



Programs for Kidney Stones

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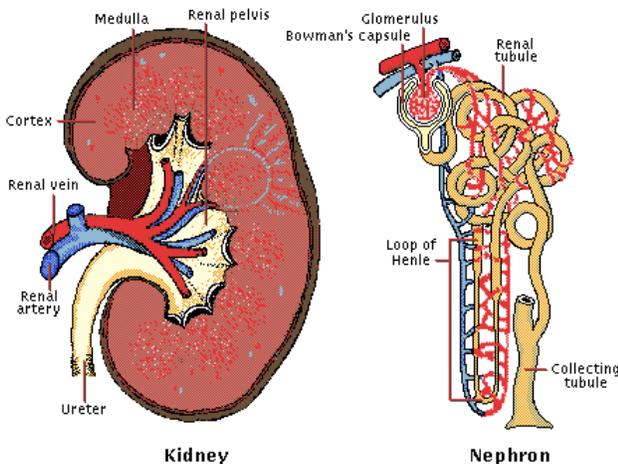
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Kidney Stone Flush - Fast

1/4 cup lemon juice (fresh squeezed is best) every 2 hours for 3 days. On the odd hours you can have water, or "one kind" of juice. No Food. At the end of the third day be all ready for bed. Take 1/3 cup of castor oil or cod liver oil and 2 oz. of lemon juice. Drink that and get into bed and stay there. Make sure you don't get up for at least 20 to 30 minutes, or you will get sick.

Kidney Stones and Flush

Kidney, paired organ whose functions include removing waste products from the blood and regulating the amount of



fluid in the body. The basic units of the kidneys are microscopically thin structures called nephrons, which filter the blood and cause wastes to be removed in the form of urine. Together with the bladder, two ureters, and the single urethra, the kidneys make up the body's urinary system. Human beings, as well as members of all other vertebrate species, typically have two kidneys.

Like kidney beans, the body's kidneys are dark red in color and have a shape in which one side is convex, or rounded, and the other is concave, or indented. The kidneys of adult humans are about 10 to 13 cm (4 to 5 in) long and about 5 to 7.5 cm (2 to 3 in) wide—about the size of a computer mouse.

The kidneys lie against the rear wall of the abdomen, on either side of the spine. They are situated below the middle of the back, beneath the liver on the right and the spleen on the left. Each kidney is encased in a transparent, fibrous membrane called a renal capsule, which helps protect it against trauma and infection. The concave part of the kidney attaches to two of the body's crucial blood vessels—the renal artery and the renal vein—and the ureter, a tube like structure that carries urine to the bladder.

A primary function of kidneys is the removal of poisonous wastes from the blood. Chief among these wastes are the nitrogen-containing compounds urea and uric acid, which result from the breakdown of proteins and nucleic acids. Life-threatening illnesses occur when too many of these waste products accumulate in the bloodstream. Fortunately, a healthy kidney can easily rid the body of these substances.

Herbs for Kidney Stones

Listed below are the herbs that are beneficial for kidney stones:

- **Combination K** - Flushes and builds kidneys
- **APS II** - For pain
- **Cranberry Juice, Water, Watermelon** - For flushing kidneys
- **Hydrangea** - Helps break down and dissolves stones
- **Cornsilk** - For kidney pain
- **Cranberry/Buchu Combination** - For kidneys and bladder
- **Combination URY** - Builds entire urinary system

Products can be referenced and purchased from: <http://www.mynsp.com/generali/index.aspx> Brenda Generali, Nature's Sunshine Manager, 530-878-1119. Reference: Information was taken from Recipes for Success.