

The Anti Kidney **STONE** Diet

Proven In A
242,000
Person Study

**The Secret To Eating Your Way
To A Kidney Stone Free Life**

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The techniques I am about to share are exactly what I used to completely eradicate my kidney stone attacks. But understand there is **no** single procedure or medicine that works for everyone 100% of the time. You will find this to be true, even with medications you might receive from your doctor. Your particular situation may not be suited to the examples illustrated here. I have done everything I can to ensure this information is complete, accurate, and up-to-date.

Thank you for understanding.

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The Anti Kidney Stone Diet

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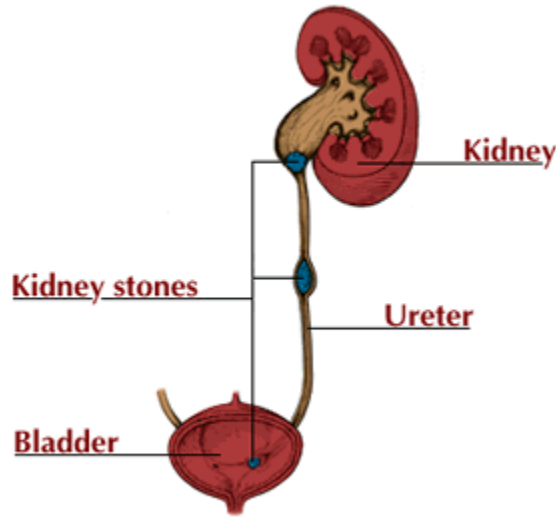
Introduction

Kidney stones are one of the most common kidney related conditions in the world today. Researchers estimate that approximately 10% of the people in the United States have a kidney stone problem. This percentage is expected to keep rising over the years. Kidney stones are not gender specific as men and women are at risk. However, studies have shown that more men get kidney stones compared to women.

Researchers are unable to pinpoint an exact cause of kidney stones. However, they have found contributing factors. Genetics plays a huge role in the development of kidney stones. If someone in your family has recurring stones then you are at risk. Frequent urinary tract infections are another contributing factor to kidney stone development. Certain medical conditions such as cystic kidney disease and metabolic disorders can also put you at a higher risk for kidney stones.

When you take these contributing factors and combine them with poor diet choices you will have recurring bouts of painful kidney stones. These stones may not cause symptoms until they move into the ureter, which is the tube that carries the urine from the kidneys to the bladder. Once in the ureter, the stone will produce extreme pain. If the stone is too large to pass on its own, trauma to the ureter may cause blood in the

urine.



To better understand how your diet and other factors can contribute to the development of kidney stones it is best to learn more about how the kidneys work. These two bean-shaped organs are no larger than your fist, yet they perform a monumental task every day. The kidneys cleanse the blood and extract nutrients your body needs through a complicated filtration system.

Twenty percent of the body's blood supply is pumped through the kidneys at one time. Once the blood enters the kidneys, it is filtered. The most amazing thing about the kidney filtration system is that it filters 45 gallons or 180 liters of blood each day. Your body only contains 7 to 8 liters of blood. This means these two small organs filter the entire blood supply in your body approximately 20 to 25 times every day. This is a massive undertaking for such small organs.

The kidneys are responsible for removing excess salts, minerals, and toxins found in the blood stream. The filtration system will filter out what is not needed and the rest will be put into use by the body.

The molecules that are needed for use in the body are caught and transported to specific areas. These small transporters are located within the kidneys. Each transporter is responsible for snagging specific molecules. For example, one type of transporter may be responsible for grabbing sodium and glucose molecules. These transporters have a limit on how many molecules they can hold. When they have reached their limit, the excess will be excreted into the urine to be eliminated.

Anything that interferes with this normal filtration process of the kidneys can cause problems for the body. Therefore, people who have recurring kidney stones may have other underlying conditions such as inherited kidney function problems or metabolic disorders as mentioned above. What you eat will have a huge impact on your health as it cannot be properly filtered by the kidneys.

If you have a family history of kidney stones or have recurring kidney stones yourself, it is important that you watch your diet. There are four different types of kidney stones. The two types that can most be affected by what you eat are calcium oxalate stones and uric acid stones.

Researchers have been saying for years that when you are prone to developing calcium oxalate stones you need to avoid foods that are high in oxalate. The following list contains the types of foods that are the highest in oxalate:

- Peanuts
- Rhubarb
- Okra
- Chocolate
- Spinach
- Beets
- Swiss chard
- Wheat germ
- Soybean crackers
- Black Indian tea
- Sweet potatoes

Some foods contain a medium amount of oxalates and can be eaten in limited quantities. You need to pay attention to your diet and if any of the following causes your kidney stones to flare up, you should stop eating them altogether.

- Liver

- Celery
- Grapes
- Grits
- Strawberries
- Green Peppers
- Red Raspberries
- Marmalade
- Fruit Cake

If your body produces uric acid stones then you need to reduce the amount of purines in your diet. Purines are found in almost every living cell. However, they are found in abundance in meats, especially the fatty meats. Therefore, if you are prone to uric acid stones you need to cut back on your meat consumption. Alcohol has been found to contain high levels of purines also, so it is a good idea to reduce or even eliminate your alcohol consumption.

Keep in mind, excess salt consumption can be very bad for an individual who suffers from kidney stones. Salt is made up of sodium and chloride. The sodium in the salt will cause the body to excrete more calcium into the kidneys. The higher concentrations of this calcium will bind with the oxalate and produce kidney stones. Therefore, it is extremely important that you reduce your salt intake.

The Best Kidney Stone Diet

So what is the best type of kidney stone diet? There are many variations on what you should and shouldn't eat when you have kidney stones. It can be very confusing and frustrating to find the right balance when it comes to food choices.

But there is some good news. Recent studies have proven that a diet used for lowering blood pressure is also very effective at reducing kidney stones. This diet is known as the "DASH" diet. DASH stands for Dietary Approaches to Stop Hypertension. This specialized diet will have you eating plenty of fresh fruits, vegetables, and whole grains while moderating your consumption of lean meats, fish and low fat dairy products.

A study that was published in the Journal of the American Society of Nephrology was not actually a clinical trial to examine the effects of the DASH diet on kidney stones. These findings were purely accidental. They were also controversial because they dispelled prior beliefs about the association between oxalate and kidney stones. The study participants in the DASH diet had lower kidney stone risk even though they were consuming more oxalate rich foods.

These findings were based upon data that was gathered from three large studies of U.S. health professionals. A total of approximately **242,000 men and women were followed for about 14 to 18 years.** Over these years, the study participants periodically completed detailed questionnaires about their diets and lifestyle habits.

The study found that overall, those who adhered to the DASH diet were at a much lower risk for kidney stones. In fact, **the risk decreased by 40-45%.** There may be a couple of factors that make this diet so effective. One factor is it decreases your salt consumption. Less salt will mean lower amounts of calcium being excreted into the bloodstream, therefore reducing the oxalate levels. Another important finding is those who followed a DASH diet urinated more frequently. The participants' urine was studied and it was found to contain high levels of citrate which is a known kidney stone inhibitor.

The DASH Diet for Kidney Stones

The DASH Diet will give you recommendations on healthy foods to eat that will reduce your salt intake. The U.S. Dietary Guidelines for Americans proposes that 2300 milligrams of salt is the highest level that is considered acceptable for all individuals.

However, lowering your salt intake to 1500 milligrams per day has recently been recommended by the Institute of Medicine. Keep in mind these 1500 milligrams are not just added table salt, it is also the hidden sodium found in almost all processed foods. You need to read the ingredient label on all foods to get a better idea of how much sodium is in the food you are eating.

Here is the breakdown of the daily nutrients you should consume on the DASH diet based on a 2100 calorie diet:

- 27% of calorie intake should come from total fat.
- 6% of calories should come from saturated fats
- 18% of calories should come from protein.
- 55% of calories should come from carbohydrates.
- 150 mg of cholesterol is your daily limit.
- 1,500 mg of sodium is your daily limit.
- 4,700 mg of potassium is your daily limit.
- 1,250 mg of calcium is your daily limit.
- 500 mg of magnesium is your daily limit.
- 30 grams of fiber is your daily limit.

This is the basis for a DASH diet. [Not only will this eating plan help decrease your risk for kidney stones, it is also a heart healthy diet.](#) A

lot of individuals with chronic kidney stones have other health problems such as high cholesterol, high blood pressure, and heart disease so this diet can be beneficial for a number of reasons.

Even though the above list breaks down the diet into percentages and milligrams, it can still be difficult to know what to eat each day. The following list will show you exactly how many servings from each of the seven food groups you should eat each day. This list is based on a 2,000 calorie a day diet. If you require more or less calories the amount of servings would be slightly different.

Grains

Six to eight servings per day of whole grains, which are a great source of nutrients and fiber. Examples of a serving are one slice of bread, one ounce of dry cereal or ½ cup of cooked rice or pasta. When you are looking for whole grains you can consider foods such as whole wheat bread and pasta or English muffins. Oatmeal, brown rice and pita bread are great sources of whole grains also.

Vegetables

Four to five servings per day. An example of a serving of vegetables would include 1 cup of raw leafy vegetables or ½ cup of cooked or cut up raw vegetables. If you prefer you can drink ½ cup of

vegetable juice for a serving. Examples of some great vegetables to include in your DASH diet are broccoli, carrots, lima beans, green beans and tomatoes.

Fruits

Four to five servings per day. A serving of fruit is defined as one medium fruit or ¼ cup of dried fruit. One half cup of fresh, frozen or canned fruit is considered a serving as well as ½ cup of fruit juice. Fruits that you should definitely include in your daily diet include, apples, bananas, grapes, oranges, cherries, strawberries and mangos.

Low Fat or Fat Free Dairy Products

Two to three servings per day. A serving would be one cup of milk or 1 ½ ounce of cheese. Dairy products are a major source of protein and calcium. Examples of low fat dairy products you can try are skim milk or 1% milk or butter. Fat free or low fat cheese or reduced fat yogurt.

Lean Meats, Poultry and Fish

Six servings or less. A serving is one ounce of cooked poultry, meats or fish. One egg is also a serving. These meats are an important source of protein and magnesium. You should choose only the leanest of meats. Remove any visible fat before cooking. Grill, broil or roast meats.

Poultry skin should be removed.

Nuts, Seeds, and Legumes

Four to five servings per week. 1/3 cup of nuts or 2 Tablespoon of peanut butter is a serving. 1/2 cup of cooked legumes is a serving. Even though you should only eat a few servings a week, these foods are still an important source of energy, protein and fiber. You can choose from almonds, mixed nuts, sunflower seeds, kidney beans, split peas or lentils.

Fats and oils

Two to three servings per day. One teaspoon of soft margarine or one teaspoon vegetable oil is a serving. One tablespoon of mayonnaise or two tablespoons of salad dressing are considered servings. Examples of healthy fats and oils you can choose from are vegetable oils like canola or olive oil. You should use only low fat mayonnaise or light salad dressing.

If you have a sweet tooth you don't have to cut out the sweets altogether. You can eat sweets five or less times per week. However, don't go crazy with the serving size. For example, acceptable servings of sweets are one tablespoon of sugar, jam or jelly. One cup of lemonade is considered a serving.

When you follow this DASH diet you not only will be reducing your risk for kidney stones you may notice weight loss. This is because you are finally eating healthy without all the added salts and chemicals that can promote weight gain.

As mentioned before, reducing salt intake is important if want to reduce your kidney stone risk. There are numerous ways to reduce your salt. Here are a few tips.

- Always choose low or reduce sodium versions of foods.
- Only use ready to eat cereals that are low in sodium.
- Always rinse your canned foods before serving to remove the salt.
- Limit your intake of cured foods such as bacon and ham. Don't eat foods packed in brine which include pickled vegetables, olives and sauerkraut.
- When cooking rice and pasta leave out the salt. Be wary of the instant rice and flavored oatmeal because they usually have a high salt content.
- When cooking or seasoning foods at the table use spices instead of salt. Your food will taste just as good, if not better.
- If you are looking for convenience foods always look at the sodium content. Frozen dinners, pizza and canned soups usually have very high levels of sodium.

In Summary

The DASH diet can make a huge difference in the number of kidney stone flare ups if you follow it as recommended. It is very important that you drink adequate amounts of water with this diet to help your kidneys flush the excess minerals and toxins from your body. Dehydration will interfere with the kidneys' ability to function properly and put you at a higher risk for kidney stones. You should make a serious effort to drink at least eight to nine glasses of water per day. If you live in a hot climate or are exercising regularly then you will need to increase your water intake.

Can you drink too much water? Yes you can. If you drink too much water you can deplete the sodium in your body, which will lead to dangerous electrolyte imbalances. There have been cases where individuals have died due to water intoxication. However, unless you drink gallons of water over a short period of time, you should not have to worry about these ill effects.

In addition to following this DASH diet for your kidney stones, it is important to keep your kidneys healthy. You can do this by changing your lifestyle. Regular exercise will increase the blood flow through the body. This increased blood flow will help the kidneys function properly

and will eliminate toxins that may be built up in your body.

Working up a sweat is good for you because sweating is another way for the body to cleanse itself. Toxins and other chemicals can be released from the body through the skin pores. This can decrease the amount of chemicals the kidneys have to process.

Another way to take good care of your kidneys is not to smoke. Many people think that smoking only affects the lungs when in fact smoking cigarettes will affect your entire body. Smoking will slow down blood flow through the body. It will also narrow the arteries and make heart disease and blood pressure problems worse. Studies have proven a higher rate of kidney and bladder cancer in smokers compared to non-smokers.

If you have a problem with recurring kidney stones, give the DASH diet a try. This diet is easy to follow, and it will provide you with all the nutrients your body needs to function properly. As a bonus, the DASH diet for kidney stones can help you lose weight and have more energy.