



Natural Remedies for **KIDNEY STONES**

One in ten Indians will have a kidney stone in their lifetime, and there are nearly half a million people seeking hospital emergency care for kidney stones—each year!

Diets high in sodium, processed sugars and processed animal products are a cause for kidney stone formation. Bad food choices are a primary reason for the development of kidney stones.

Natural Remedies

There are a handful of natural remedies that work wonders on kidney stones, and help to prevent them.

First and foremost, pomegranate juice is one of the most effective remedies for kidney stone. Pomegranate juice has astringent properties and these help in kidney stone busting.

Secondly, Dandelion root is an excellent kidney tonic and overall kidney cleanser. Dandelion root comes in extract form as well as tea, tablet, and capsule form.

Thirdly, magnesium is a hidden kidney stone remedy. Magnesium is needed for nearly every process in the body. Studies have shown that magnesium may be a useful remedy for kidney stones. In fact, one particular study found that magnesium supplementation caused over 92 per cent improvement rate in the reduction of kidney stones.

Fourthly, Basil is one of nature's finest kidney cleanser.

Basil serves as an excellent all natural way to cleanse the

kidney. Basil tea, in particular, has been shown to be an excellent kidney toner for overall kidney health.

The herb *Chanca pierda* has been shown to inhibit calcium oxalate crystals, and has been used for many years in Central and South America as a treatment for kidney stones. Its common name literally translates to “stone breaker.”

This medicinal herb has been found to inhibit the formation of the calcium oxalate crystals, and there is a possibility that this herb may be able to help break up already existing stones.

There are many natural remedies for kidney stones, but they must not be tried without expert medical supervision 📌

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