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## THE TRUTH ABOUT KIDNEY STONES

About 10 to 15% of adults are diagnosed with kidney stones in their lifetime and the chance of it reoccurring is about 75%. Men have a 4X greater chance of getting kidney stones than women. Kidney stones can be anywhere between the size of a grain of sand up to the size of a golf ball and can be very painful experience, certainly worth the effort to avoid the common causes.

### Recognize the Symptoms of Kidney Stones:

1. Pain in the back at the lower rib area lasting up to an hour of various levels of pain.
2. Waves of pain that radiates in your side, back, groin and lower abdominal area
3. Bloody, cloudy or foul-smelling urine.
3. Sharp or acute pain during urination.
4. Nausea, vomiting, or chills and fever.
5. Urgent feelings to urinate even after you already have.

### Treatment for Kidney Stones

1. There is a surgical procedure for removing stones called: Lithotomy, which does have its risk factor for damage to the urinary tract.
2. Most smaller kidney stones passing on their own, however the larger ones can be a risk factor for damage to the urinary tract too.
3. Chanca Piedra aka "Stone Breaker" is an herb originally grown in the Amazon Rain Forest. Now that it is used medicinally, it is grown commercially in other tropical areas such as Florida and Hawaii. Suggested dosages : Take one 400mg capsule in the morning and one at night (1 capsule BID) with a glass of pure water, away from any food so it has time to absorb. This dosage will dissolve the stones so the grains can pass painlessly in 4 days to a week, depending on the size. Chanca Piedra can be take at a lower dosage (for maintenance purpose) with positive results in prevention of further stones forming. Contraindication are for those on heart medication and they should consult their physician. Other positive side effects from this herb are: dissolving gall stones thus healing the liver, lowering blood pressure, lowering blood sugar and healing diabetes - just to mention a few. Order on line at: [www. Amazon.com](http://www.Amazon.com)

### Understanding the Cause and Prevention of Kidney Stones:

The kidneys remove excess fluid from your body and filtering out unneeded electrolytes and wastes from your blood, resulting in the production of urine. Kidney stones form when the minerals and acid salts in your urine crystallize, stick together, and solidify into a mass made up of calcium and uric acid, than the available fluid can dilute.

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Drugs that can cause kidney stones are: Lasix (furosemide), Topomax (topiramate), and [Xenical](#), among others. The blocking of the flow of urine can cause pressure in the kidneys, which is what causes the pain.

## The 4 types of Kidney Stones and What Causes Them:

**Calcium** which can be caused by eating foods high in oxalic acid found in dark leafy vegetables and chocolate. Although dark leafy vegetables such as: Broccoli, spinach, kale, chard and cabbage are full of valuable health building nutrients, so rather than avoiding them entirely, it is better to steam them and pour the used water off with the bulk of the extracted oxalic acid.

**Struvite** stones resulting from chronic urinary tract infections found more commonly in women.

**Uric Acid** which is from eating too much animal protein, especially pork and shell fish.

**Cystine** which is less common and is most likely an inherit inability to excrete amino-acids.

## An Ounce of Prevention is Worth a Pound of Cure:

1. Drink sufficient purified water (not mineral rich water) so that your urine is light yellow, not dark. (Note: if you take B vitamins your urine may take on a bright yellow color not to be confused with what is considered normal). Be sure to increase your water intake during exercise and especially in warmer weather. Research shows that there is a significantly higher rate of kidney stone occurrences in areas of dry hot climate.
2. A sedentary lifestyle can be a major contributing factor to kidney stone occurrence for two reasons: limit activity causes your bones to release more calcium and movement of muscles stimulates the lymphatic system to circulate in an effort to cleanse the intercellular fluid. So get plenty of exercise daily to increase circulation of the fluids in your body as well as increasing bone density.
3. High blood pressure doubles your risk for kidney stones.
4. Avoid sugar, soy, caffeine, excess salt, and processed foods.
5. Avoid taking prescription drugs that harm more than they heal.
6. Eat a balance diet with calcium, magnesium, vitamin B6 and the essential fatty acids rich foods rather than taking supplements. It is important to note here that high dietary calcium blocks a chemical action that causes the formation of the stones. It binds with oxalates (from foods) in your intestine, which then prevents both from being absorbed into your blood and later transferred to your kidneys.