

# Baritz Wellness Center, PC

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## Kidney Stones (Renal Calculi)

A kidney stone is a hard mass developed from crystals that precipitate from the urine, build up on the inner surfaces of the kidney and may move down the urinary tract. Signs and symptoms include:

- Sudden back pain localized in the back or flank in the area of the kidney.
- As the stone travels down the ureter, the pain pattern may move to the groin.
- Abdominal distention; nausea and/or vomiting; hematuria as the calculi abrade a ureter
- Chills and fever from infection

The exact cause is unknown, however common predisposing factors include: infection, dehydration, stasis in the urinary tract due to obstruction of urine flow, bone re-absorption due to immobilization, kidney disease, hyperparathyroidism, elevated uric acid, defective oxalate metabolism and urine pH changes. Most kidney stones form in adults between the ages of 20-40. Once a stone forms, there is a greater likelihood that additional stones will form. Therefore, knowing what kind of stone was passed is useful for prevention. Kidney stones can form from a number of different compounds including calcium, uric acid, struvite and cystine.

### Treatment Considerations

- Avoid the consumption of citric juices, especially grapefruit, because of the net alkaline ash residue.
- Increase consumption of acid ash juice, such as unsweetened cherry or cranberry juice. Cranberry juice needs to be at least 27% pure cranberry juice to have a therapeutic effect.
- Drink plenty of water and stay well hydrated. See my Health Tip "Water Intake"
- This protocol is predominately for stones that are small enough (under 5mm) to pass safely.

### Supplementation

Nutritional and herbal recommendations should be considered as two phases. Phase I address the issue of the stone(s) and phase II pertains to healing and regeneration of renal issue.

#### Phase I (for at least two weeks)

##### Phosfood® Liquid (30 drops 3x/day with a glass of water)

- Source of ortho-phosphoric acid which reduces the pH of urine and can enhance the movement of calcium back into solution.

##### Marshmallow Root Liquid (2 ml 3x/day)

- A demulcent herb to reduce irritation in the ureters
- Best taken one hour away from prescribed medication as it may retard their absorption

#### Phase II (for at least 12 weeks)

##### Renatrophin PMG (2 tabs 2x/day with food)

- To support kidney repair and regeneration

##### Cataplex AC (2 tabs 3x/day with food)

- Vitamin complex to support healing of kidney tissue

##### Cranberry Complex (2 caps 2x/day)

- A great product for various urinary tract problems at all stages: acute, chronic and prophylactic.
- During pregnancy or lactation replace with **Magnesium Lactate** 3/day

**For more information or to purchase supplements call 508 583-2565**