



The Campbell M Gold Newsletter

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Campbell M Gold

Consultant

**Self-Help and personal Development through
New Thinking, and Hypnosis and Subliminal
Programs**

Just the Facts...

Welcome

Welcome to another newsletter...

In this issue, we take a look at "Natural Kidney Stone Therapy".

As always, no hugs, just the facts... So let's jump right in...

Kind regards,

Campbell M Gold

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Keep Up-to-Date

**The Health Information reflected in this Newsletter is subject to change.
Please visit the "Health Archive" on our website for the latest updates to
the various subjects:**

<http://campbellmgold.com>

Natural Kidney Stone Therapy

To complement the "Natural Gallstone Therapy" in our previous issue, I have included natural Kidney Stone Therapy in this issue:

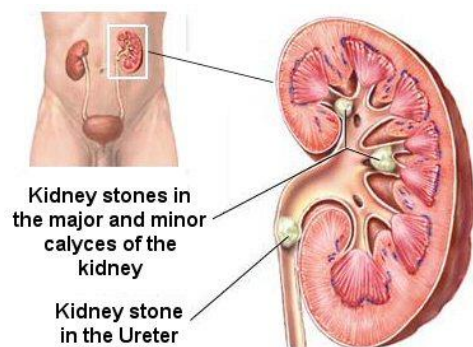
Introduction

Approximately 70 to 80 percent of common kidney stones are composed of calcium oxalate crystals, while another 10 percent are composed of uric acid crystals.

Symptoms

When a kidney stone causes a blockage, or moves into the ureter, some of the following symptoms may be manifested:

- severe pain or aching in the back (especially the lower back) on one or both sides
- sudden spasms of excruciating pain (renal or uterine colic) - this typically starts in the back below the ribs, and then moves around the abdomen. Sometimes the spasms move to the groin and genitalia area
- bloody, dark, cloudy, or smelly urine
- feelings of nausea or being sick
- a frequent urge to urinate
- a burning sensation during urination
- fever and chills
- light headedness



IMPORTANT

**If you have such symptoms,
then immediately contact your regular physician,
or other health professional**

These can also be symptoms of a urinary tract infection, or cystitis, which is much more common than kidney stones in young women.

Duration

Kidney stones are usually passed out of the body within 48 hours; however, attacks can sometimes last for over 30 days.

Cause

High fat intake; low fibre intake; high white sugar and white flour intake; high red meat consumption - this is the cause of many degenerative diseases, including cancer, heart disease, and kidney stones.

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Kidney Stone Compress

The following compress will help in the passing of a kidney stone - The heat and moisture will help to open the urinary tract and allow 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 cheeses 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 us that from a grocery or sandwich bag) directly over the compress.
- Put a dry towel on top of the plastic.
- Repeat the application of these three layers every 5 to 10 minutes for 30 to 60 minutes.
- If it is still painful in four hours, repeat the application.

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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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Corn Silk

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 come is various forms: capsules, liquid, and tea bags. Simply follow the manufacturer's directions and recommended dosage.

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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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Water and Non-Alcoholic Fluids

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

If tap water is to be drunk, then 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 is recommended to help flush the uric acid crystals from the body.

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Calcium Stones

Calcium stones are composed of calcium oxalate crystals.

Foods to avoid include:

- spinach,
- asparagus
- Swiss chard
- beet greens.
- chocolate
- tea
- rhubarb



These are all high in oxalates (acids that the body cannot process and are consequently passed through the urine).

For individuals who are sensitive to oxalates, eating large amounts of such foods can cause kidney stones.

Anti Calcium Stone Supplements

- Calcium - 600 mg daily
- Magnesium (Chelate) - 300 mg daily
- Vit D - 400 IUs
- B-Complex - 100 mg daily

Calcium Note

The calcium supplement is very important as it binds to the oxalate in the body, and thus helps to prevent the formation of kidney stones.

Herbs

The Ayurvedic herb, Tribulus Terrestris (also known as: Gokshura) reduces the body's production of calcium oxalate and can help to prevent calcium kidney stones.

Exercise

Exercise helps to keep calcium from draining from the bones and ending up in the urine, where it can exacerbate the formation of stones. The recommendation is brisk walking for 20 to 30 minutes, three times a week.

Warning - do not exercise in such a way as to cause dehydration, as this is a major risk in the development of new stones.

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Uric Acid Stones

Uric Acid Stones are composed of uric acid crystals.

There are two keys to help in the prevention of Uric Acid Stones:

- 1) Balance the pH of the urine to keep it as alkaline as possible.
- 2) Limit the intake of purines - food components which increase uric acid.

Food advice to fulfil both keys:

- Drink more orange, grapefruit, and tomato juice to maintain an optimum pH balance - drink 2 to 3 glasses of juice daily.
- Avoid anchovies, sardines, meat extracts, gravies, liver, kidney, sweetbreads, and fried foods.
- Do not eat, on a daily basis, more than 85 grams of lean meat, or one serving of oatmeal, oysters, crab, tuna, ham, lima beans, asparagus, cauliflower, mushrooms, peas, or spinach.



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Alka-Seltzer

Alka-Seltzer or an equivalent product can also be used to alkalinize the urine - follow the manufacturer's instructions as to dosage.

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Prevention

Lose weight if overweight but avoid fasting or quick weight loss schemes

Avoid alcohol or drink alcohol in moderation

Avoid Eating Foods High In Purines

According to the American Medical Association, purine-containing foods include:

- Beer, and other alcoholic beverages
- Anchovies
- sardines in oil
- fish roes
- herring

- Yeast
- Organ meat (liver, kidneys, sweetbreads)
- Legumes (dried beans, peas)
- Meat extracts, consommé, gravies.
- Mushrooms
- spinach
- asparagus
- cauliflower

Foods very high in purines include:

- hearts
- herring
- mussels
- yeast
- smelt
- sardines
- sweetbreads

Foods moderately high in purines include:

- anchovies
- grouse
- mutton
- veal
- bacon
- liver
- salmon
- turkey
- kidneys
- partridge
- trout
- goose
- haddock
- pheasant
- scallops

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Additional Foods Which May Be Beneficial

- Dark berries may contain chemicals that lower uric acid and reduce inflammation

- Tofu which is made from soybeans may be a better choice than meats
- Certain fatty acids found in certain fish such as salmon, flax or olive oil, or nuts, may possess some anti-inflammatory benefits

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Please visit the "Health Archive" on our website for the latest Health Items.

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Health Bite

What is the Grape Cure?

The grape cure is possibly the best known fruit "mono-diet", and consists of 2.75 kg of grapes being eaten per day.

How are the grapes prepared?

Washed and eaten raw with skins and seeds.

Is anything else permitted?

Spring or mineral water (not tap water), and apple or grape juice to drink.

What is this diet used for?

This diet is used for hypertension, heart disorders, and fluid retention.

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IMPORTANT

Any health information contained in this Newsletter is not meant as a substitute for advice from your physician, or other health professional. The presented 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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Thank You

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