

Natural Help 4...

Kidney Stones



What are Kidney Stones?

Resembling grains of sand (usually yellow or brown in color), [kidney stones](#) are **small stones that are lodged in the kidney** or appear in the urine. These grains vary in size. They can also be single stones.

These stones develop when salts in the urine form a solid crystal. When the stones become wedged in the urethra or the bladder, fresh deposits can accumulate around them and the flow of urine can be blocked.

This blockage causes agonizing pain felt in the back or side, and increases the risk of kidney and urinary tract infections, as well as the possibility of the infection spreading into the bloodstream.

Diagnosing Kidney Stones

The diagnosis is based on the analysis of symptoms, a physical examination, and the medical history of the patient.

Tests to Diagnose Kidney Stones

- **Urine analysis**
-To detect the presence of blood and bacteria in the urine.
- **Ultrasound**
-High frequency sound waves are used to produce images of internal organs such as the kidneys and the bladder. Ultrasound can help to visualize stones in these organs as well as in the ureters and urethra. Unfortunately, very small stones are not often visible on ultrasound.
- **Intravenous pyelogram (IVP)**
-During this procedure, a series of X-rays is taken after injecting a contrast agent (dye) into the vein. As this dye is filtered in the kidneys and excreted in the urine, blockages to the kidney or to the flow of the urine can be detected and the location of the blockage determined.
- **Retrograde pyelogram**
-Following cystoscopy (where the interior of the bladder is examined by an endoscope), dye is injected directly into the urinary system (against the normal outflow), and then its outflow is monitored. This allows for a more detailed picture of the urinary collecting and voiding system, and is useful in instances where renal function is impaired.
- **Computerized tomography (CT scan)**
-A scanner and computer are used to create images of the urinary system during this procedure.

Symptoms of Kidney Stones

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY web site.

The signs and [symptoms of kidney stones](#) in the kidneys, urethra, or bladder include:

- Severe pain in the back, extending to the bladder and groin
- Nausea and vomiting
- Small stones that look like [gravel](#) are excreted during urination
- Sweating and fever accompanied by shivers (rigors)
- Urgent need to urinate
- Bloody urine

What Causes Kidney Stones?

There are many factors that may contribute to the [causes of kidney stones](#), and sometimes it is a series of factors acting together.

Possible Causes of Kidney Stones

- Inadequate fluid intake
- Dehydration
- Reduced urinary flow and volume
- Chemical levels in the urine that are too high, such as calcium, phosphate, oxalate, or uric acid
- Chemical levels in the urine that are too low, such as citrate
- As a side effect of certain medications
- Recurring urinary infections
- Family history of stone formation
- Obesity
- Rare genetic conditions
- Anatomical abnormalities

The most common stones that contain calcium are caused by:

- Very high bowel absorption of calcium or oxalate
- Very high escape of calcium phosphate or oxalate into the urine
- Overactive parathyroid glands in the neck

Smaller instances of [kidney stones](#) may also be due to:

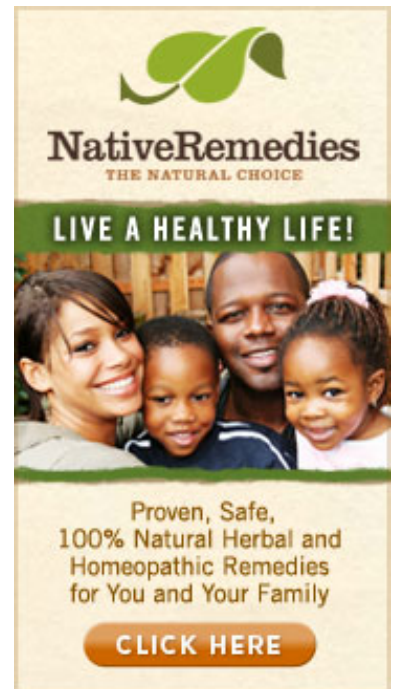
- The body's ability to break down and use chemicals, particularly if there is a high level of uric acid in the urine
- The structure or metabolism of the kidney

Help for Kidney Stones

[Kidney stones treatment](#) depends on the size, type, and underlying cause.

Usually, stones that are smaller than 4mm pass freely, while those larger than 5mm seldom pass naturally. They can be extremely painful, but generally **small stones do not have to be removed**.

The best way to treat them is to let them pass on their own. Stones may need to be removed if they struggle to pass through, block the urine flow, grow larger, or cause bleeding and infection. Most stones can be treated without surgery.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

[Kidney stones treatment](#) options such as conventional medicine, complementary therapy, and natural remedies can offer pain relief and prevent [symptoms of kidney stones](#) from recurring.

Conventional Medicine

- Oral analgesics may be prescribed to reduce moderate pain.
- Injectable medications may be administered intravenously (IV) or intramuscularly (by injection) for severe pain.
- To reduce nausea and vomiting or prevent stone formation, prescription medication may be administered.
- There are many different laser and surgical options used to remove or disintegrate larger stones.

Natural Remedies

Natural and holistic therapies such as herbal and homeopathic remedies can help to discourage the formation of stones as well as relieve the discomfort and pain associated with [symptoms of kidney stones](#). Herbal and homeopathic remedies can provide an option to conventional medication. **Gentle yet effective to use without any harmful side effects**, natural kidney stone treatments also address the overall needs of the individual's health and well-being. A combination of carefully selected ingredients such as Agosthosma betulina, Arctostaphylos uva-ursi, Melissa officinalis, Avena sativa, Hypericum perforatum), Vaccinium myrtillus, and Echinacea angustifolia provide symptomatic relief. Used in conjunction with conventional medicine and complementary therapy, natural remedies will help ensure that you live a healthier life.

Complementary therapy may help to prevent the recurrence of kidney stones. Some good examples are:

- Body cleansing
- Nutritional therapy
- Vitamin and mineral therapy
- Hydrotherapy
- Reflexology
- Aerobics, swimming, martial arts, and stretching
- Yoga, meditation, and tai chi

More Information on Kidney Stones

There are several ways to eliminate the factors that are common [causes of kidney stones](#).

Tips for the Prevention of Kidney Stones

- **Drink plenty of water**, at least eight glasses a day, for proper hydration
- Eat green, leafy vegetables, fruit, whole grains, legumes, and fish and poultry in small portions
- **Drink lemonade** with real lemon juice, as lemon juice contains citrate
- Limit sugar, alcohol, protein, dairy products, salt, caffeine, and refined

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- white flour products such as pasta
- **Exercise regularly**, as physical activity helps to remove the stone
- **Increase your intake** of magnesium and vitamin B6 supplements
- **Use hot packs or castor oil packs** to relieve the pain and cramping

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both natural and conventional remedies have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side



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effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

UTI-Clear™: Promotes bladder and urinary tract health.

UTI-Clear is a 100% safe, non-addictive, natural herbal remedy formulated by our team of natural health experts for urinary tract health. UTI-Clear can be used consistently to safely **promote health and systemic balance in the urinary system.**

UTI-Clear contains seven herbs selected for their supportive function in

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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maintaining urinary tract health, normal urine flow, and sustained bladder health.

UTI-Clear supports the **healthy functioning of the urinary system**, thereby helping to maintain balanced urine flow, suitable pH in the bladder, consistent elimination of toxins, and routine, healthy performance.

UTI-Clear can make all the difference to urinary tract health, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about UTI-Clear](#)

Triple Complex UT-Tonic™: For natural urinary tract and bladder support.

Triple Complex UT-Tonic is a **combination of three cellular-supporting tissue salts** selected for their positive effects on urinary tract and bladder health.

This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the urinary system** as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of minerals that occur naturally at a cellular level in our bodies and all organic matter on earth (plants, rocks, and soil).

In the system of biochemistry, there have been **twelve essential tissue salts** identified as important components of all body cells. Without this combination, true health is unattainable, as each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Cell salts, or biochemic tissue salts help to maximize health efforts, and **enhance the bioavailability** of all **supplements, remedies, and nutrients** in your diet to ensure that all the cells of your body and urinary system are functioning effectively.

Our tissue salts are manufactured to ensure safe yet optimum potency, and they are safe to use for all ages, as well as during pregnancy and nursing.

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