

KIDNEY STONES **INFORMATION SHEET**

In the US the vast majority of kidney stones are composed of calcium salts with a smaller minority uric acid or struvite (non calcium containing crystals), reflecting differences in geographic location, environmental factors, diet and components of drinking water. (Natural Medicine, Murray, M , Pizzorno, J)
Males more than females and usually 30+
Sometimes associated with gout, parathyroid problems.

HOMEOPATHY

The tendency to developing kidney stones is a reflection of an imbalance in the individual's system. Homeopathic treatment resolves the symptoms in the longterm by addressing the imbalance.

SYMPTOMS

- Severe pain in back and side (renal colic)
- Nausea and vomiting
- Sweating
- Bloody or cloudy urine
- Desire to urinate but not being able to
- Burning sensation on urinating
- Fever and chills (which may indicate infection; pyelonephritis)

Diagnosing the type of stone is critical to determining appropriate treatment.

Dietary patterns associated with formation of kidney stones

- Low fibre
- Highly refined carbohydrates
- High meat intake
- High fat intake
- High intake of high calcium, low magnesium, vitamin D enriched dairy produce.
- Sugar intake causes rise in urinary calcium levels
- Magnesium deficiency
- Vit B6 deficiency
- High purine levels in uric acid is a causative factor in recurrent **calcium oxalate stones**. Foods with high purine levels should be avoided. These include : offal, meat, shellfish, yeast (brewer's and bakers) herring, sardines, mackerel and anchovies. Other foods containing moderate levels of protein should also be limited. These include dried beans, spinach, asparagus, fish poultry and mushrooms.
- Excess weight, insulin insensitivity and diabetes are risk factors for stone formation

STRATEGIES

During an acute attack

- Drink at least 3 litres of water a day (urine should run clear with no trace of yellow)
- Drink as much dandelion tea as possible ; 2 tsps dried herb to 1 cup boiling water. Leave to brew for 15mins then drink.
- Drink 2-3 cups of Buchu tea (also useful for cystitis) . 2g Buchu in cup boiling water and drink before meals.
- Both dandelion and Buchu have strong diuretic properties which stimulate blood circulation through the kidneys, increasing urine output and helping flush out the stone.
- Gentle walking ,though it may be painful, can help dislodge a stone.
- Massage diluted lavender and rosemary oils over painful area.

PREVENTATIVE MEASURES

- Magnesium and Vit B6 supplementation can prevent kidney stones.
- Citric acid (citrate) supplementation . Magnesium citrate offers greatest benefit. An alternative is to drink 200ml/ 1/3 pt orange juice or real lemonade at each meal.
- Cranberry juice in form of tablets (drinks tend to be loaded with sugar) has been shown to reduce the amount of ionised calcium in the urine by over 50 % in patients with recurrent kidney stones
- Avoid high purine foods
- Low salt intake (aim for less than 6g salt per day) Watch for salt content in processed, tinned and fast foods .
- Boost intake of fruits and vegetables especially bananas, and oranges which are rich in potassium.
- Cut back on coffee as caffeine increases calcium in the urine which increases the risk of stone formation.
- Avoid aluminium containing antacids

Go more Veggie

- Vegetarians have a decreased risk of developing stones.
- Vit K, which is found in green leafy vegetables. is necessary in manufacture of a molecule that is a powerful inhibitor of kidney stone formation.
- Studies have shown that even among meat eaters those who ate higher amounts of fresh fruit and vegetables had lower incidence of stones
- Bran supplementation as well as the simple change from white to brown bread resulted in lowering urinary calcium levels.

Drink plenty of water to keep urine diluted and kidneys flushed. 8-10 cups per day.

CALCIUM STONES

- Increase intake of fibre, complex unrefined carbohydrates (brown and wholemeal pasta, flour, bread etc)
- Decrease intake of simple refined carbohydrates (white pasta, flour, bread etc and sugar.)
- Decrease intake of purines (see above)
- Increase intake of high magnesium to calcium ratio foods (barley, bran, corn, buckwheat , rye, soya, oats, brown rice, avocado, banana, cashew, coconut, peanuts, sesame seeds, potato , leafy green vegetables)

For calcium oxalate stones

- Reduce following oxalate containing foods
- Black tea, cocoa, spinach, rhubarb, parsley, cranberries, nuts .
- Decrease dairy intake.
- Calcium supplementation *during or just after meals, but not between meals*

URIC ACID STONES

Decrease purine containing foods (see above) which raise acidity of urine.

Nutritional Supplements

Folic acid 5mg per day

NUTRITIONAL SUPPLEMENTATION

- Vit B6 25mg per day
- Vit K 2mg per day
- Calcium 300-1000 mg per day. (*during or just after meals, but not between meals*)
- Vit B6 (100mg) preferably in a B complex form plus magnesium (300mg daily), dissolves calcium deposits.

HOMEOPATHY

Always seek medical advice if you think you have renal colic or kidney stones.

- Berberis 30c every 15 mins for acute renal colic ,decreasing time between doses as symptoms improve and stopping as soon as symptoms have subsided. Take up to 10 doses.
- Mag Phos 30c : where there are sharp, shooting, cramping pains which are better for pressure and warmth (eg hot water bottle). One pill Mag Phos 30c stirred in cup of warm water and sipped as required.
- To try and disperse stone take one Silica 30 c daily for 2 mths.
- Berberis herbal tincture would be good to take on a regular basis to support kidneys. (10 drops in small amount of water 2-3 xday)

Sources : Murray,M, Pizzorno, J 'Natural Medicine'
Readers Digest, ' 10001 Home Remedies '
Houghton, P,' A Guide to Homeopathic Remedies '