

How To Eliminate Kidney Stones

"Thanks largely to the increasing incidence of diabetes around the world, kidney disease and kidney failure are also exploding. Later in the book, we will discuss diabetes and how to minimize and reverse much of the damage it causes to organs such as the kidneys, but there is one major problem to address now—kidney stones. Actually, kidney stones are just the final manifestation of a more insidious problem called kidney gravel: these are stones so small that, unlike a full-blown stone, you don't feel them pass through the ureter. However, they are large enough to block your kidneys' nephrons and the tubules in the collecting duct system, critical parts of the filtration system. Regularly dissolving these incipient stones and flushing them from the kidneys is essential for good health.

How extensive is the problem? Virtually every person has some degree of sludge buildup and some loss of kidney function over time. The only question is how much. Does it reach the point where it causes painful kidney stones to form or the point where it chokes off a critical mass of kidney tissue, ultimately leading to kidney failure. Each year, nearly 100,000 Americans are newly diagnosed with kidney failure, more than 100,000 currently have end-stage renal disease due to diabetes, and an astounding 7.7 million have physiological evidence of chronic kidney disease.

It should be noted that kidney stones or sludge, pancreatic sludge, and gallstones are not related. Having one does not necessarily mean you will have the other. However, a well-designed formula used for eliminating kidney stones and sludge will also help remove gallstones and pancreatic sludge. A good kidney flush formula will contain herbs such as **Chanca piedra**, **hydrangea**, and **gravel root** that help to break up stones and sludge. But the formula needs to do more than just break up stones and sludge, it also needs to work as a:

- Diuretic (water removing)
- Antiseptic (infection killing)
- Anti-nephrotoxic and anti-hepatotoxic
- Soother to urinary tract tissue
- Anti-inflammatory
- Stimulator to renal tissue

To accomplish all of this, you need to look for a formula that contains herbs such as **marshmallow root**, **juniper berry**, **corn silk**, **Uva ursi**, **parsley root**, **carrot tops**, **dandelion leaf**, **horsetail**, **orange peel**, **peppermint**, and **goldenrod**—in addition to the **Chanca peidra**, **hydrangea root**, and **gravel root** mentioned above. And be sure to **drink fresh squeezed apple juice**, as the malic acid in it also helps to soften the stones. "