

What To Do For Kidney Stone Problems

(Helpful For Kidney Problems Too)

BIBLE:

3 John 2 – The Lord wants us to “...**BE IN HEALTH...**”

HE SAYS:

Jeremiah 30:17 – “...**I will restore health** unto thee, and **I will heal thee** of thy wounds...”

Proverbs 26:2 – “...**the curse causeless shall not come...**”

Job 29:16 – “...the cause which I knew not, **I searched out**”

SOP:

“Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” (MH 127.2)

MEDICAL SCIENCE:

What are kidney stones?

Kidney stones are **collections of systemic Refuse and Toxic matter** around a nucleus, and brought there by the impurities in the blood to be discharged in the urine. The stones are composed of crystals of Phosphate, or Oxalate of Lime, which are precipitated out of the urine into the Kidneys or the Bladder. Kidney stones are composed of 75 to 85% Calcium Salts, 5 to 8% Uric or Oxalic Acid, and 10 to 15% Struvite, the latter being crystals of Magnesium Ammonium Phosphate. (The Divine Prescription & Science of Health & Healing)

WHAT CAUSES KIDNEY STONES?

- 1. MAGNESIUM & VITAMIN B6 DEFICIENCY** (in clinically controlled studies, giving magnesium & B6 has dissolved many kidney stones and prevented occurrence in 80 to 90% of patients. Normally, 60 to 70% of stones removed from the kidneys by surgery, tend to return, because the CAUSE of the problem has not been removed....A man of 33 yrs. of age had been passing kidney stones every two weeks for years. Nothing he tried could stop it. Then his doctor recommended 420 mg of Magnesium daily. He soon stopped passing stones and remained free of them) (Don't take supplements for this, get in food).
- 2. CARBONATED DRINKS** – Due to the excessive amounts of phosphorus.
- 3. DRUG MEDICATION** – Especially Aspirin and Anti-Acids due to the large amount of Calcium Carbonate. Also Tylenol.
- 4. CALCIUM SUPPLEMENTS** – Due to the fact that these deplete the body of magnesium, causing a build of calcium salts in the body.
- 5. POOR WATER INTAKE** – Drink at least 10 cups a day...that is 8 oz. cups of filtered water)
- 6. OIL & VINEGAR SALAD DRESSINGS** – Use olive oil & pure lemon juice instead.
- 7. ANIMAL PROTEIN** enriches the urine with Oxalate.
- 8. SHELLFISH**

9. **LACK OF FIBER** which causes an increase of calcium.

10. **MILK & CHEESE** – Due to high content of calcium, it produces calculi forming stones.
Drink Almond Milk instead.

11. **LACK OF VITAMIN A IN THE DIET** – Experiments on rats indicated that diets deficient in vitamin A produced kidney stones, and that rich vitamin A feeding dissolved them. One patient with a stone completely filling one kidney got rid of it in 6 months.

12. **ALCOHOLIC BEVERAGES** – This includes any type of vinegar...**VINEGAR IS FERMENTED ALCOHOL** and it encourages the formation kidney stones.

13. **COFFEE** – It increases calculi (There's a coffee substitute called TEECCINO...it is wonderful and healthy).

14. **CHOCOLATE** – It is rich in oxalic acid and is known to increase the risk of oxalate calculi.

15. **LOW LEVELS OF VITAMIN D.**

TO RELIEVE PAIN:

Drinking a couple cups of water helps relieve the pain many times. Give a 15 minute hot fomentation over the kidney area, followed by an ice rub. Repeat this process 3 times. Also, take some castor oil and heat it up a bit in a small sauce pan. Get a wash cloth and saturate this cloth with the oil (may add activated charcoal to the oil) then when oil is warm to touch, apply over the painful area and keep on for several hours. Do morning and evening if possible.

Also, every evening before bed, take a very warm bath of water and soak in this for 30-40 minutes. This will help ease the pain, bring magnesium into the blood stream and remove toxins from the body at the same time. This helps people sleep very well at night, especially when they are in pain or are feeling uneasy. May juice 4 oz. beet juice (dilute with water) 2 x day.

TO BREAK DOWN STONES DO THE FOLLOWING:

KIDNEY CLEANSE DRINK. DRINK THE FOLLOWING x FIVE DAYS:

Mix the following in a blender:

- Juice of one lemon freshly squeezed (each day increase to one extra lemon, so on day 5, squeeze 5 lemons, and increase water to 32 oz.)
- 16 - 32 oz. of distilled water or purified water (no tap water)
- 1 Tablespoon of Cold Pressed Olive Oil (increase by 1 extra T. each day...by day 5 s/b taking 5 T.)
- A pinch of cayenne pepper (90,000 heat units...can get from vitacost.com)
- A small amount of pure maple syrup for taste (optional)

*****Drink this x 5 days, 1 hour before breakfast...follow with 1 cup of herbal tea ½ hour before breakfast.** (Formula will be listed below). For those who may have Edema and or any other Kidney problem.

HERBS THAT ARE GREAT FOR THE KIDNEYS:

Cornsilk – #1 medicine...restores the kidney. Also removes gravel from the kidneys and bladder.

Dandelion Root – Removes poisons/toxins from the body and reduces uric acid levels.

Buchu – Cleanses the kidneys; helps urine pass; removes excess fluid.

Cleavers Herb – Removes stones and cleanses the liver & kidneys.

FOR KIDNEY FORMULA #1 (do for 30 days)

1. **BLOOD:** Red Clover
2. **LIVER:** Dandelion Root
3. **KIDNEYS #1:** Cornsilk
4. **KIDNEYS #2:** Buchu or any other kidney herb

*****Get all 4 herbs...** You need a total of 60 Tablespoons of each herb which = 3 ¾ cups each herb. Then, 1 x day, get 2 Tablespoons of each herb. The hard herbs such as roots are to be boiled on low boil x 40 minutes in 38 oz. water, then add soft herbs to pot and steep (cover with lid and turn off flame) x 20 minutes. Drink 8 oz. of this 4 x day/.x 30 days....May Add Comfrey herb if you'd like.

KIDNEY FORMULA #2 (do for the next 30 days after finishing Formula #1)

1. Cornsilk
2. Buchu
3. Cleavers
4. Chaparral

*****Get all 4 herbs...You need a total of 60 Tablespoons of each herb** which = 3 ¾ cups each herb. Then, 1 x day, get 2 Tablespoons of each herb. The hard herbs such as roots are to be boiled on low boil x 40 minutes in 38 oz. water, then add soft herbs to pot and steep (cover with lid and turn off flame) x 20 minutes. Drink 8 oz. of this 4 x day/.x 30 days....May add Comfrey herb if you'd like.

OTHER GOOD HERBS FOR THE KIDNEYS ARE:

Marshmallow Root – dissolves stones

Uva Ursi – dissolves stones when mixed with marshmallow root

Magnesium 350 to 400 mg 2 x day ...KAL Purely Magnesium brand from www.luckyvitamin.com is said to be good (It's really best to eat the foods that are high in magnesium)

Maintain healthy Vitamin D levels (80-100 ng/ML)...Get a 25 Hydroxy Vitamin-D test done to check for correct Vitamin D levels. If low, experts recommend no more than 5,000 IUs each day. Nature's Answer from www.luckyvitamin.com and www.vitacost.com has an excellent product. It is based in olive oil because Vitamin D is a fat soluble vitamin. One drop = 2,000 IUs, so you would need approximately 2 drops each day. Retest every 2 months. If doctors say levels are good, ask for the number, because most recommend too low. **(PLEASE RELY ON THE SUN FOR VITAMIN D)**

Do water treatments...find out in natural remedies encyclopedia which water treatments are the best for kidney problems. Please read 2 month program.

FOODS FOR THE KIDNEYS:

Apples
Artichoke
Asparagus (green) (one of the best) (stimulates the kidneys)
Blueberries (help with infections and remove bacteria)
Cauliflower (blood purifier; stimulates urine production)
Celery (cleanses the blood)
Cranberries (same as blueberries)
Eggplant (helps kidneys pass urine)
Grapes

Green Beans (reduces acid and fluid retention)
Hazelnuts
Kidney Beans
Lemon (the juice of)
Melons (increases urine output; dissolves stones)
Peaches
Pears
Watermelons (removes toxins from)

FOODS HIGH IN MAGNESIUM:

Almonds (10 each day)
Artichokes
Blackstrap Molasses (2 T. day) may get from the Whole Wheatery or order from vitacost.com
Bran
Cashews (may alternate with almonds)
Dates
Kiwi
Oranges
Potatoes (no butter or sour cream...only olive oil + salt)
Pumpkin seeds (¼ c. each day)
Sesame seeds (2 T. each day)
Spinach
Wheat germ (1 T. day)
White Beans (all beans are great, but white are high in Magnesium)

FOODS HIGH IN VITAMIN B6:

Asparagus, canned
Avocados
Bananas
Blackstrap molasses
Bran
Cauliflower
Dates
Garbanzo beans (may eat humus)
Garlic
Leeks
Raisins
Sesame seeds
Sweet Red Peppers (the Bell, not hot)
Walnuts
Watermelon
Wheat germ
Wheat-Potatoes
Whole-grain rice (brown, black, or red)

ALL DISEASE IS DUE TO VIOLATING GOD'S HEALTH LAWS.

We should ask God to forgive us for mistreating our bodies then start feeding them foods that will up build and not tear down. We have an accountability to treat our body right.

SEE THE FOLLOWING VERSES:

1 Corinthians 3:16-17

1 Corinthians 6:19-20

1 John 1:9

3 John 2

Acts 17:30

Proverbs 26:2

SOP ABBREVIATIONS:

MH = Ministry of Healing

Blog Link:

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/12/what-to-do-for-kidney-stone-problems.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/what-to-do-for-kidney-stone-problems.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/what-to-do-for-kidney-stone-problems.html>