

Governing Stones David Christopher, M.H.

Our Utah Governor, Gary Herbert, just delivered the State of the State address and then promptly entered the hospital for kidney stone surgery. He was probably medicated for pain but delivered a great report. How should we manage or govern kidney stones if it happens to us?

Using nature therapy is effective and long lasting but first let's examine the cause, because preventing the cause will prevent unnecessary suffering.

Stones are formed from calcium, high levels of uric acid, excess cysteine intake, and struvite stones are the result of constant infections.

All of these causes can be prevented by switching from an animal based diet to a plant based diet that can even be high in calcium, protein and cysteine yet not cause stone formations. If we then include garlic, onions and cranberries, we can prevent struvite stones from forming. Diets rich in animal proteins are acidic and will raise uric acid levels, cysteine levels and cause high calcium levels. Furthermore, animal proteins have no anti-bacterial properties.



The reason for this dichotomy is in the pH of the foods. Plants are alkaline and meats and dairy are acid forming, contributing to metabolic acidosis which can result in the creation of stones.

The blood is tightly regulated between a pH of 7.35 and 7.45 and the slightest variance can result in death. When we eat an acidic diet the body has to buffer it and when it can no longer keep up then the parathyroid gland is activated. This gland then releases the hormone that dissolves our bones in order to release the alkaline calcium. This life saving procedure balances the pH not only in numbers, but also by absorbing excess acid. Unfortunately, this creates an acid calcium compound that cannot be used nor discarded because of the lack of calcium. This compound then forms bone spurs, kidney stones and calcification of the arteries. This can be avoided by consuming citrus juices. The natural acids contained in citrus fruit dissolves the acid calcium bond, releasing the calcium to be used for bone formation and helps remove the released acids through the eliminative system of the body.

If the stones are already formed, consume the following recipe hourly:

Add to ½ cup of apple juice

1 Tablespoon of apple cider vinegar

2 droppers-full of Hydrangea root extract

5 drops of Dr. Christopher's Kidney Bladder Formula extract

1 dropper-full of Dr. Christopher's Calcium Formula extract

This formula should give relief in one day and if used continually, three times per day, it can help prevent recurrence.

Kidney stones are more likely to form when the urine is dark. This is simply a signal for you to drink more water which dilutes the acids and keeps stones from forming. Drinking three quarts of water per day is a minimum.

Let's get away from the acidic foods, which include processed grains, sugars and the ubiquitous carbonated beverages. Let's give fresh raw produce a chance to heal our bodies and prevent these problematic stones from forming.

David Christopher *is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.*