

# KIDNEY STONES

Staying Healthy with Dr. Aieta, N.D.

**Dr. Aieta,**

**I recently passed a kidney stone and it was the most painful experience of my life. The stone was made of calcium oxalate, which I guess is the most common form. I was told if you have passed one stone, then you are more prone to getting them again. My doctor didn't offer me too much advice to prevent them, except to stay hydrated. I am an avid reader of your column, and it seems like you have an answer for everything, is there anything that I can do naturally to prevent them from reoccurring. I never want to go through what I just went through again.**

**Thank you,  
D.M.**

Fortunately, there are many things we can do to keep your kidneys free from stones. I have had patients in the past who could pass up to five stones or more a year, who, once we implemented some diet modifications and corrected some nutrient deficiencies, haven't had a single reoccurrence. The first thing that I tell them is to never drink soda, especially colas. The thing with cola is that it contains something

called phosphoric acid, which can bind up minerals such as calcium and magnesium in the body and cause it to be lost through the urine, which passes through the kidneys. This can cause a build up of these minerals in the kidneys, forming stones.

Patients who are prone to kidney stones should also try to minimize sugar and salt intake, as well as staying hydrated, as your physician mentioned. Sugar and salt increase the excretion of both calcium and oxalate in the urine.

There are also several key nutrients that need to be maintained in adequate levels in the body to prevent the formation of kidney stones. The first is Vitamin A, which promotes healthy functioning of the urinary tract. A deficiency can lead to stone formation in susceptible patients. Magnesium in combination with B6 has been reported to reduce the recurrences of stones by almost 90 percent. Magnesium increases the solubility of calcium oxalate, and the B6 reduces the urinary excretion of it.

An interesting uncontrolled trial was done using rice bran at 10 grams, twice daily after meals. This reduced the recurrence rate of calcium-oxalate stones by more than 80 percent. I have used this particular treatment successfully in patients



that, in lab tests, showed high levels of calcium loss in their urine. The dosages of the Vitamin A, magnesium and B6 should all be determined by your physician, preferably a naturopathic physician, based upon your degree of deficiency.

There is absolutely no reason for you to suffer with this again when there are so many successful preventative treatments out there. Unfortunately if the treatment is not with a drug or surgical intervention, most medical doctors won't even know about it.

*Dr. Frank Aieta is a board-certified and licensed Naturopathic Physician with a private practice in West Hartford, Conn. He specializes in the treatment of disease, using natural therapies such as acupuncture, homeopathy, spinal manipulation, clinical nutrition, and herbal medicine. If there is a specific topic you would like to see addressed in an upcoming column, you can e-mail him at [DrAieta@aol.com](mailto:DrAieta@aol.com), or visit [www.DrAieta.com](http://www.DrAieta.com) for additional information.*

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