

What To Do For The Kidneys

Especially Kidney Stones

Website: [Healthy Christian Living - Living by the Blueprint](#)

"We have come to a time when **EVERY MEMBER** of the church should take hold of medical missionary work..." (7T 62.1)

LEARN HOW TO COMBAT DISEASE:

"Gather up all the knowledge possible that will help to combat disease..." {MM 320.2-3}

"It is the duty of every person to **become intelligent in regard to disease and its causes...**" {HL 19.5}

"...**Have a practical knowledge** of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones..." {ChS 134.2}

"It is essential both to **understand** the principles involved in the **treatment of the sick** and to **have a practical training ...**" (MH 127.2)

"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, **become intelligent** in regard to disease, its causes, prevention, and cure..."

(CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

"...Disease is an effort of nature to free the system from conditions that result from a **violation of the laws of health.**" (MH 127.1)

BIBLE:

3 John 2 – "Beloved, I wish above all things that thou mayest prosper and **BE IN HEALTH**, even as thy soul prospereth."

Jeremiah 30:17 – "For I **WILL RESTORE HEALTH UNTO THEE**, and I will heal thee of thy wounds, saith the **LORD...**"

Psalms 103:3 – "Who forgiveth all thine iniquities; **WHO HEALETH ALL THY DISEASES;**"

Genesis 18:14 – "**IS ANYTHING TOO HARD FOR THE LORD...**?"

- God wants to heal us of ALL OUR DISEASES, **including Kidney Problems.**

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

SOP:

“All should have an intelligent knowledge of the human frame that they may keep their bodies in the condition necessary to do the work of the Lord...the relation of the physical organism to the spiritual life is one of the most important branches of education. It should receive careful attention in the home and in the school. All need to become acquainted with their physical structure and the laws that control natural life...” {COL 348.1}

“In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames...” {CD 33.1}

***Today we are talking about the Physiology of the Kidneys and what to do for Kidney Problems

MEDICAL SCIENCE:

- The Kidneys are a part of the Urinary System
- They are located on the backside of the lower abdominal cavity
- Another word for Kidneys is “Rena/Renal” and “Nephron” or “Nephrotic”

THE KIDNEYS

- **What are the kidneys, and what purpose do they serve in the system?** {1868 JNL, HBH 177.3}
“They are two similarly-shaped glands, of a dark brown color, about four and a half inches in length by two in breadth and one in thickness, of the form of kidney beans. They are situated on either side of the spinal column, the right one being a little lower than the left. The right kidney is in contact with the liver, the duodenum and ascending colon; the left is in contact with the spleen, pancreas, stomach, and descending colon. The kidneys are constructed of sinewy fibers, woven very densely together, being filled with an immense number of minute tubes, which empty their contents into a tube on each side of the bladder, which discharges its accumulated contents through the urinary ducts. The blood seems to pass through two distinct systems of capillary vessels in the kidneys, in its course from the arteries to the veins. They take up from the blood the water; they also eliminate from the blood saline and waste matters, sugar, albumen, etc.” {1868 JNL, HBH 177.4}
- **What is essential to a healthful action of the kidneys?** {1868 JNL, HBH 178.1}
It is important to attend to the solicitations of nature, and not retain for any length of time the accumulated urine. The kind of water we use greatly affects the action of the kidneys. Hard water, holding lime in solution, is liable to cause maladies most painful to be born. None but the purest soft water should be used for culinary and drinking purposes. {1868 JNL, HBH 178.2}

ALSO:

- Kidneys are the organs that help filter waste products from the blood
- They are also involved in regulating **blood pressure**, electrolyte balance, and red blood cell production in the body http://www.medicinenet.com/kidney_failure/article.htm

OTHER THINGS TO KNOW:

- There is a relationship between the kidneys and the blood pressure.
- There is a connection between swelling in the body and the kidneys.
- If someone has any type of swelling or heart problem, have their doctor take a look at the kidneys
- 80% of people who take blood pressure medication wind up on dialysis
- **Nephritic = A type of medicine used for diseases of the kidneys.** {1868 JNL, HBH 223.28}

S/SX: of KIDNEY PROBLEMS AND/OR FAILURE:

- **Swollen up with dropsy** (aka edema)
- **SOB** (shortness of breath)
- **The feet suffer from kidney problems:**
“**THE FEET.** - The feet hold important physiological and pathological relations. A wiser maxim for the preservation of health was never given than that which enjoins upon persons the necessity of keeping the head cool and **the feet warm.** **The latter is quite as important as the former.** **Indeed the circulation of the brain cannot be healthful, and perfectly carried on, unless the feet are kept warm.** **It may be truly said that if the feet are kept entirely healthy, no organ in the body can be unhealthy.** **For so intimate is the sympathy between all parts of the body that no organ can be deranged without disturbing the circulation in the feet.** If there is indigestion after a hearty dinner the feet suffer; if the liver is disturbed the feet suffer; if there is pressure upon the lungs, or if the bowels are inactive, or **IF THE KIDNEYS DO NOT PERFORM THEIR OFFICE PROPERLY, THE FEET ARE SURE TO FEEL THE REACTIONARY INFLUENCE UNHEALTHFULLY.** So if one will be sure to keep his feet in an entire state of health, he may be certain that he cannot be sick in any department of his system.” {1865 JW, HHTL 315.2}
- **Poor blood circulation** (more severe during kidney failure)
- **Blue lips his** (more severe during kidney failure)
- **Face had a very bad color** (more severe during kidney failure)

THINGS THAT HARM THE KIDNEYS:

- **A liquid diet** (CD 105.1)
Frequent juicing and smoothies can harm the kidneys
- **A lack of Fresh Air** (2T 524.2)
- **Oil and vinegar combinations** (CD 345.6)
Things like common salad dressings and mayonnaise and vegenaïse
- **Drinking Soda**
- **Medication**
Especially blood pressure medication
- **Secret Vice** (masturbation) (CG 444.1-.2)
- **Immoderate Eating** {HL 176.3}
- **Overeating** {5MR 224.2}
- **Speaking too long** {VSS 247.4}
- **Wearing panniers** {HR, December 1, 1871 par. 19-.20}
- **Not clothing the extremities properly** {HR, January 1, 1877 par. 7}
- **Worry and overwork** {September 27, 1894 EJW, PTUK 622.15}
- **Tight pants, tight girdles, tight anything else over the kidneys area**
- **Liquor/Alcohol** {October 17, 1901 EJW, PTUK 669.6}
- **Dehydration/Lack of Water**
- **Eating Pork and Rabbit** (unclean animals) {October 2, 1902 EJW, PTUK 637.3}
- **Drinking and bathing in Hard Water instead of Soft Water** {1865 JW, HHTL 123.1}
- **Things put on the skin like poisonous lotions and creams** {1865 JW, HHTL 203.2}
- **Tobacco** {1865 JW, HHTL 343.1/ June 7, 1864 UrSe, ARSH 9.9}
- **Improper Digestion** {1870 JW, SOAP 28.2}
- **Consuming Flesh foods** {February 28, 1899 N/A, GCDB 109.28}
- **Condiments** {April 1901 N/A, GCB 494.7}
- **PROTEIN SHAKES SHUT DOWN THE KIDNEYS**

THINGS THAT BENEFIT THE KIDNEYS:

- **Following all the laws of health**
- **The practice of Bathing** (HL 228.3/3T 70.1)
Soaking in a tub; not referring to taking a shower. This should be done frequently
- **Walking outdoors in the early morning** (ML 136.5/2T 533.1/CG 339.3)
- **Not doing anything that is harmful to the kidneys**
- **Herbal teas**

FOODS FOR THE KIDNEYS:

- **Artichoke**
- **Celery** – Cleanses the blood
- **Eggplant** – Helps kidneys pass urine
- **Cauliflower** – Blood purifier; stimulates urine production
- **Asparagus** – Green - One of the best - stimulates the kidneys
- **Green beans** – Reduces acid and fluid retention
- **Lemon** – The juice of one
- **Apples**
- **Peaches**
- **Melons** – Increases urine output - dissolves stones
- **Pears**
- **Blueberries** – Help with infections and remove bacteria
- **Cranberries** – Same as blueberries
- **Watermelons** – Removes toxins from
- **Grapes**
- **Kidney beans**
- **Hazelnuts**
- **Cucumbers** – Removes excess fluid from the kidneys
- **Garlic**
- **Onions**
- **Dark Green Leafy Vegetables**

THE TOP 13 FOODS FOR PEOPLE WITH KIDNEY DISEASE:

- **Apples**
- **Blueberries**
- **Cabbage**
- **Cauliflower**
- **Cherries**
- **Cranberries**
- **Garlic**
- **Olive Oil** – First cold pressed
- **Onion**
- **Red Bell Peppers**
- **Red Grapes**
- **Strawberries**

For those who may have Edema and or any other Kidney problem

HERBS THAT ARE GREAT FOR THE KIDNEYS:

- **Cornsilk** – #1 medicine for the kidneys
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 & kidney
- **Uva Ursi** – good for kidney infections; removes kidney stones

KIDNEY FORMULA #1

Do x 30 days:

- 1 herb for the **BLOOD: Red Clover**
- 1 herb for the **LIVER: Dandelion Root**
- 2 herbs for the **Medical Condition**. In this case it is the Kidneys
- **KIDNEYS: #1: Cornsilk**
- **KIDNEYS #2: Buchu or Cleavers or Uva Ursi for stones**

***Get all 4 herbs...You need a total of 60 T. of each herb which = 3¾ cups of each herb for the month. This is a total of 15 cups of herbs. Then, 1 x day, get 2 T. of each herb. That's a ½ cup total of herbs. The hard herbs such as roots and/or bark are to be boiled on low boil x 40 minutes in 32 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 3 x day/x 30 days

KIDNEY FORMULA #2

Do for another 30 days after finishing Formula #1 with a 1 week break in between

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

***Get all 4 herbs...follow instructions above

OTHER GOOD HERBS FOR THE KIDNEYS ARE:

- **Marshmallow Root** – Dissolves stones
- **Uva Ursi** – Dissolves stones when mixed with marshmallow root

TREATMENT (Tx:)

"In order to aid the kidneys to discharge their impurities, the patient must have plenty of pure, soft water..."

{March 4, 1897 N/A, GCDB 246.3}

This is really going to help get the stones out of the kidneys.

- **DO WATER TREATMENTS**
Find out which water treatments are the best for kidney problems
See the document on water treatments
Warm fomentations over the kidneys x 20 minutes is an excellent treatment
Follow with a cool rub
Bathing x 20 minutes in warm water 3-4 x week is medicine above all medicine
Have them drink soft water according to the amount they should be drinking each day
- **DO THE JUICE OF ONE LEMON IN AN EIGHT OUNCE GLASS OF WARM WATER**

Every half hour x 12 hour

That = 24 lemons in 12 hour

This is known to dissolve kidney stones per Georgette in Alberta Canada

*****DO NOT DO THIS IF THE PERSON IS ON ANY FLUID RESTRICTION**

- **MAINTAIN HEALTHY VITAMIN D LEVELS**

The results should be 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 luckyvitamin.com and 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 -3 drops each day.

Retest for Vitamin D every 2 months.

If doctors say levels are good, ask for the number, because what most say is good is too low
(PLEASE RELY ON THE SUN FOR VITAMIN D)

- **BE SURE TO EAT FOODS HIGH IN MAGNESIUM**

To Get a Magnesium test done, the best test is called Exatest

<http://www.exatest.com/>

Only 1% of magnesium is found in the blood, the other 99% is found in the tissue and muscle.

FOODS HIGH IN MAGNESIUM:

- Bran
- Pumpkin Seeds – ¼ cup each day
- Sesame Seeds – 2 T. each day
- Almonds – 10 each day
- Cashews – May alternate with almonds
- Blackstrap Molasses – 2 T. day (can get from Vitacost.com)
- Wheat Germ – 1 T. day
- White Beans – All beans are great, but white are high in Magnesium
- Spinach
- Artichokes
- Dates
- Kiwi
- Potatoes – No butter or sour cream, only olive oil + salt
- Oranges
- Foods HIGH in B6

FOODS HIGH IN VITAMIN B6:

- Bran
- Wheat Germ
- Walnuts
- Garlic
- Sesame Seeds – May eat tahini, which is sesame butter
- Blackstrap Molasses
- Bananas
- Garbanzo Beans (may eat hummus)
- Whole grain rice – Brown, black, or red, green, etc.

- Avocados
- Wheat – if not allergic then get Non-GMO
- Potatoes
- Sweet Red Peppers – Bell peppers (not the hot kind)
- Leeks
- Cauliflower
- Dates
- Raisins
- Watermelon
- Canned Asparagus

WHAT ABOUT KIDNEY STONES?

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)**

EAT SOME TYPE OF COOKED GREEN VEGETABLE EVERY DAY

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 causes stones

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 ½ your weight in ounces

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 diet 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** which encourages the formation kidney stones.
13. **COFFEE** – Increases calculi (There's a coffee substitute called TEECCINO...it is wonderful and healthy)
14. **CHOCOLATE** – 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 this morning and evening if possible
- **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 soft water - No tap water
- 1 Tablespoon of Cold Pressed Olive Oil
Increase by 1 extra Tablespoon each day - by day 5 Tablespoons
- A pinch of cayenne pepper – 90,000 heat units - can get from vitacost.com
- A small amount of pure maple syrup for taste – optional - can get this from Sam's, Costco, or Winco
- ***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

*****THIS KIDNEY CLEANSE DRINK WILL BE REPLACING THE LEMON WATER DRINK FOR 5 DAYS**

“What applies to that disease applies to others. Bright's disease, for instance, is caused principally by the excessive use of flesh-foods. By their use an extra burden is thrown upon the eliminative organs, - the kidneys, the lungs, etc.” {February 28, 1899 N/A, GCDB 109.28}

TREATMENT FOR KIDNEY PROBLEMS:

- Follow all the laws of health and be sure to read 'Basic Principles for the Healing Program' document
- The oil in olives is a remedy for constipation and kidney diseases. {CD 360.1}

WHAT ABOUT KIDNEY FAILURE ALSO KNOWN AS RENAL FAILURE:

- **FILL OUT THE 'BASIC ASSESSMENT FORM'**
- **FOLLOW THE LAWS OF HEALTH**
Read 'Basic Principles for the Healing Program'
Get at least 1 hour of sun each day. Unless you have "photosensitivity
Walk at least 1 hour every day, preferably in the morning
- Fast for a day or two
- Do an **herbal formula** x 30 days, followed by another herbal formula for another 30 days with a one week break in-between
- **WARM BATHS** – For 20-30 minutes 3-4 x week
- **HOT compresses to the kidney area** followed with a cold rub. Do this morning and evening
- **CHARCOAL POULTICE** to the kidney area every other night

A GREAT HERBAL FORMULA FOR TWO MONTHS:

- | | |
|------------------------------|--------------------------|
| • Month #1 | • Month #2: |
| Blood: Red Clover | Blood: Alfalfa |
| Liver: Dandelion Root | Liver: Barberry |
| Kidneys: Cornsilk | Kidneys: Cornsilk |
| Kidneys: Buchu | Kidneys: Parsley |

EXCELLENT DIURETICS:

- Cornsilk
- Cucumbers
- Parsley
- Watermelon
- Celery
- Celery Seed

MORE INFORMATION TO KNOW:

- Give Parsley Tea to those who are on dialysis
- Water pills for Edema increases cholesterol and diabetes
- D-MANOSE WITH CRANACTIN BY NOW
1 t. every 15 minutes for kidney/bladder infection till symptoms subside

PURE CRANBERRY JUICE AND CORNSILK TEA ARE THE BEST FOR KIDNEY INFECTIONS + THE D-MANOSE