

## **KIDNEY STONES**

Kidney stones are a common disorder of the urinary tract and affect nearly 20 percent of the population, more men than women. Nearly 20 million people seek treatment for kidney stones every year, with most occurring between the age of 20 to 50. If you develop one stone you are more likely to develop more. Some of the factors that increase the risk of developing kidney stones are; family history, obesity, diabetes, a high salt or high sugar diet, gout or high uric acid levels, high blood pressure, high animal fat intake which increases urinary acidity, diets low in fiber and dehydration due to low fluid intake. Kidney stones are also more prevalent in people who suffer with inflammatory bowel diseases like Chron's and Ulcerative Colitis. Some medications including diuretics and excessive Vitamin D supplementation may increase ones risk, but there is no conclusive evidence that calcium supplements or food containing oxalates (like spinach) increase the risk of kidney stones. In the U.S. the incidence of kidney stones has been increasing each decade.

## **SUPPLEMENTS THAT HELP**

If you have developed kidney stones a combination of supplements including the South American herb Chanca Piedra (stone crusher), vitamin B6 and magnesium have been shown to help dissolve stones and prevent their recurrence. Recent scientific studies have shown that Chanca Piedra may have the ability to alter the shape and texture of stones into a more fragile and smoother form or completely dissolve the stones. Another study has shown

that Chanca Piedra has an inhibitory effect on crystal growth in urine, and can inhibit stone formation, thus acting as an important part in preventing recurring stones. (It has also been shown to increase the urinary excretion of uric acid which may be helpful in controlling gout). Vitamin B6 and magnesium have also been shown to have a positive effect in preventing the recurrence of kidney stones. In one study 149 patients with a history of recurring stones were given 100mg of magnesium three times per day and 10 mg of vitamin B6 (pyridoxine) once per day for 4,5 to 6 years. The rate of stone formation fell by 92.3 percent with no significant side effects. Other studies have shown that supplementing with magnesium by itself can help prevent the recurrence of kidney stones. So, if you have existing kidney stones and are not being medically treated for them, making positive dietary changes, drinking more water, and supplementing with Chanca Piedra, B6 and Magnesium may be of some benefit. See your Chiropractor and get back on the road to wellness.

Dr. Larry Bridge is a resident of Stanly County and has owned Montgomery County Chiropractic Center since 1997. He is board certified in Acupuncture and has more than 8 years experience using Decompression Traction for back, neck and disc problems. For more info and past articles visit his website at [www.DrBridgeChiropractic.com](http://www.DrBridgeChiropractic.com) or call 704-982-2102.