

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, or visit www.DrAieta.com for additional information.

NANCY DELL & ASSOCIATES

Personalized Nutrition Counseling
Feeding Hills, Longmeadow, and
Northampton. Most Insurances
Accepted, (413) 786-2957 or
(877) 366-3484

DR. FRANK L. AIETA NATUROPATHIC PHYSICIAN

www.draieta.com
e-mail: DrAieta@aol.com
(860) 232-9662

DOUG BOWIE ATHLETIC TRAINER

Regional Director
Novacare Rehabilitation/
Select Medical Corporation
e-mail: Douglas.Bowie@selectmedicalcorp.com

LEN HAGGERTY SPORTS PERFORMANCE

Apex Sports Performance
306 King Street, Northampton
e-mail: apexspt@yahoo.com
(413) 320-2312

LISA THOMAS WOMEN'S FITNESS

Personal Trainer/Fitness Coach
e-mail: t.fitness@hotmail.com
413-426-5543

Paul Schnaittacher



(508) 867-4007

Commercial, Editorial, Free-Lance Photographer

e-mail:

photogman@charter.net

Have studio will travel.

60 Hunt Road • W. Brookfield, MA 01585

To have your business listed in the WMSJ Body, Mind & You directory, call (413) 301-1042.

Reminder:

All views expressed in the WMSJ Health and Wellness columns are those of the individual columnists and do not necessarily represent those of the Sports Journal. The information should not be used as a substitute for a consultation with, or advice from, your individual physician or other healthcare provider. Always consult your doctor before beginning a new exercise plan or diet.