

## **Kidney Stones-- Flush them away**

Kidney stones are caused by the formation of crystal like substances inside your kidney. When those crystal substances come together and grow, they form stones inside your body. These stones can be inside your kidney, or they can try to travel down the tubes which carry urine to your bladder. This occurs when minerals, which are normally dissolved in the urine, stick together as the urine is concentrated. Kidney stones can be painful and difficult to remove. When these stones are too large to pass through the narrow tubes, severe pain results and sometimes a full blockage will occur as well. Kidney stones can be small deposits of minerals and salts that can develop on the inner surface of the kidney. In most cases, treatment is aimed at making a stone small enough that it can exit the body during urination.

There are four types of kidney stones which can develop, but one of those is caused by a rare hereditary disease. Of the other three though, the most common type of kidney stone seen in 80% of cases, is calcium based stones.

The cases of kidney stones have increased over the last thirty years, but it is not quite known why. Some speculate that dietary changes play a major role in this increase, while others think it may be due to improvements in the ability to diagnose problems like this. Whatever the reason, there are things you can do to help prevent kidney stones, and sometimes the stones can be dissolved by natural means as well.

The risk of getting kidney stones is thought to be hereditary though. If someone in your family has a history of kidney stones, you are more likely to have the problems too. Anyone who has had kidney stones at least once though, has a greatly increased chance of getting them again. Also anyone with a chronic kidney disease is also more at risk for getting recurring kidney stones.

Kidney stones are more common in men than women, and certain

medications can make the risks higher. Dehydration however, is one major factor in the development of kidney stones, and that is actually what causes some medications to have this effect on people. If the medication dehydrates you, or you are dehydrated in general from not getting enough fluids each day, then kidney stones can form simply because there is not enough fluid to dilute the substances inside your body which make the stones form.

Natural health can literally change your life! But it is important not to treat remedies like your favorite recipe. In other words, you should NOT play the 'guessing game' of what you should take and what amount you should take.

So the best and completely natural way to prevent kidney stone formation is to simply drink enough water or other fluids. Drinking plenty of water helps keep the calcium deposits from being able to gather together into stones, so they will be continuously flushed out of your system before problems can arise. When you do not drink enough water, germs and bacteria are able to linger inside your kidneys and create infections or stones. By drinking extra water though, your body is able to continuously flush those germs and bacteria from your system before they have time to start creating a kidney stone or infection. You do not have to drink plain water all day, but that is the best natural way to help prevent or treat kidney stone problems. Drink at least 2-3 liters of plain water each day.

Since most kidney stones are calcium based though, you can help prevent the formation of these types of stones by drinking lemon water. Put a bit of real lemon juice in your tea each morning, or mix it into a glass of water, and drink it when you first get up each day. This small amount of lemon juice will help prevent stones from forming, and it will help dissolve any stones which have already started forming.

In fact, lemon juice is the number one home remedy for dissolving existing kidney stones. Some people mix two ounces of fresh lemon

juice with two ounces of virgin olive oil, and then drink that down. The pain caused by the kidney stones is usually gone in less than an hour, and the stones dissolve within 12-15 hours after that.

Not everyone can stomach the olive oil though. It makes them very nauseous. Drinking simple lemon juice by itself is usually enough in most cases though, so you can leave out the olive oil if need be. You can also use any other oil of your choice such as coconut oil etc.

This remedy usually works with just calcium based stones, and since it dissolves the stones, not everyone will feel the kidney stones pass. Some people feel as if their urine is gritty or sandy though, and this is because the dissolved pieces of the stones are being passed in your urine.

Kidney stones are accumulations of waste materials from your body. Usually the stones are created by calcium deposit build up, but sometimes they can be created by too much protein or because you have had chronic urinary infections. These deposits can be kept from forming though, by keeping them diluted with extra water.

You can add real lemon juice to the water if you like, and this will give you flavor plus it will provide your body with a way to help keep kidney stones from forming, because lemon juice dissolves kidney stones. Lemon juice is also a natural antiseptic, which means it can help prevent bacteria from multiplying into an infection within your kidneys.

Try to avoid drinks with excessive amounts of sugar or sugar substitutes though, because they create a large variety of additional health problems which will eventually lead to creating kidney problems among other things too.

Caffeine dehydrates your body, and if you are dehydrated you will be more prone to developing kidney stones.

Since about 80% of kidney stones are made up of calcium oxalate, some people avoid foods high in oxalate as a natural way to avoid chronic kidney stones and infections. Foods high in oxalate include different types of berries such as blueberries and strawberries, instant coffee, chocolate, and dark leafy green vegetables.

It was once believed that avoiding calcium rich foods was also a good idea to help reduce chronic kidney stone problems, but that belief is starting to change. Some research now suggests that calcium rich foods can actually help prevent the development of kidney stones, but excessive amounts of Vitamin D or Calcium taken through supplements might cause problems because standard supplements are not absorbed well by your body.

Dissolving calcium has been the newest kidney stone natural remedy that doctors are trying to hide from the public. If you consider how many millions of dollars of forked over each year to the medical industry just for kidney stones, it is no wonder that hospitals are keeping natural acidic remedies 'hush hush'.

And if you consider that 85% of kidney stones can be dissolved naturally, you could imagine the financial loss of releasing these effective remedies.

### *Calcium based Kidney Stones*

Calcium kidney stones account for almost 85 percent of all kidney stones and are most likely to occur in men. The stones are formed from built-up calcium, combining with oxalate, phosphate or carbonate.

The good news is that kidney stones will most likely always flush by themselves. If you are currently suffering from the pain of a kidney stone, chances are that you have already passed numerous stones but have not realized it.

The second part of the good news is that calcium stones are the easiest stone to dissolve. In most cases (85% of the time), a calcium based stone can be dissolved with certain types of acids or ingredients that contain acids.

### *Calcium Dissolving Acidic Remedies*

Why do acidic remedies work? First off, because acids typically dissolve most things it is applied to. For instance, your tooth enamel will erode after drinking too many acidic soft drinks.

The same thing is applied to calcium based (a lot softer than tooth enamel) kidney stones! The acids in certain beverages, certain fruits and certain foods can actually work to naturally dissolve the kidney stones. The body then will be able to flush them out of your kidneys when the stones become crystals.

Here is a list of acidic remedies:

- 1. Phosphoric Acid-** Phosphoric acid has been around for decades and is even used to keep soft drinks tangy. It is thought that a high potency of phosphoric acid is all that is needed to dissolve calcium stones as big as 1 cm in diameter.
- 2. Lemon Juice-** Lemon juice is obviously acidic! The lemon juice will break down the stones to passable levels. If consumed with olive oil or any other palatable oil of your choice, you can actually lubricate the urinary tract to help pass the stones after the dissolution process. This natural remedy has been reported to work in less than 2 hours.
- 3. Cherry Remedy-** Though this remedy is possibly the newest remedy, it has been helpful to some of people. In the 1950s, a study by Dr. Ludwig W Blau showed that consuming 6-8 cherries during a gout attack would relieve the symptoms. However, new research has also shown that consuming cherries because of their acidic levels could also dissolve kidney stones.

*What you can do:*

*Step 1*

Drink large quantities of water. According to the University of Rochester's Medical Center, in most cases you can deal with a kidney stone by simply drinking lots of water. This will help in dissolving the stone and may cause you to pass it out.

*Step 2*

Take lemon juice and any edible oil. According to EarthClinic.com, drinking a mixture of 2 oz. olive oil and 2 ounces lemon juice will dissolve kidney stones to a size where they are small enough to be passed.

*Step 3*

Take allopurinol [Zyloric or xyloric]. This prescription medication is effective at treating kidney stones that are made of calcium or uric acid.

*Step 4*

Take antibiotics. One type of kidney stones, known as struvite stones, is the result of urinary tract infections. Your doctor will be able to prescribe antibiotics to counteract these infections if they are the cause of your kidney stones.