

The Kidney Stone Cleanse

Note: Drink plenty of water, 8-10 glasses of bottled water each day of your cleanse so that waste and excess minerals are continuously flushed and urine flow does not stagnate. Dehydration is a key factor in kidney stone formation ...causing a reduction in urine volume and increasing excretion of stone constituents.

The night before your kidney stone cleanse. Take a cup of chamomile tea. The next day, take 2 TBS. olive oil through a straw every 4 hours to help dissolve stones.

-**On** rising: take cranberry juice (from concentrate) in water with 1 tsp. maple syrup; or 2 TBS apple cider vinegar in water with 1 tsp. honey; and a cup of chamomile tea.

-*Breakfast*: have a glass of cranberry juice, fresh unsweetened lemonade or fresh watermelon juice, or watermelon chunks, or Crystal Star GREEN TEA CLEANSER.

-*Mid-morning*: 1 cup watermelon seed tea (grind seeds, steep in hot water 30 min., add honey); or dandelion tea, or Crystal Star BLADDER-KIDNEY COMFORT tea.

-*Lunch*: have a carrot/beet/cucumber juice, and a green leafy salad with cucumbers and sprouts.

-*Mid-afternoon*: have a cup of chamomile tea; and asparagus stalks and carrot sticks with kefir cheese; or fresh apples with kefir or yogurt dip.

-*Dinner*: have brown rice with steamed veggies or steamed asparagus with miso soup and snipped, dry sea greens; or a baked potato with kefir cheese and a green leafy salad.

-*Before Bed*: take a glass of aloe vera juice and another cup of chamomile tea; or miso/ginger soup with sea greens snipped on top.

After your cleanse: As you return to solid foods, make sure you eat plenty of fresh fruits and vegetables. Even meat eaters have a lower incidence of stones when they add extra fresh fruits and vegetables. Keep salt and protein low for at least 3 weeks. Establish a diet with plenty of fiber. Vitamin K plays a key role in your body's natural inhibition of kidney stone formation. Make sure you add plenty of green leafy vegetables, sprouts and sea greens, high in vitamin K.

Supplements to consider:

Kidney stone cleansers: Ascorbate or Ester C powder in water; 1/4 tsp. every hour to bowel tolerance until stones pass - about 5000mg daily; Alpha Lipoic acid 100 to 150mg daily.

Herb Pharm KHELLA extract to reduce pain from acute attacks.

Mineral balancers to prevent stones: Flora VEGE-SIL caps 2 daily; Eidon MAGNESIUM liquid, Magnesium 500mg and B6 daily 10mg help prevent calcium oxalate stone formation.

To *avoid stones*: Vitamin C 3000mg with bioflavs helps acidify urine; Futurebiotics VITAL K or vitamin K 100mcg daily; quercetin 1000mg with bromelain 1500mg. Consider Himalayas URICARE Ayurvedic formula to help pass existing stones and prevent new formation (highly recommended)

Enzyme support: Protease helps break apart protein-based viscid matter that cements salts into stones. Transformation Enzyme EXCELLZYME and PUREZYME.

Dissolve sediment wastes: Enzymatic Therapy ACID-A-CAL; green tea, chamomile, rosemary, or dandelion/nettles tea - 5 cups a day for 1 to 2 weeks.

Green superfoods inhibit stone growth: Crystal Star ENERGY GREEN RENEWAL, Wakunaga HARVEST BLEND, Aloe Falls ALOE-GINGER, C'est Si Bon CHLORENERGY.

Fiber supplements reduce risk of stones: All One WHOLE FIBER COMPLEX; Nature's Secret ULTIMATE FIBER; jarrow GENTLE FIBERS.

Heat therapy: Apply wet, hot compresses and lower back massage when there is inflammation flare up, especially lobelia, turmeric or ginger fomentations.

NB: This is offered solely as one more option among the many you may have been told about, we have not tried it or the products. Use of this advice is at your own risk. Please do not call with questions regarding this article.