

KIDNEY STONE

REMEDIES

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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Hot Water

On the first sign of symptoms, drink as much clean hot water (as hot as you can), and this will help to expel the kidney stones.

Never use unfiltered tap water - EVER.

Drink until you cannot drink any more, and then continue every five minutes.

Ibuprofen (2 x 200 mg tabs, up to 3 x daily) can also be taken to help reduce renal spasms as the stone passes through the urethra.

It is claimed that the stones should be expelled within 60 minutes.

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Warm Compress

Apply a warm compress to the area, and the heat will help to dull the pain and will help the stone to pass through.

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Find a Comfortable Position

Find a comfortable position to rest and recover from kidney stone; however, be sure to walk around. Even if walking hurts, get some physical activity each day to prevent blood clots developing in your legs. With kidney stones, you may find that sitting propped up on pillows is more comfortable than lying on your back.

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Baking Soda (anecdotal remedy)

Take 1/2 tsp of baking soda in 8 oz (250 ml) of clean water - drink at least 3 to 6 glasses daily.

The more that is drunk, the quicker the condition is resolved.

Fresh lemon juice can be added to accelerate the results.

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Kidney Stone Compress - Ginger

The following compress will help in the passing of a kidney stone - the heat and moisture will help to open the urinary tract and will allow the maximum penetration of the pain relieving ginger.

- Fill a large pot with water and bring it to a boil.
- Take a fresh piece of ginger, approximately the size of your palm and wrap it in a piece of cheesecloth. Attach a string to the cheesecloth so that it looks like a large tea bag.
- Put the cheesecloth bag into the boiling water for 2 to 3 minutes.
- Reduce the heat so the water is hot, but not boiling.
- Use the string to remove the cheesecloth bag from the water, and squeeze the bag over the pot so that the juice from the softened root runs into the water.
- Replace the bag in the bottom of the pot.
- Remove the pot from the heat.
- Soak a washcloth or face flannel in the hot ginger water.
- Wring out the cloth so that it is wet, but not dripping.

- The cloth should be hot, but not scalding.
- Place the hot cloth on your lower back over the area of the affected kidney.
- Put a piece of plastic (such as that from a grocery or sandwich bag) directly over the compress.
- Put a dry towel on top of the plastic.
- Repeat the application of the three layers every 5 to 10 minutes, for 30 to 60 minutes.
- If it is still painful in four hours, repeat the procedure.

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Raw Juice Therapy

- 1 Part Cucumber
- 1 Part Carrot
- 1 Part Beetroot

500 ml taken 2 - 3 times daily is reputed to dissolve renal stones.

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Carrot and Cucumber Juice

250 ml, equal parts of carrot and cucumber juice.

The juice can be further diluted if desired - drink at least 250 ml every 30 minutes until the symptoms are resolved.

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Pomegranate Juice (anecdotal remedy)

Pomegranates have many health benefits; however, the seeds and juice of pomegranates are another natural remedy for kidney stones.

Eat pomegranates (organic recommended) or drink freshly-squeezed pomegranate juice.

Some authorities recommend drinking the juice as hot as possible.

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Cranberry Juice (anecdotal remedy)

Drink as much cranberry juice as you can, and repeat every 30 minutes until the symptoms are resolved.

Additional cranberry supplements can be taken to amplify the cranberry effect.

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Unsweetened Grapefruit Juice (anecdotal remedy)

Some authorities recommend, at the first symptoms of a stone, drink unsweetened grapefruit juice (preferably fresh). Drink 6-8 oz a day, for 7 days, or until the symptoms are resolved.

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Celery

Both celery and celery seed are excellent diuretics and kidney tonics.

Celery juice in equal parts with carrot juice will help to prevent kidney stone formation.

Regular use of celery seed, as a spice or as a tea, may also help to prevent kidney stone formation.

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Water and Non-Alcoholic Fluids

Drinking 6 to 8 x 200 ml glasses daily of spring water (not tap water) will help to prevent both types of kidney stone.

If tap water is to be drunk, it should be filtered through a good quality activated charcoal filtration system.

Other authorities recommend drinking at least 10 to 12 x 200 ml glasses of non-alcoholic fluids every day to help flush impurities from the body.

Yet other authorities recommend that you dramatically increase your water intake and try to drink 14 (250 ml) glasses of water per day while the kidney stones are passing. Once the stones have passed, keep drinking plenty of water each day (2 x litre minimum) to help prevent future stone formation.

Add a little citric acid to the water - squeeze some fresh juice from a lemon or add a lemon slice. The citric acid will help to break down the components of the stone (calcium, salts, etc.).

Some authorities recommend that the water be drunk as hot as possible.

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Vitamin B6

Vitamin B6 also known as pyridoxine has exceptional curative properties regarding kidney stones.

Authorities recommend that the individual consumes a steady daily healing dosage of between 100 mg and 150 mg of Vit B6 in combination with other B-complex (100 mg) Vits.

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Vit B6, Calcium/magnesium, Lemon Juice (anecdotal remedy)

Take 3 x B6 tablets daily and 1 x calcium/magnesium tablet daily.

Additionally drink the juice of at least 1 x lemon daily.

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Magnesium (for prevention)

Research has indicated that individual's with recurrent kidney stones who took magnesium supplements had a 92.3% improvement rate in reduction of kidney stones.

Consequently, 300 mg daily of magnesium orotate is recommended for prevention and reduction of kidney stones.

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Apple Cider Vinegar

It is believed that the acids found in natural apple cider vinegar are beneficial in breaking up kidney stones and gallstones, by softening or dissolving them.

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Apple Cider Vinegar and Honey

Mix 2 tbsp of organic apple cider vinegar and 1 tsp of honey in 1 cup of lukewarm water.

Drink at least hourly until symptoms are resolved.

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Apple Cider Vinegar and Lemon Juice

Mix 2 tbsp of organic apple cider vinegar and 1 tbsp of lemon juice in 250 ml clean water.

Drink at least hourly until symptoms are resolved.

Some authorities recommend drinking the concoction as hot as possible.

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Olive Oil, Lemon Juice, and Apple Cider Vinegar

At the first sign of stone pain, mix 2 oz of organic olive oil with 2 oz of organic raw apple cider vinegar.

Drink it straight and then follow it with a 12 ounce glass of purified water. Wait 30 minutes.

Then squeeze the juice of 1/2 lemon into 12 ounces of purified water, add 1 tablespoon of organic apple cider vinegar and drink this straight down.

Repeat the above every hour until the symptoms improve.

Some authorities recommend drinking the concoction as hot as possible.

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Nettle Leaves

Drinking plenty of water is the best kidney stone preventative. Additionally, an herbal tea made from the leaves of stinging nettles enhances the benefits of water by acting as a natural diuretic.

The nettle leaf has a long tradition of safely promoting urination, and by keeping water flowing through the kidneys and bladder, nettle helps to keep crystals from forming into stones and also flushes any bacteria away.

Authorities suggest that drinking 2 to 3 cups of nettle leaf tea per day will help to prevent kidney stones.

Mix 1 to 2 tablespoons of dried nettle leaf with 1 cup hot water and steep for 10 to 15 minutes.

Dried nettle leaf should be stored in an airtight container, away from light and heat. It will last as long as a year if thus stored.

Fresh nettle leaves can also be used - either grow them yourself, or have a nearby source in the wild. Keep the fresh nettles in a plastic bag in the refrigerator.

Nettle tea bags or loose nettle tea can also be used.

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Dandelion Root Tea

Drink dandelion root tea - this tea helps to cleanse the kidneys by acting as a diuretic.

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Marshmallow Root Tea

Drink Marshmallow root tea - this tea helps to naturally reduce inflammation in the digestive tract. It also reduces the irritation and inflammation of the ureter as kidney stones pass through to the bladder. Marshmallow root is typically available as a tea, and in a supplement capsule form.

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Basil (anecdotal remedy)

Basil tea can be taken for overall kidney health and as a kidney tonic.

For kidney stones, take one teaspoon each of basil juice with raw honey daily. This can be continued for up to six months.

Some authorities believe that remedies with pure basil juice will help to induce stone expulsion from the urinary tract.

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Horsetail

As a diuretic, horsetail tea is an effective natural remedy for kidney stones.

Drink up to 3-4 cups of horsetail tea daily, or take 2 x grams daily of the herb in capsule form.

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Cornsilk (anecdotal remedy)

The herb, Corn Silk can help with the passing of a kidney stone - its action is to reduce the friction as the stone moves along. Corn Silk is available in various forms: capsules, liquid, and tea bags. Take the maximum dose as per manufacturer's directions.

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Homemade Cornsilk Remedy

When preparing fresh corn on the cob, gather the silky part of the cornhusk, which is known as cornsilk. Then boil the cornsilk in pure water along with some marshmallow herb to make a potent stone-dissolving tea. Cornsilk is an excellent remedy for urinary tract stones, urinary tract infections, hypertension, and prostate disorders.

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Chanca Piedra (anecdotal remedy)

The Amazon herb Chanca Piedra, which translates as "stone breaker", when prepared into various concoctions breaks down kidney and gallbladder stones. Anecdotal report claim that Chanca Piedra is effective against a multitude of ailments from diabetes to jaundice.

Chanca Piedra is available in various forms: tincture, tablets, capsules, loose tea, and tea bags. Take the maximum dose as per manufacturer's directions.

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Raw Asparagus and Coca Cola (anecdotal and very suspect - for interest only)

Eat 1 x pound of raw asparagus, while drinking a six pack of coca cola.

The stones are reputed to dissolve and are expelled as tiny granules within hours.

It is also suggested that the treatment may need to be repeated twice.

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