

KIDNEY STONES

The first thing you need in the case of kidney stones is something to stop the binding of calcium as oxalate or phosphate or carbonate or urate. The most common means to do this are Oxy Tonic, potassium citrate, magnesium citrate, or Phos Drops.

The second thing you need is to control the urine pH. This is critical. If it is consistently high you need to keep it low; if it is consistently low you need to keep it high. Reversing the urine pH will not only inhibit the stone from growing in size but will actually soften and decrease it somewhat. A softer, smaller stone will be easier to pass.

Since most kidney stones (both those formed in acid and alkaline urine) are calcium oxalate stones, the patient must avoid dietary intake of oxalate. That means eliminate spinach and other green leafy vegetables, along with cashews.

The patient must stop all calcium supplements, and, must avoid all milk products.

When the urine pH is normal or low, you want to supplement with magnesium citrate. Both the magnesium and the citrate are essential to minimize stone formation. The magnesium will replace the calcium, thus preventing stone formation, and the citrate will replace the oxalate. Between the two of them they will also dilate the ureters, to help the stone pass easier.

For kidney stones in an alkaline urine, the only time the magnesium is critical is if those kidney stones are calcium carbonate. For oxalate stones, (which are much more common than carbonate stones) the magnesium replacing calcium is not a factor. The main thing that matters is acidifying the urine.

So, for an alkaline urine, Phos Drops is indicated, along with Oxy Tonic. In cases where the saliva pH is extremely high and remains high, then sometimes magnesium chloride can be used along with the Phos Drops, and in place of the Oxy Tonic.

Patients on a diuretic will need potassium citrate. If the patient's urine tends to be acid, then the magnesium and potassium citrate should be all he needs (along with perhaps increased water intake). If, however, the patient's urine tends to be alkaline, then he will need Phos Drops rather than magnesium citrate along with the potassium citrate.

For calcium carbonate stones, you will use Phos Drops along with magnesium citrate.

Urate stones require magnesium citrate. These patients tend to be Dysaerobic and also need Oxy D-Plus to increase the urine pH and decrease the specific gravity.

There is another “trick” that can be used to speed up the passage of a kidney stone. Patients who have a staircase in their house can crawl on hands and knees up and down the staircase several times each day, and that will tend to help the kidney stone pass.