

Kidney Stones

One of my clients called me asking what remedies and prevention methods I knew to help a friend who had a kidney stone. Of course, water, water and more water is the first thing to do. A gallon of water daily is reasonable and distilled water is good at this time. Sterile distilled water acts like a sponge inside your body. It soaks up nasty toxins and unwanted minerals. The point is to remove toxins from the elimination system, not to add more. It is important to keep the kidneys flushed so that toxins will not build up.

I read an interesting article about a person who distills all her own water. She puts it into ½-gallon glass jugs, adds about a dozen grains of organic brown rice to add good minerals to it, sets it in the sun to absorb energy for 3 or 4 hours then refrigerates until used.

<http://owen.curezone.com/lifestyle/distillerswaterfilters.html>

Many water recipes suggest you should drink 1/2 your body weight of water in ounces, daily. As an example: 180 lb = 90 oz. of water daily. Divide that into 8 or 10 oz. glasses and that is how many glasses you will need to drink, daily.

I know there is a standard medical outcry against the use of salt but, use 1/4 tsp. of natural, unrefined sea salt for every quart of water you drink. Use natural salt liberally with food. As long as you drink the water, your body can use the natural salt. Note about salt: Natural salt is a source of 21 essential and 30 accessory minerals that are essential to our health. According to some sources, other elements are up to 5% of dry ocean salt. Refined salt contains only 0.1 - 0.5% other elements

Avoid caffeinated or alcoholic drinks, as these are diuretics and will dehydrate you. Every 6 oz. of caffeine or alcohol requires an additional 10 to 12 oz. of water to re-hydrate you.

Adding fresh lemon or limejuice to the water is very helpful. Lemon and limejuice are helpful for detoxifying and alkalizing the body. Melons are also excellent sources of hydration and, since they metabolize alkaline, they are an excellent way to increase your body's pH also. For a list of alkalizing and acid forming foods, see http://home.bluegrass.net/~jclark/alkaline_foods.htm.

Do not use any of the standard commercial artificial sweeteners (you know, the pink, blue or yellow stuff). In addition to being highly addictive, which actually increases use and thus weight gain, they metabolize extremely acid and that is bad for the body in many ways, including formation of kidney stones. Use only stevia as a sugar substitute.

Castor oil packs are very helpful for eliminating toxins and the accompanying soreness in the body. It is not expensive and easy to find at your local drugstore or health food store. Use a couple of layers of flannel. I do not buy the special pristine, unbleached or never dyed kind, available for compresses; I cut up whatever old flannel garment I have and then save the rest for future reference.

Castor oil is very thick and goeey. It is hard to get it onto the flannel evenly; therefore, I find it easier to smooth a good coat of castor oil directly onto the skin over the affected area. In this case, smooth it across the lower back from the top of the buttocks to a few ribs below the shoulder blade. Then place a couple layers of flannel over it, to absorb the excess and hold it in place. Next, cover the whole area with plastic wrap and add heat. In this case an electric heating pad is best (infrared would be fabulous) because it will maintain a constant heat for a long period. I suggest a minimum of 30 minutes, several times a day, if the patient is in crises needing either to pass, or heal from a recently passed, stone.

Essential oils also help the body heal itself. In this case, it would be very helpful to add ten drops of juniper oil and 10 drops of geranium to the above castor oil compress. I would apply the castor oil, and then drop the drops of essential oils evenly around the entire area before putting the flannel over it. Continue with the plastic wrap and add the heat. The essential oils will be absorbed deeply into the system along with the castor oil.

One process I found to help pass stones is to drink 4 oz. distilled water with the juice of ½ of a lemon every 30 minutes for 6 hours. Then take 2 Tbsp. extra light virgin olive oil with the juice of one full lemon. Repeat daily until the stone passes.

Dr Richard Shultz creates herbal formulas for helping the body to heal and preventing more damage. I enjoy his politically incorrect attitude toward standard medical practice and life in general. I have used several of his formula with excellent results. I have not used his 5-day Kidney/Bladder Cleansing and Detoxification Program, but one of my clients uses it regularly when she first begins to notice symptoms of impending kidney discomfort. You can read about his formula and protocol and order his products at <http://www.herbdoc.com/p35.asp>.

So to avoid kidney stones, and many other physical problems, drink lots of water, eat lots of melons and fruits, cleanse your kidneys, avoid dehydration, avoid caffeine and alcohol, relax, and enjoy your life.

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