

Kidney Stones

Written by Delores A. Hampton
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Rock-like substances that form in the kidneys of some people. They can cause blockage of the urinary tract, which in turn can cause cystitis.

Aloe vera juice- Internal Purposes: Can help reduce the size of a stone while having an acute attack and aids in preventing stone formation.

Ginkgo Biloba and Goldenseal- Internal Purposes: Both these herbs are antioxidants and have anti-inflammatory properties. They also increase circulation to the Kidneys. These herbs are taken in extract form. **Cautions:** Do not use goldenseal for more than seven days, and don't take it if you are pregnant. Check with your doctor if you have been diagnosed with cardiovascular disease, diabetes, or glaucoma. If allergic to ragweed, use Goldenseal with caution.

Lobelia Tincture and Wild Yam Tincture- Internal Purposes: To make a potion with these herbs that will reduce pain, soothe ureters, and speed up the passing of stones perform the following: In a glass of warm water drop 3 to 4 drops of Lobelia Tincture and 15 drops of Wild Yam. Take small sips of this mixture throughout the day.

Marshmallow Root Tea- Internal Purposes: Drinking this tea daily is said to cleanse the kidneys and pass kidney stones. Dosage: 1 quart daily

Uva Ursi- Internal Purposes: Promotes excretion of fluids thus reducing excess bloating and pain.

Cleavers, Gravel Root, Horsetail, Juniper Berries & Pipsissewa (also known as Prince's Pine)- Internal Purposes: These five herbs contain properties that help to eliminate kidney stones.

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