both have been associated with a higher risk for risk for calcium oxalate stones. Cranberry juice has properties that may increase the risk for both calcium oxalate and uric acid stones. On the other hand, cranberry juice helps prevent

urinary tract infections and so may be helpful for reducing the risk for struvite and brushite stones. (These stones are far less common, however.)

- Blackcurrant Juice. In one study, blackcurrant juice reduced acidity and was associated with protection against uric acid stones.
- Grapefruit Juice. A number of studies have found a risk for stones from drinking grapefruit juice. In one study, just one 8-ounce cup of grapefruit juice per day increased the risk for forming stones by 44%.

Other Beverages and Their Effects on Stone Formation.

- Soft Drinks. Cola can severely reduce citrate in the urine and should be avoided. Many soft drinks contain phosphoric acid, which increases the risk for stones. Some research shows that drinking one quart (less than three 12-ounce cans) of soda per week may increase a person's risk of developing stones by 15%.
- Alcohol. Wine may be protective against kidney stones. A study conducted in Finland, however, suggests that the risk of developing stones decreases with beer consumption. It should be noted that beer is high in oxalates. Beer and other alcoholic beverages also contain purines, which may increase the specific risk for the less common uric acid stones in susceptible people. Binge drinking, in any case, increases uric acid and the risk for stones
- Coffee and Tea. Some research as reported a lower risk for stones with tea and both regular and decaffeinated coffee.

Low-Salt and Low-Protein Diets

In a long-term 2002 study of men with calcium oxalate stones and high levels of urinary calcium, a low-sodium, low-protein diet containing normal levels of calcium dramatically reduced the recurrence of stones compared to a diet that was simply low in calcium.

Salt Restriction. Because salt intake increases the amount of calcium in urine, patients with calcium stones should restrict their sodium intake. Sodium may also elevate levels of urate, the crystalline substance that can trigger formation of recurrent calcium oxalate stones. Although the relative contribution of sodium restriction in this and other studies has not been confirmed, some researchers believe that restricting sodium along with increasing fluid intake is the most important dietary measure for preventing stones.

Protein Restriction. Protein increases uric acid, calcium, and oxalates in the urine and reduces citrate. Diets high in protein, particularly meat protein, have been consistently associated with kidney stones. (Meat protein has higher sulfur content and generates more acid than vegetable protein.) A 2002 trial of those following a high-protein, low-carbohydrate diet, popularized in such weight-loss regimens as the Atkins diet, for example, found dramatically increased levels of urinary uric acid and calcium after just several weeks. These effects put patients at higher risk not just of kidney stones but possibly of osteoporosis as well. According to Swiss studies, about a third of people at risk for calcium stones may have sensitivity to meat proteins that cause mild hyperoxaluria.

Whether restricting meat protein alone has any protective value without restricting sodium as well is unknown. Most studies to date have found no difference in stone development between people with low and normal meat protein diets over four years. A 2000 study reported that only dramatic reductions in meat protein had any preventive effect against stone recurrence.

Although the precise role of dietary protein in kidney stones needs further elucidation, it is reasonable for everyone to consume meat protein in moderation. People with struvite stones, who need to reduce phosphates in their diets, should also cut down on proteins.

Role of Calcium

Calcium from Foods. It has been fairly well established that dietary calcium (such as in dairy products) is actually protective against many cases of calcium oxalate stones. Large studies of both men and women found that those with the highest intake of calcium from foods had a much lower risk for stones than those who had little calcium in their diets. And a rigorous five-year 2002 study investigated men with high urinary levels of calcium who had also had calcium oxalate kidney stones. As mentioned above, a diet containing a normal amount of calcium but reduced amounts of animal protein and salt protects against stones better than a low-calcium regimen.

Dietary calcium may actually bind the oxalate in foods, preventing it from being absorbed into the blood and excreted into the urine. In a normal healthy diet, dairy products supply almost 80% of the daily calcium requirement. It should be further noted that many people have calcium stones associated with resorption (the breakdown of bone that releases calcium into the bloodstream). Limiting calcium intake in such people could actually promote further bone loss.

Calcium Supplements. Evidence on calcium supplements is mixed, although in general many studies suggest that they reduce oxalate levels and so help prevent calcium oxalate stones. One study suggested that taking 500 mg of calcium supplements a day regularly may "reprogram" the intestines to absorb less calcium and so be protective. Experts generally advise that calcium supplementation within dosage recommendations, approximately 1,200 mg per day, remains safe. In one study, however, women who took calcium supplements had a 20% *higher* risk for stones. Research indicates that dosages of calcium above 2,000 mg per day are clearly associated with the formation of stones. Some experts speculate that this higher risk may occur because supplements are often taken in the morning, either without food or with breakfast, which is typically low in

oxalates. Taking supplements with later meals may not incur the same risk.

Calcium Restriction in Certain Cases. Some calcium stone patients may need to restrict calcium, such as those whose stones are caused by genetic defects in which the intestine over-absorbs calcium. More studies are needed to define this group precisely.

Fiber-Rich Foods and Their Compounds

Fiber may be beneficial for people with kidney stones. In addition, some fiber-rich foods may contain compounds that help protect against kidney stones. A wide variety of high-fiber plant foods contain a compound called phytate (also called inositol hexaphosphate, InsP6, or IP6), which appears to help prevent crystallization of calcium salts, both oxalate and phosphate. Phytate is found in legumes and wheat and rice bran. (Soybeans are also rich in phytate but they are also very high in oxalates, so the overall effects of soya on kidney stones are not clear.)

Purine Restriction in People at Risk for Uric Acid Stones

A high intake of purines can increase the amount of uric acid in the urine, so those at risk for uric acid stones should reduce their intake of foods that contain purines. They include beer and other alcoholic beverages, anchovies, sardines, yeast, organ meats (e.g., liver, kidneys), legumes (e.g., dried beans, peas, and soybeans), mushrooms, spinach, asparagus, cauliflower, and poultry.

Oxalate Restriction in Hyperoxaluria

Most people with calcium oxalate stones should not avoid oxalate-rich foods unless the physician specifically recommends a restrictive diet. Oxalate binds with calcium in the intestine, which may actually reduce calcium absorption. Some studies, in fact, indicate that eating foods containing oxalates and calcium together may *reduce* the risk of stones. Most of the foods that contain oxalates are very important for

good health. Restricting oxalates may be particularly harmful in people with bowel disorders marked by malabsorption.

- Foods high in oxalic acid include beets, soya, beet tops, black tea, chenopodium, chocolate, cocoa, dried figs, ground pepper, lamb, lime peel, nuts, parsley, poppy seeds, purslane, rhubarb, sorrel, spinach, and Swiss chard.
- Foods containing moderate amounts of oxalates include beans (green and wax), blackberries, blueberries, carrots, celery, coffee (roasted), concord grapes, currants, dandelion greens, endive, gooseberries, lemon peel, okra, green onions, oranges, green peppers, black raspberries, strawberries, and sweet potatoes.

Role of Fats

Certain fats may play a beneficial or harmful role in specific cases of kidney stones.

Restricted Fats in Patients with Stones Associated with Bowel Disease. Patients who have stones associated with short-bowel syndrome should restrict their intake of fat as well oxalates. In such cases, calcium may bind to unabsorbed fat instead of to oxalates, which increase oxalate levels.

Fish Oil. Some evidence suggests that omega-3 fatty acids, which are found in certain oily fish, may have properties that reduce the risk for calcium stones. Such fatty acids reduce factors that produce inflammation and which may increase the risk for stone production. Omega-3 fatty acids can be obtained in supplements, but their efficacy is not known.

Vitamins in Hyperoxaluria

Vitamin B6. Vitamin B6, or pyridoxine, is used to treat people with primary hyperoxaluria, a severe inherited disorder. Patients should not try to self-medicate with vitamin B6. Very high doses (500 to 2,000 mg daily over long periods) can cause nerve damage with loss

of balance and numbness in the feet and hands. Food sources of vitamin B6 include meats, oily fish, poultry, whole grains, dried fortified cereals, soybeans, avocados, baked potatoes with skins, watermelon, plantains, bananas, peanuts, and brewers yeast.

Stress Management Techniques

Because of an association between stress and kidney stones, relaxation and stress management techniques may also be beneficial.

It is true that kidney stones are typically caused by a lack of water or hydration. And because most diseases can be cured naturally, kidney stones are often the first disease to be treated with a natural remedy… water. However, many people are finding it difficult to wait weeks to months to pass their kidney stone(s).

Signs and symptoms of Kidney stones and poor kidney health

Besides the excruciating pain associated with kidney stones, sufferers will also experience an aching back (kidneys), back spasms, abdomen pain, aching groin and genitalia, bloody and cloudy urine, tiredness, nausea, fever and chills. These agonizing symptoms can last for months if the kidney stones are not passed or treated.

Lower back pain, kidney pain, edema ("water holding"), like lungs edema, arms edema, legs edema, abdomen edema, blood in urine. Any edema or "water holding", whether in lungs, arms, or abdomen, also requires strengthening of kidneys with cleansing.

It takes a lot of liquid to "wash" the inside of your body. Taking it in the form of juice or herbal teas can give you some extra benefits and extra enjoyment, if you learn to make them with variations - especially if you need to produce atleast three liters of urine a day!

Main symptom of kidney stones is a pain in the lower and middle back (kidney area, or spine), but as that pain can be excruciating, some people may feel the pain in different parts of their body.

There are hundreds of herbal recipes, and many different homeopathic remedies used for cleansing kidney stones.

If you do not suffer kidney stones, (lower back pain), but you want to prevent them, DRINK A LOT OF WATER! EAT A LOT OF WATERMELON! Take Care what you are eating!
To melt stone/stones, you need a few weeks sometimes, or just a better diet with more water can be enough!

Functions of the Kidney

- Elimination of metabolic wastes
- Blood pressure regulation
- Erythrocyte production - erythropoietin (stimulates red cell production)
- Vitamin D activation
- Prostaglandin synthesis
- Acid - Base balance (excretes alkaline salts)
- Fluid balance
- Electrolyte balance

The two kidneys are part of both the Urinary and Endocrine Systems. They are two of the most important internal organs in the body primarily functioning to filter blood, regulate the urinary system and produce hormones. The process by which the kidneys channel pollutants and chemicals out of our systems by filtering toxic and potentially toxic chemicals from the bloodstream produces urine that carries waste materials from the body. The kidneys maintain a stable chemical balance and internal physical environment for cells by regulating water, electrolyte and acid base balances in the body.

As the primary removal site for potentially toxic and toxic chemicals each kidney contains 1.2 million filtering units called nephrons. Each nephron is the functional unit of the kidney having a glomerulus. In a process called filtration, blood containing waste products enter the glomerulus where the cells extract the water and waste products as urine, as the blood leaves. Blood flows into a network of capillaries

surrounding each tubule from the glomerulus where substances that the body still needs such as water and certain salts are restored to the blood. The purified blood is then returned to general circulation throughout the body and waste in the form of urine passes through the ureter into the bladder. Astonishingly the kidneys can filter 500 quarts of blood daily most all of which is reabsorbed returning to the bloodstream.

You have kidney stones and you have a decision to make about a kidney stone treatment. After seeing your doctor, the only advice you received was to drink plenty of water for the next couple weeks. Hopefully your kidney stones will pass. And though kidney stones are surprisingly easy to dissolve, most hospitals refuse to allow doctors to mention natural remedies. In fact, the most your doctor may be able to suggest is drinking plenty of water.

Using Phosphoric Acid to Dissolve Kidney Stones

Soft drinks are commonly mistaken as the cause of kidney stones. However, most researchers agree that kidney stones are actually the result of dehydration. Because the body needs water to flush impurities, toxins and calcium, kidney stones are the result of improper hydration.

Soft drinks trick us into thinking we are not thirsty. In fact, you may go the whole day without thinking you are thirsty because of a compound in colas that fool the brain. But the result could be devastating… kidney stones. Soft drink consumers typically have a higher tendency to form kidney stones because of consistently lower water intake. The problem behind soft drinks is NOT that they cause kidney stones. The problem with soft drinks is that they leave you feeling hydrated (not thirsty) and you typically drink less water than your body needs to run efficiently. With less water filtering your body and kidneys, calcium deposits form in the kidneys and BAM! Kidney stones are formed! Kidney Stones are most often formed because of a lack of hydration (water) which results in lower levels of urine. Due

to the lack of water in the body (less cleanse flushing), calcium deposits will form thus creating kidney stones.

There is no substitute for drinking water! You should currently be drinking at least 10-12 tall glasses of water every day. Keeping your body hydrated and flushing your body with water can be critical to flushing kidney stones.

For preventing the kidney stone from formations, the first home treatment of kidney stone is to develop a habit of taking lots and lots of fluid in the form of water and fruit juices. It is one of the effective home treatments for kidney stones. This type of consumption of water in extreme level assists to crack the stones and make them ready to melt gradually with urine. The regular habit of drinking water makes these kidney stones absolutely eliminated.

Is phosphoric acid a natural dissolvent of calcium?

This research study led doctors and scientists to believe that kidney stones can be dissolved naturally. And many experts now believe that the answer for kidney stones is phosphoric acid.

So how do you pass those stones in your kidney? Like most disorders, kidney stone treatments might vary from person to person based on the severity of the problem. Most kidney sufferers will simply wait out the pain and hope that the stone may pass with water flush. Doctors typically suggest drinking 2 to 3 liters of water per day to flush your stones. Seems like expensive advice?

Other sufferers might have larger stones which are hardened that require medical treatment. If this is the cases, Extracorporeal Shock Wave Lithotripsy (ESWL) is often a doctor-favorite because of its simplicity. ESWL uses sound waves to break up kidney stones into smaller pieces thus allowing a simple flush to pass the kidney stones. Though costly, this treatment has been proven effective.

Two less common surgeries are Percutaneous Nephrolithotomy and

Ureteroscopic Stone Removal. Both treatments are significantly costly and are also surgical treatments where doctors will use incisions to manually remove the kidney stones from the organs.

Though doctors will get your stones out; your body is able to do it for free if you provide it with the proper natural acids to dissolve the calcium kidney stones. About 80-90% of kidney stones can be passed naturally!

Research Concludes Phosphoric Acid Naturally Dissolves Calcium-Based Kidney Stones.

A kidney stone is a solid mass made up of tiny crystals. Kidney stone is a material is one kind of solid piece. This concrete material forms in a kidney from the substances in the urine. Some kidney stones are larger and so they are fixed in the ureter, bladder and sometimes-in urethra. One or more stones can be in the kidney or ureter at the same time. Most stones are made up of calcium deposits. The good news about this is that calcium is a mineral which can be easily dissolved.

Many researchers experimented with phosphoric acid to dissolve and pass kidney stones. Before you start chugging the water, did you know that the newest kidney stones alternative treatment works with phosphoric acid? The reason why phosphoric acid is so effective is because it dissolves kidney stones. If you are diagnosed with kidney stones, your doctor has probably mentioned that drinking plenty of water is the best remedy for the disease. However, by adding phosphoric acid you can greatly increase the chances of flushing one or numerous kidney stones.

Phosphoric acid has many uses to man. You can find it in an assortment of beverages, foods and even cleaners. For example, it is used as an industrial strength rust removal solution. Consumable phosphoric acid can also be used to dissolve kidney stones because

its chemical make-up will break up other compounds such as rust. It has also been shown to break up calcium deposits, namely kidney stones!

Along with water, phosphoric acid can also be beneficial to your kidneys. By drinking beverages with phosphoric acid, you can naturally dissolve kidney stones. Because the liver plays no role in acid base regulation, the phosphoric acid penetrates the kidney stones and breaks them into smaller mineral deposits. The body is then able to flush the stones naturally with no medications and no surgeries.

Finally, along with water, we also recommend a high water-soluble fiber diet. Some vegetables have been noted as extremely effective because they naturally flush the body of toxins, impurities, and even kidney stones.

Phosphoric acid is naturally found in lemons and ginger. Though this acid is not good for your teeth and enamel (it will actually erode / dissolve tooth enamel), it is great for dissolving kidney stones. Can you imagine a simple natural kidney stones treatment that consists of natural phosphoric acid to dissolve the kidney stones? Can you imagine an even simpler vegetable (high fiber) to flush the stones from your urinary tract? Can you imagine an 80% success rate with this simple kidney stone remedy? Because this natural kidney stones treatment is all of the above!

Natural remedies also have an unfortunate stigma in the western world. Even proven and effective remedies are often over looked because a patient would rather pay thousands of dollars for the same relief or healing. Did you know that doctor visits have increased exponentially over the past two decades? In fact, hospitals, doctors and pharmacies have become one of the most lucrative industries in the world. Unfortunately, we are now living in one of the first generations where we rely on doctors to take care of our health. But it does not have to be this way! Though doctors and hospitals serve a great purpose in society, they should not be the only caregivers to our

body. You Should! Why? Because your body is one of the most miraculous living things which can actually heal itself if given the right means. Certainly it can even naturally dissolve and pass kidney stones!

The easiest thing you can do is drink enough water; it can solve half of the problems. Lack or fewer water supplies to the body may lead to forming kidney stone. The body will not be able to flush itself of toxins and impurities. This results in calcium deposition that forms in to stones in the kidney. Reduce your pain by just drinking lot of water.

Various fruits contain the phosphoric acid as it is a natural acid. Kidney stone do not stand against phosphoric acid. Phosphoric acid acts as an eroding agent that will help in dissolving the stone. This acidic drink is an effective dissolvent that can efficiently in erode the layers of kidney stones. The intake of about two liters of acidic drinks actually dissolves the stones in just two hours of treatment. After this provide your body a simple body flush with a water-soluble vegetable. This flush will take care of the small stone and they will pass significantly with no pain in less than 24 hours.

Do you know that eight out of ten people can naturally dissolve their kidney stones without taking help of the doctor? The remaining two out of ten needs surgery to get rid of kidney stone. This is only because of the kidney stone composition and the stone size.

If you are get rid of problem like dehydration and if there is the regular dilution of urine in your body, then this safety measures really keeps you safe from kidney stone formation.

Avoidance of the calcium supplements is also a part of the home treatment of kidney stones. It is seen that kidney stone formation is due to intake of calcium and calcium products. Instead of calcium, there should be use of magnesium supplement.

If you are suffering from the calcium stones, then the first thing you have to do is to cut down as much as salt. It is beneficial for you to prevent intake of salt or else you have to take 2 to 3 grams of salt every day.

Another preferred option at home is eating of watermelon, which is an effective fruit for people who are suffering from kidney stones. The main advantage of this fruit is that it consists of plenty of water and so it assists to dissolve the kidney stones very speedily.

Tomato juice is also an effective supplement for the kidney stones. So drinking of one glass fresh tomato juice at morning is one of the effective home treatments of kidney stones.

Likewise, tomato juice, fruit like grapes have an outstanding diuretic worth only because of high consumption of water and potassium salt in it. The low albumin and sodium chloride in this fruit lessen the pain of kidney stones. Therefore, the main objective of this home treatment of kidney stones is to make aware sufferers to eat grapes as much as possible.

First aid for every disease is the primary stage prevention from such disease. It is very essential that you should consult the recognized physician of such disease. However, sometimes you can take precautionary measures by taking home remedies to prevent the symptoms of that disease. For every disease, there are home remedies available. The following listed precautionary measures are the part of home remedies for kidney stone.

If you want to feel free of kidney stones, then always drink plenty of water according to your potential. Therefore, it really increases your fluid intake capacity. Averagely, you should drink 4-5 liters of water every day. You should try to avoid too much decaffeinated tea and coffee, alcoholic beverages, cold drinks in large scale.

Every person must adapt a habit of drinking too much water.

As a part of home remedies for kidney stones, regular checking of the fluid intake gives us idea about the level of water in our body. So measuring of the urine output offers a better suggestion of your fluid intake capacity. Medically, every day your body should exert 2 to 3 liters of urine. Urine pH should be between 6.5 and 7.0.

Uric acid's solubility in urine is dependent on the pH, or acidity of the urine. At a pH of 7 (neutral), urine can dissolve 1000 times the amount of uric acid than at pH 5 (acidic). Most people who form frequent uric acid stones have acidic urine. Urine becomes acidic in response to diet. Proteins are the greatest source of acid in the diet. After a meal high in protein, conditions become ideal for stone formation. So avoid eating large amounts of meat at one sitting and drink plenty of fluids with your meal. Adding some foods which have an anti-acid effect into the meal can also help. Reduce sugar, industrial food, especially soft drinks. To reduce one unit of acid, it may require five to twenty unit of alkali.
The next precautionary measure, which is included in the home remedy for kidney stone, is habit to eat lots of nutritious food like fruits and vegetables. Therefore, if you make a habit of eating fresh and clean fruits and greenish vegetables, it provides many vitamins, mineral and carbohydrates to your body. If there is any certainty that you are a suffering from kidney stone, then in that case these fruits and vegetables provide oxalates to your body. That is a supportive home remedy for your medial treatment.

If you are adapting a habit of eating less amount of meat and always give preference to eat fish then it will really prevent you from causing kidney stone. This is the best example of home remedies for kidney stone. The proteins that we get from animal meal give speed to the shaping of uric acid and calcium in the urine. This causes the formation of kidney stone in your urine. Uric acid takes shape when purines in protein foods are broken down. Therefore, if you are patient of uric-acid stones, it is better for you to cut back on proteins.

Kidney stones are cured according to its sizes. Some kidney stones are so minute that it can easily wash out from the urine. However, some kidney stones are so large that the consultation of recognized physician becomes necessary.

Every person must at first gives importance to prevention, which is the best way to prevent kidney stones. There are some protective procedures, which you can use as natural remedies for kidney stones. You daily routine and diet should be balanced in such a way that you do not cause by the problem like dehydration and also there should be regular dilution and purification of urine in your urinary system. That means balanced diet and routine is a part of natural remedies for kidney stones.

It has been seen that kidney stone forms due to excessive intake of calcium and calcium products. As a substitute for calcium supplements, you make use of magnesium supplement. Eating of watermelon is useful for people who are suffering from kidney stones; it is another natural remedy. The major benefit of this fruit is that it contain plenty of water and so it help out to dissolve the kidney stones very quickly.

Natural remedies for kidney stones include some effective herbs. These herbs are used for kidney infection treatment. The first content of these herbs is Couch grass, which is diuretic, demulcent, and it is used as a kidney purify tonic to take care of kidney stone.

You can actually dissolve and pass kidney stones at home with two simple ingredients. The first ingredient (phosphoric acid) consists of dissolving the kidney stones with higher levels of acids. Do not be nervous about acids because half the foods/drinks we digest have acids in them. The acidic drink creates a hostile environment for kidney stones and actually begins the dissolving process of the stones in minutes. By drinking a specific amount for the first two hours in the treatment, you can actually dissolve your kidney stones so they will be able to pass them in hours. The next step is a simple body

flush which will pass the kidney stones in hours while also leaving your body hydrated from the dissolving the stones.

Everything listed above can be done with two simple ingredients which dissolve and pass your kidney stones in less than 24 hours! And your body does all the work without stepping foot near a hospital.

Tips to Dissolve Kidney Stones Naturally

1. Phosphoric Acid: Phosphoric acid is a catalyst for dissolving hard substances. The same action will also take place to your kidney stones if you consume a diet high in phosphoric acid. The pH change produced from the phosphoric acid causes increased hydrogen ion secretion in the nephrons of the kidney causing the stones to break into smaller pieces.

2. Water-Soluble Fiber: Though doctors always recommend drinking lots and lots of water, they are forgetting something. Fiber flushes the body! Water soluble fiber flushes the body even more. More importantly than all of this, specific vegetables can be a channel to flush your kidneys and more specifically the dissolved kidney stones.

3. Kidney Stone Cherry Remedy: In a 1950s study by Dr. Ludwig Blau, 6-8 cherries eaten daily was documented to reduce the occurrence of gout (a type of arthritis in big toe). However, shocking modern research shows that a daily regimen of eating one-half pound of cherries a day can remedy uric kidney stones. The natural treatment should be used 3-5 days.

If one is overweight and/or has water retention problem, use a formula using potassium bicarbonate so to better achieve a proper sodium/potassium balance.
The most basic formulas are a mix of an acid with a base in a glass of water. The acid may come from Apple Acid Vinegar, Lemon juice, Lime juice or Citric Acid powder. The base comes from the sodium

bicarbonate (aka baking soda) and optionally with the addition of potassium bicarbonate. A formula containing both is better as opposed to just sodium bicarbonate.

But try one. If one gets relief, then acidity is certainly the problem.

Since one key to alkalizing is to get in the nutrition alkalizing minerals like calcium, magnesium, as also are sodium and potassium.

Also, gout may be related with a diet which has too much of proteins. If after urination one observes bubbles, it could be sign of excretion of protein in the urine. Once the pH balance is understood, with the help of the pH paper you will be able to find what food which is good and what to avoid. It may require a lot of efforts. But how long can one live with the pain. The last time I had a gout attack, most of the pain was gone after 12 hours with the use of alkalizing drinks. Before, it could last days. No more inflamed ankles. It may take you two or three months to achieve this.
Let us look at the human intestines; it works in a similar manner, but with a slight twist. An oxalic acid goes into the intestines, and assuming without sufficient alkalinity to neutralize the acidic oxalic acid, it enters the blood stream and sees calcium. The oxalic acid will be neutralized with calcium in the blood forming calcium oxalates and clogs into the kidneys. On the other hand, if the intestines have sufficient sodium bicarbonate already, the oxalic acid will react with this, to form a more water soluble oxalic acid without reacting with the calcium, and if it enters the blood stream, it will not react with the calcium and is safely excreted by the kidneys. So if the urine pH is kept near 7, most of these problems of kidneys stones from calcium oxalate will not likely to occur. However, it must always be assumed that we are not purposely eating too much oxalate and also practice moderation from not eating or drinking too much food high in oxalate too. Caution should always be considered, adding baking soda does prevent forming of calcium oxalates. Mind you, this is not a perfect way to rid of oxalates, and certain other supplements are just as important, such as vitamin C, sodium citrate, potassium citrate,

and vitamin B6 which also prevent formation of oxalates too. Thus the body should have at least proper alkalinity, some vitamin C without a deficiency and other things too"

Gall stone pain and symptoms are not the same as kidney stone pain/symptoms. Among other things, gall stones do not create visual blood in your urine or pain in your low back and flank area. Passing a kidney stone feels very much like childbirth labor. The kidney stones pass through the urinary track; gall stones pass through the digestive track. They exit the body from different places. Also, if you have had an X-ray or CT scan, will indicate the kind of stones you have.

If you eat too much meats and phosphate rich foods, as well as excess calcium supplements (there's a conspiracy theory there) and food with high calcium, chances are your stones usually a good chance is a calcium phosphate. On the other hand, if you are a vegetarian, calcium oxalate is a greater chance, especially if the foods are rich with beans, nuts, cocoa, chocolate, etc. Then the remedy for that still will be baking soda. While lastly if you eat too much uric acid rich foods, such as oysters, bamboo, certain meats (liver), octopus, cucumbers, for example until you get a gout. Taking plenty of baking soda and 5-10 mg of lithium citrate would help. Lithium dissolve uric acid directly, but also baking soda does slowly dissolved that. For some reason, there's a pattern in many Western diets, that the diets are deficient in alkaline buffers (e.g. baking soda), and the food are acid forming causing many kinds of sickness we see today. Easy way to tell is if urine pH is below neutral of 7. Most are like that. One recent accidental finding that I wasn't looking for is taking plenty of iodine supplements also helps normalize pH too, but the body still needs bicarbonates, citrates, etc. It is just that iodine helps the body control pH for a longer period without the frequency of taking them. The reason for that is iodine normalizes glandular function which is involved in water balance, hormones, pH, and a lot of other glandular activity which on many occasions if taken in the right amount is actually a fountain of youth. Finally don't count on

using other alkaline or acid chemicals. Citrates and citric acid are the best form to chelate or remove excess calcium out of the body, while baking soda is seen as a preventive toward kidney stone formation. Eating too much of anything is not good either. The best calcium phosphate chelator actually is disodium EDTA, but unfortunately it is not easy to find.

Most people who do have kidney stones do not like fruit juices, especially lemon juice. To reduce the size of the kidney stones just drink plenty of lemon juice throughout the day. The citric acid will reduce the size of the stones. Take every 2 hours. Whole lemon juice is required every time it is taken.

You always know before kidney stones occur because the urine starts getting cloudy. When this happens immediately take plenty vitamin B complex and take lemon juice or grape juice. The cloudiness of the urine will go away the next day. The key is to drink water, plenty of water, but not the kind of water you think. It is going to be distilled water so that the calcium will get dissolved faster.

Future prevention, just take plenty of baking soda plus citric acid to alkalize and this will neutralize the body from forming calcium stones. The daily dose is 1/4 teaspoon of baking soda and 1/4 teaspoon of citric acid to 1/2 glass of water as a preventive. Whether or not it works is simple: is the urine cloudy? The cloudy urine is a dead giveaway that the stones are forming in the kidneys. Vitamin B complex is another and so is vitamin C (ascorbic acid) in reducing and preventing kidney stones.

Alkaline diets usually prevent stones from forming by neutralizing the oxalic acid in our intestines from entering the blood. It might have limited ability to dissolve them, but they do get dissolved. If the intestines have insufficient amount of bicarbonates to neutralize the oxalic acid, it quickly enters the blood and react with the body's calcium to quickly form calcium oxalate, which accumulates in the body rather quickly. Unfortunately there are many kinds of stones,

which make it difficult to say with certainty what you need to do to dissolve it. Some are stones formed by acid, some are by alkaline, there are struvite stones, calcium oxalate stones, and uric acid and phosphate stones all due to imbalances of the body. Assuming you know, which means your urinary pH is known, then you might have some fair idea of how to dissolve it if it does not get too big. Generally, acid urine can be dissolved by taking alkalizing diets or making your urine alkaline, and vice versa.

If the body is high in uric acid, then in some cases taking just bicarbonates and plenty of water will remove most of the stone problem.

You just have to observe both the color of your urine and its cloudiness. The best way is to put it in a small clear cup so you can observe better. Then you will know whether your diets are too acid or too alkaline. Just remember, too yellow in a urine cup (instead of pale yellow) often means you don't drink enough water. A cloudy one indicates dietary imbalances: not enough b complex, vitamin C, etc.

The theory of stones formation is really simple. If you eat food rich in oxalic acid, the oxalic acid goes into your bloodstream, reacts with the body's calcium and becomes calcium oxalates in your kidney. It is the same with calcium phosphates. Phosphoric acid enters the blood stream via the intestines or stomach, reacts with the body's calcium and it forms calcium phosphate. The easy way to prevent calcium oxalates OR calcium phosphate from forming the first place, is to get the body with enough buffers to protect the acids from entering your body in the first place. If the body's intestines have SUFFICIENT sodium bicarbonates, the sodium bicarbonate will react with oxalic acid to form sodium oxalate and these will excrete out in the feces instead of going into the blood stream as the buffer will neutralized them before such entry. The same is true for phosphoric acid, the sodium bicarbonate will react with it to form sodium phosphate and this will prevent the formation of calcium phosphate and will quietly rid from your body via the feces.

The trick is to take between 1/4 -1/2 teaspoon of baking soda twice a day. Once in the morning and once in the evening on an empty stomach. It takes a week for the body to have sufficient buffers and your body will no longer have stones.

As in all cases, excess calcium is also indicative of magnesium deficiency. So you need to take both vitamin B6 and magnesium, so the body can properly utilize the calcium as well.

Kidney stones pass through the bladder. They are technically not called bladder stones. It takes two weeks at least to stop the body from leeching calcium from the bones or from intestines absorbing more acids than it needs. This should be taken as long as possible to prevent stones formation. This is a condition of acidosis. Magnesium allows the body to better utilize calcium better. So even if you do have it, it is probably means you once had it and it is simply draining out the stones that are left in it. If it is too small, sometimes x-rays will not see it.

You can use potassium citrate and potassium bicarbonate as a good substitute for sodium bicarbonate. Unfortunately for potassium bicarbonate and potassium citrate is a bit harder to find for most people. And for home remedies, the use of common everyday ingredients is a must. If you do not mind finding something that is best for you then potassium citrate and potassium bicarbonate should prevent sodium retention.

Bicarbonates are good preventive by neutralizing the acid before it comes in your body and create oxalate stones. The issue of why stones form is many, but usually it depends on the type of stones. At other times, nanobacteria also create stones, and since cranberry is high in both mannose and sodium benzoate, those will kill the nanobacteria in your kidney, and the acid will dissolve certain kinds of stones too. Not every stones will dissolve them in acid it depends on certain kinds of stones.

Many other supplements will reduce sodium retention as it has diuretic properties, such as 200 mg. Alpha Lipoid Acid, 10 mg of lithium citrate, or even potassium bicarbonate is helpful too.

If you should have problems of blood pressure, take some 200 mg of Alpha Lipoid Acid. However, if you are in a hurry and wanted a stronger diuretic, then drink one cup of black coffee, you will urinate all day.

Old Kidney Stone Remedy

The frequency of kidney stones has greatly increased because of an increasingly unhealthy lifestyle. Kidney stones are literally stones, which are formed from lurid acid build-up in the tubes running from the kidneys to the urethra. They can be uncomfortable at the least, and extremely painful at the worst.

The common causes of kidney stones are due to insufficient fluid intake, not enough exercise in adequate diet, a family history of kidney stones, humid and hot climates, and sometimes due to the side effects of taking medicine. The most common reason is from low intake of water, and this in turn is due to people having high soda consumption, not drinking purified water or having a high protein diet.

A remedy that was popular over a hundred years ago is now being used more and more frequently to dissolve kidney stones. That remedy is simply soda, or more particularly called phosphoric acid. Interestingly, it has been discovered that phosphoric acid can both be the cause of kidney stones but can also be used to dissolve them.

A recent report has indicated that people who suffered from kidney stones, gained relief by in taking soda, along with plenty of water. The principle behind it is that the phosphoric acid dissolves the kidney stones, just as much as phosphoric acid is able to dissolve solid matter. The intake of water enables the dissolving kidney stones to be flushed out naturally. Fact! Most kidney stones will pass

with adequate amounts of water. In fact, you probably have already passed a stone or two and have not realized it.

According to kidney stone research, water is always a necessity for kidney stone treatment. Water will sometimes pass kidney stones and always help prevent kidney stones. However, most people (80%) are dehydrated and do not realize it. If your urine is not clear, you are probably suffering from dehydration. You may feel like you are well hydrated but your body is not getting adequately flushed. The result of this will be the body allowing calcium to be deposited in the kidneys which will eventually form small stones.

Fortunately, most kidney stones are made up of calcium oxalate and are less than 5 mm in diameter. Because calcium is a mineral which can be dissolved easily, 5 mm kidney stones are typically passed easily. It is extremely important you are properly diagnosed before you consider the proper treatment. But like any other disease, kidney stones can vary from person to person. Kidney stones can differ in size and composition. However, most kidney stones are smaller than 5mm and mostly made up of calcium oxalate. This is perfect for naturally dissolving and passing kidney stones!

Most kidney stones are preventable with the right lifestyle. It is of no use to flush your kidney stones only to have them reappear 6 months later. By preventing them; you can also treat them. Begin by drinking at least 10 glasses of water per day. Avoid high amount of sugars which cause stones. It is also important to eat high fiber foods (like fruits and vegetables) which can naturally flush your body.

Natural health remedies are a great way to start a healthy lifestyle plan. Many people have literally turned their unhealthy lifestyle into a healthy lifestyle because of choosing a natural treatment. Why? Because natural remedies show a holistic way or 'whole' body way of treating the body. In other words, you simply give your body what it needs to stay free of ailments! And usually you lose a few pounds in

the process!

Pass Kidney Stones with these Tips

1. I have to mention it because it is extremely important! But you should continue to drink plenty of water while suffering from this disease. Most experts recommend drinking half your body weight in ounces of water. If I weighed 200 lbs., I would drink 100 ounces of water per day.

2. Most kidney stones are made out of calcium. Ironically, low calcium levels in your body can lead to calcium-based kidney stones. You should be sure to supplement a quality calcium supplement daily.

3. Your diet is also extremely critical! Make sure you are getting enough water soluble fiber in your diet. Great sources of this fiber are fruits and vegetables. Make sure you get three of each every day.

4. You should also eliminate high sugar foods from your diet. High sugar intake is associated with an increased risk of kidney stones. Eating sugar free foods is a great way to help your body pass kidney stones naturally and also prevent them.

5. Finally, we also recommend a diet using phosphoric acid because it can actually work be dissolving calcium based kidney stones. And because kidney stones are almost 90% calcium, this remedy has been extremely successful.