

When eating and drinking, consider your two kidneys.

Kidneys filter and drain out excesses of the liquids in your body. Kidney dialysis is a life-support treatment that uses a special machine to filter harmful wastes and excesses out of your blood.

The message all the way through this, for good health, is to avoid excesses and toxins.

Consuming too much of some things overloads the kidneys as they have to drain surpluses out of your body. When the urine is very yellow it is a sign of excesses being drained out, and not enough liquid to do so cleanly, so you should reduce the cause, which can be too many supplements together, which should be spread out over several meals, over as long a part of the day as possible.

Vitamin K2 keeps calcium out of the arteries, reducing hardening of the arteries, and K2 channels it into the bones, and teeth.

There is now evidence that the safety of vitamin D3 is dependent on vitamin K2, and that vitamin D toxicity may be caused by vitamin K2 deficiency. So, the vitamin D3 mobilizes calcium into the bloodstream, but if the K2 is not present to channel the calcium into the bones, it can just build up on plaque on the arterial walls, leading to atherosclerosis, (a disease of arteries). Never consume calcium, get it naturally in correctly limed vegetables.

Vitamin K2 and vitamin D3 work together to increase what is known as Matrix GLA Protein (or MGP), the protein responsible for protecting your blood vessels from calcification, preventing hardening of the arteries.

If you have a history of kidney stones, there's a chance you've passed a calcium oxalate stone or two. It's estimated that up to three-quarters of kidney stones are composed of calcium oxalate or oxalic acid.

When too much oxalate is absorbed into the bloodstream via the gut, it can work with excess calcium and form sharp calcium-oxalate crystals. Never consume calcium in any way. It is a fertiliser. These crystals can then wedge themselves into tissue almost anywhere in the body, causing damage and/or extreme pain and inflammation. Excess oxalate can also lead to oxidative damage and the depletion of glutathione.

Kidney stones typically leave the body in the urine, and a small stone may pass without pain. If stones grow to sufficient size they can cause a blockage of the ureter. This leads to pain, most commonly beginning in the flank or lower back and often to the groin.

Something not commonly known is that drinking coffee or black tea without milk, are causes of repeated kidney stones. Get them analysed to see if they contain calcium or other minerals. Milk contains a little calcium in a safe way, and reduces kidney stones from forming.

### **Avoid all calcium supplements**

Excessive animal protein and sodium. Drink enough water - about three glasses a day, but not 8 as one person did and got a large stone, because the kidneys have to handle it all, to prevent kidney stones, which leave the body in urine. Water reduces the risk, while soda increases it. A diet high in sugar can increase kidney stones, since sugar upsets the mineral relationships in your body by interfering with calcium and magnesium absorption. The excessive consumption of unhealthy sugars and soda by children is a large factor in why some children as young as age 5, are now developing kidney stones.

More than half a million people usually between the ages of 20 and 50, go to USA emergency rooms each year due to kidney stones.

Once you've had them, your risk of recurrence increases, unless changes are made.

### **Make Sure You're Getting Enough Magnesium**

An estimated 80 percent of Americans are deficient in Magnesium (Mg), so this could be a major reason in NZ. Mg plays an important role in your body's absorption and assimilation of calcium, because if you consume too much calcium without adequate magnesium, the excess calcium can actually become toxic and contribute to bad health conditions such as kidney stones.

Magnesium helps prevent calcium from combining with oxalate, which, as mentioned, is the most common type of kidney stone. Green leafy vegetables like kale, spinach and Swiss chard are excellent sources of magnesium, and one of the simplest ways to make sure you're consuming enough of these is by juicing vegetables into smoothies. Vegetable juices (smoothies) are an excellent source of

magnesium, as are some beans, nuts like almonds, and seeds, pumpkin seeds, sunflower seeds, and sesame seeds.

### **High Oxalic Acid Foods**

Some vegetables can be high in oxalates. Certain grains such as amaranth, wheat germ, wheat bran, (most wheat is sprayed with Roundup so should be avoided) and quinoa are unusually high in oxalates and should be avoided, and avoid peanuts, pecans, almonds and cashews, if you have a history of kidney stones.

Foods to avoid in excess include cocoa, beer, tea, and chocolate. It's also best to limit foods that are high in vitamin C, since excess vitamin C can be converted to oxalates once in the body. Meat consumption should be limited. Again, this is USA information because they measure and record most information, but is more from grain-fed animals which produce toxic fat-marbled meat and dairy products, than pasture-fed meat and milk.

### **Cystine Stones**

Cystine stones can be difficult to treat. Your doctor may recommend that you drink more fluids so that you produce a lot more urine. If that alone doesn't help, your doctor may also prescribe a medication that decreases the amount of cystine in your urine.

### **Fluoride is a cause of kidney stones and obesity**

Living in areas with fluoridated drinking water (such as most of the USA and NZ), you will be interested to know that high levels of fluoride in water are associated with kidney stones. The condition was almost five times more common in an area with high fluoride. It can also be an indication that the rest of your body, such as your bones and internal organs, including your brain, have also been over-exposed to fluoride.

I repeat, fluoride is a cause of kidney stones and obesity.

### **Exercise**

This will help you to resolve high blood pressure, a condition that doubles your risk for kidney stones. Even low amounts of exercise may be beneficial to reducing your risk. In a study involving more than 84,000 postmenopausal women, it was found that those who exercised had up to a 31 percent lower risk of kidney stones. The link persisted even with only small amounts of physical activity.

### **The bottom line?**

Because oxalates are found in so many foods, talk to your doctor before going on an oxalate restricted diet. A dietician can help formulate a nutritionally balanced meal plan for you that's low in oxalic acid foods. Also drink ample water to flush out oxalates and reduce the risk of painful kidney stones forming. If your urine is light and clear, you're likely drinking enough water. Eating foods like bananas that are high in potassium are supposed to counteract the impacts of eating excess oxalates. A health supplement with an excess of Vitamin C could cause kidney stones.

Men suffering kidney stones were 10 percent more likely to suffer broken bones than men without. Male teens with kidney stones had a 55 percent higher fracture risk than those without.

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### **Lifestyle changes**

If you tend to form calcium oxalate stones, your doctor may recommend restricting foods rich in oxalates. These include rhubarb, beets, okra, spinach, Swiss chard, sweet potatoes, nuts, tea, chocolate and soy products. Choose a diet low in salt and animal protein. Reduce the amount of salt you eat and include non-animal protein sources, such as legumes.

Continue eating calcium-rich foods, but use caution with calcium supplements. Calcium in food

doesn't have any effect on your risk of kidney stones.

Ask your doctor before taking calcium supplements, as these have been linked to increased risk of kidney stones. Get Madura Tannin-free Green tea from a health shop or from a health specialist. Soak it in hot water for half a minute to drain out the Caffeine, then soak it again before drinking.

Most importantly get seven to nine hours of good sleep a night. Your gall-bladder and liver work during the night from around 11pm clearing toxins, so late nights are counter-productive to cleansing.

Eating plenty of water-rich foods, such as water-rich plant-based foods, namely vegetables, fruits and legumes can promote the regular production of urine, can decrease the chance of having small, asymptomatic stones clump together in your genitourinary system to become large stones.

A diet high in potassium may reduce the risks of stone formation. Sources include bananas, vegetables, avocado and ground sunflower seeds.

Drinking excessively large amounts of water on a regular basis to encourage regular urine formation is not recommended because doing so can put unnecessary stress on your kidneys and your cardiovascular system. When you strive to acquire adequate amounts of water from water-rich plant foods, the natural bulk of these foods serve as a natural regulatory measure that can prevent you from introducing stressful amounts of water and calories, into your system.

### **Krill Oil Capsules**

Some evidence suggests that omega-3 fatty acids, which are found in krill, reduce the risk of calcium stones. Such fatty acids reduce factors that produce inflammation and which may increase the risk for stone production. Krill oil has the same good effects without the bad effects of fish oil, namely some heavy metals that are higher now, especially in deep sea water and in deep sea fishes.