

Dissolve

Kidney Stones in 24 hrs!

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Pain Free in a Day!

80% of Kidney Stones can be Dissolved and Passed Painlessly within just 24 hours. Become Pain Free Today using nothing but Food.

First Things First

The kidney stone dissolving solutions we are about to disclose to you are powerful, effective and safe, using nothing but food and drink.

We must advise however that you should consult your Primary Health Care Provider regarding any health issues.

This information is provided for educational purposes only. Medical advice is neither implied nor intended. Please consult a health professional for medical advice.

In this report you'll discover:

- How to quickly, safely and painlessly dissolve and pass your kidney stones.
- How to stay Kidney Stone Free!
- The most common symptoms of kidney stones.
- The importance of Kidney Cleansing.
- The Best Kidney remedies

Your Kidney Stone Solutions

A major ingredient in the first of these remedies is going to come as a **BIG surprise** to you - it certainly did to me...

...but the fact is IT WORKS! and it works very well! So I just want you to understand I am not advocating this 'ingredient' for daily consumption!

In fact, although it is something millions of people, all around the world drink every day, doing so could actually CONTRIBUTE to kidney disease and stones...

...so ONLY use it as described in the report.

Kidney Stone Remedy No 1

Ok - here comes the surprise. But before I drop it in your lap I should explain, that what we are actually looking for is a method of dumping a lot of **phosphoric acid** into your system all at once. This is instrumental in dissolving the kidney stones.

Guess what - The best source of phosphoric acid is... I can't believe I'm about to say this...Coca-Cola! Ok I've said it. Now before I get to the more natural parts of the report I need to point out something even MORE disgusting.

If your blood sugar levels are a concern, you may choose to use diet coke to dissolve your stones. It also works, but of course contains **aspartame** which is a poison that only ever got through congress after DECADES of lobbying. I suggest you Google it so you never make the mistake of consuming it again!

You'll Need

High Speed Blender	1
Coca-Cola	6 Cans
Asparagus: (Fresh, Frozen or Canned)	6 - 8 oz (170 - 225g)
Distilled (or de-ionized) Water	2 Liters

What To Do

For best results do this on an empty stomach, preferably mid morning.

1. First you need to drink all 6 cans of coke over a 2 hour period.
2. Before your last can of coke, steam or briefly boil the asparagus - (fresh is best). Then blend it into a fine puree.
3. Within 5 (five) minutes of drinking the last can of coke (which happens within 2 hours of starting the first can) eat the asparagus. You need to chew it, to incorporate as much saliva as possible. This starts pre-digesting it.
4. Start Drinking plenty of distilled water immediately after finishing the asparagus.

That's it!

You are done. The solution begins working on your stones immediately and within a few hours they will begin breaking up and will be passed as tiny sand particles in the urine.

Please see the next page for additional important information!

Continue drinking large amounts of distilled or de-ionized water through the day. This is necessary because the coke will have dehydrated you.

You may start eating two hours after finishing the asparagus.

Repeat?

If you've only had partial success you may need to repeat the process within 3 days.

Naturally if you are trying to prevent the need for kidney surgery in the next couple of days, repeat the process the next day.

Recommended

Firstly - you may wish to catch the sludge that passes in your urine after the kidney stone flush. Your Doctor may be able to analyze it and give you advice as to how to limit the build up of these particular substances.

Secondly - and **VERY importantly** - even though your pain will have gone, we suggest you **check with your Doctor that the stones have indeed gone** too, and are not lurking in a new location waiting to cause more trouble.

Kidney Stone Remedy No2

This remedy really is as natural as it gets. However **do not use it if pregnant** because it's a uterine stimulant!

Celery seed is also hypoglycemic, and as such may be helpful in diabetes.

You'll Need

Fine sieve or filter paper	1
Stainless or Pyrex pan	1
Quality clean/bottled water	2 Cups
Celery Seeds	2 Tbsp

What To Do

1. Pour two cups of good quality, filtered or bottled water into a Pyrex glass or stainless steel pan. (Do not use aluminium - in fact throw aluminium pans away anyway...)
2. Add celery seeds (organic is best), and simmer until soft with the lid on so as to not boil all the water away.
3. Take the brew off the heat and strain the seeds from the water using a fine sieve or filter paper. (kitchen towel can be used in emergencies).
4. Allow to cool and drink Half a Cup every Hour.
5. Keep from Urinating as long as possible.

That's it!

You are done.

The Celery Seed cleanse may be repeated daily for a week if necessary, even though it frequently yields immediate results.

Stop the Stones Coming Back!

So how do you stop THAT pain from ever coming back?

Firstly you need to avoid certain foods and introduce some others. Not all stones are made of the same materials, but calcium is common to almost all types.

For this reason, **fresh squeezed lemon** in water should become a regular first morning drink. (It is also a real help to the liver.)

Regular consumption of **cherries** has been shown to increase the expulsion of urates, which are partially responsible for common uric acid kidney stones, and some references suggest the consumption of 1/2 pound of cherries a day for 3-5 days may address these stones.

Vitamin B6 and **Magnesium** will help prevent Oxalate Stones from building up if you avoid the following...

Avoid These

The majority of kidney stone sufferers may benefit from avoiding oxalates, and are commonly advised by their doctor to do so. The primary contenders are:

Tea and **Iced Tea** - These will contain between 15 and 20mg of oxalic acid. This is what you are preventing from building up by taking **B6** and **Magnesium**.

Cocoa and **Chocolate** are also very high in oxalates.

Phosphate crystals are likely to build up with excessive consumption of foods high in phosphates, such as **meats**, **bread**s, **cereals** and **pasta** as well as all **carbonated drinks**.

Other high-oxalate foods include:

- rhubarb
- spinach
- beets
- swiss chard
- wheat germ
- soybean crackers
- peanuts
- okra
- chocolate
- black Indian tea
- sweet potatoes

& Do This

Drink 8 or more glasses of **good water** a day. The best **under-counter filter systems** provide excellent water.

Consume plenty of **fruits** and **vegetables**. These should be organic, because many of the pesticides and herbicides simply load the kidneys and liver with additional work they simply are not designed to handle.

Excess calcium excretion is associated with kidney stones. The secret is not to stop consuming calcium, but to increase other minerals and cofactors that help calcium metabolism. These particularly include **magnesium** (especially transdermal magnesium), B vitamins - especially **B6** and **vitamin D3**.

The Best Thing

To dramatically reduce the likelihood of future kidney stones and restore the health of these most vital organs, we cannot recommend a **herbal kidney cleanse** highly enough! Ideally this should be done twice a year to keep your kidney function optimised and minimise the chances of the slow deterioration of kidney health so many people only discover when it is too late...

The Kidney Cleanse

The very best cleanse available comprises a number of herbs and supplements to be taken over a 3 or 6 week period.

Ingredients:

- Golden Rod Tincture
- Hydrangea
- Gravel Root
- Marshmallow Root
- Ginger Root
- Magnesium-oxide
- Vegetable Glycerine
- Uva Ursi
- Vitamin B6

This mix has been beautifully combined as a single package with full instructions and is available from [Self Health Enterprises here](#)



Symptoms of Kidney Stones

80% of stones are under 5mm in diameter but are often razor sharp and therefore easily lodge in the tiny kidney 'nephron' tubules, causing stabbing pains. Other Kidney Stone symptoms include:

- fluctuating pain in the side and back below the ribs
- bloody, cloudy or foul-smelling urine
- pain during urination
- nausea and vomiting
- a persistent urge to urinate
- fever and chills

Kidney stones frequently build without symptoms, until something occurs to dislodge them or aggravate the tissue surrounding them.

Not all kidney stones cause symptoms. Some are found during X-ray examination for other medical reasons.

More Kidney Remedies

For full details of all our kidney remedies, please visit our website:

www.selfhealth.co.uk/Kidney-Bladder.html

We hope this free report has been helpful and look forward to your feedback.