

Kidney Stones-Man-Made Problem

Does your body form kidney stones? Did you know that children as young as 5 years old are now getting kidney stones? And if you, or especially your kids or grandkids are getting kidney stones, you need to make some basic changes. Otherwise chronic kidney stones, and even kidney disease could be in your future.

In general, most kidney stones can be attributed to a handful of causes. And for the most sufferers, they are not what you would expect. The major causes for kidney stones include an overly alkaline system, a poor or wrong diet, an omega-3 deficiency, and lack of water. So let's take a look at why kidney stones form, how to prevent kidney stones, and how to eliminate stones naturally when possible.

Why Do Kidney Stones Form?

The type of diet that causes kidney stones can simply be the consumption of too much fast or processed foods, which are loaded with salt. This is a major cause of kidney stones in children. Also, kidney stones can be caused by a strict vegetarian diet . This can cause an overly alkaline system which then interferes with calcium metabolism. Or kidney stones can be due to a cooked food diet, without the raw foods that contain enzymes needed for proper utilization of calcium.

Thanks to a market for alkalizing agents sold as (remember Coral Calcium?), special mineral waters, and even machines to make alkalizing water , the hype to become more alkaline is on now. While this is true for some people – those who eat too much meat, grains, and proteins – most of it is bull. In fact, for adults with chronic and especially acute kidney stones who have a alkaline urine (repeated pH of greater than 6.5), the treatment includes Phosfood Liquid, by Standard Process, to bring about better acid/alkaline balance.

Because Americans (including children) eat a cooked food diet, we are a nation of a people with an enzyme deficiency. Enzymes are needed to maintain the proper utilization of calcium, which makes up most kidney stones. With an enzyme deficiency, calcium leaches out of your bones (osteoporosis) and accumulates in the blood to settle into your joints (arthritis), eyes (cataracts), blood vessels (arteriosclerosis), and kidneys (kidney stones). So if you form kidney stones, or if you suffer from any of the other conditions listed here, you need to eat one- third of your diet raw (40%).

Since most people eat a cooked food diet with inadequate dark leafy green vegetables, we are a nation of people with a Chlorophyll deficiency. Chlorophyll is essential for anyone with kidney stones because it activates a blood protein called Osteocalcin. Without adequate osteocalcin , you will not be able to rebuild bone, and you will chronically develop excess amounts of calcium oxalate (the major component of kidney stones). That is why a 40% raw diet with plenty of green leafy vegetables is essential to anyone with kidney stones.

Water, Water, Everywhere

I must say that we have gone off the deep end with everyone carrying around a plastic water bottle. It's just what we don't

need – another million plastic bottles used every day. But at the same time, I admit that I usually have a bottle of water within reach (and it's a stainless steel container). That's because I like to drink water (64- 80 oz. per day) I perform a lot of strenuous activity, and because I drink reverse osmosis (RO) water, I no longer like the taste of tap water. I do, however , use my own water purifier and keep my one bottled filled. If you are a stone former, you need a good supply of good pure water. In kidney stone cases, RO is the best because it eliminates most of the inorganic minerals that your body has trouble utilizing. And water is the universal solvent, which is essential to making urine less concentrated. In addition, RO water will not contain chlorine and fluoride. These are the two most toxic chemicals to your thyroid gland. The thyroid gland teams up with omega -3 fatty acids and iodine to become the middleman for the way your body delivers your calcium. The thyroid helps deliver calcium where it is needed (bones & tissues) and keeps it from places where it is not needed, such as joints, eyes, arteries, and your kidneys.

I know that many people simply cannot stand to drink water. This seems to be especially true for women. In these cases, I suggest starting to drink RO water. It tastes so pure and different from tap water that even the the most hard- core water haters seem able to drink adequate amounts. And if you are a stone former, this is critical. I have seen the switch to RO water alone put an end to kidney stones.

CUNO makes the best RO water purifiers. Although there is an initial investment, this unit pays for itself financially and in better health many times over.

Supplements and Salt

If you are a stone former, you need a good source of Omega 3-6-9 essential fatty- acids (Vitamin F). With kidney stones, a

good flax oil is best. It is fuel for your thyroid gland— supporting its role as the calcium middleman. And it is a direct, dramatic aid to your kidneys in cases of diabetic kidney and kidney stones. It is critical to use the best flax seed oil available –I recommend Flora’s(Udo’s) High- Lignan Flax Oil. In addition, all people with kidney stone problems need specific supplements. Supplement with flax oil (1 tablespoon per day for 24 weeks. Then take Cataplex F from Standard Process (6 tablets for 24 weeks. This maybe the most important supplement for kidney stone sufferers. It contains omega 3 fatty acids, with organic iodine and a liver extract. You will also in my opinion need Chlorophyll Perles from Standard Process to supply the enzymes and phytonutrients needed to activate osteocalcin in your blood(3 daily for 24 weeks. As with all supplements, the more you improve your diet, the fewer supplements you will need over time. Finally, take the table salt out of your home altogether. Instead, switch to sea salt, this is a mineral salt, and a little goes a long way.

Passing A Kidney Stone

The pain of passing a kidney stone has been called worse than labor and delivery. Unless the stone is very large, you can generally pass it safely with the correct protocol. Naturally, kidney stones can be dangerous. If you follow my protocol to help pass your stones in 1-5 days.

Take 6 Cataplex F tablets and 1 tablespoon of Flax Oil 3x per day. And if your urine has a consistent pH of greater than 6.5, take 20 drops of Phosfood Liquid 3x per day.

Also FOR SOME REASON YOU ARE FINDING DIFFICULTY PASSING YOUR STONES (such as painful urination with blood) take 6 Cyruta- Plus tablets for 15 days.

Once you successfully pass a kidney stone be sure to get on a prevention program. The program includes changing your diet, life-style, getting plenty of water, and taking your suggested supplements.

The side-effects are many, including but not limited to, a better thyroid function, improvements in osteoporosis and arthritis, healthier blood vessels, and the reduction and elimination of future kidney stones.

That's a kidney stone regimen you can live(longer) with.

Following this protocol will get you the results you want. I am confident this will work, to set-up a appointment to see us call our office at 856-299-9508.

Be Well Naturally,

Dr. F. James Weston