

Kidney Cleanse

Eat all the fresh cherries and water melon you can for at least three days. Drink all the steam distilled water you desire, but eat only fresh, ripe cherries and water melon. Unsweetened cherry juice can be used if cherries are not available. In addition, make the following herbal tea. These herbs don't work as well when used in capsule form, try to get them as fresh as possible and make the following tea. Each of these has a strong fragrance. If what you are seeing (buying) does not have that, it may not be very effective.

Add ¼ cup of dried Hydrangia Root, Gravel Root (Queen of the Meadow) and Uva Ursi Leaves to a quart of water. These generally come in small pieces - already chopped up. If you happen to get them whole, chop them up before you add them to the water. Bring the water to a boil, and continue to boil for 20 more minutes. Allow to cool a little, then drain and drink a half cup three times daily until gone.

Passing a Kidney Stone Naturally

Most kidney stones can pass through the urinary system on their own. Drinking plenty of water (2 to 3 quarts a day) helps move a stone through the urinary system more quickly. You may need to stay home during this process, taking pain medication as needed. Urologists usually ask their patients to save passed stone(s) for testing. The testing helps discover the chemical make-up of the stone and other information needed to decide how to prevent recurrence (stop more stones from forming). You can catch the stone in a cup or tea strainer used only for catching urine samples.

Home-made Kidney Stone Remedy

Reported to work 80% of the time. . . It's not Coke and rum, it's Coke and asparagus. The phosphoric acid in Coke helps break down the stones and the asparagus acts as a diuretic to flush out the tiny crystals. The pH change produced by the Coke causes increased hydrogen ion secretion in the nephrons of the kidney.

Required Ingredients:

- 6-pack of Coca-Cola, or a 2-liter bottle of Coke. Pepsi would probably work, too—but, we have not established proof of its effectiveness yet. *Note: The original Kidney Stone Removal Remedy calls for Classic Coke™. However, we have learned that Diet and Caffeine-Free versions also work! Both have phosphoric acid—this is one of the main catalysts for dissolving your kidney stones. In addition, due to its high phosphoric acid content, Dr. Pepper would likely work as well.*
- 6–8 oz. of asparagus. Canned or frozen generally works, but fresh is best.
- A high-speed blender.
- One gallon of Distilled water.

Procedure:

1. Over the course of 2 hours, drink the 72 ounces of Coke. Drink it warm or hot, it does not matter.
 2. Steam or quickly boil the asparagus. Process in the blender until well-puréed (liquid-no more chunks).
 3. Within 5 minutes from drinking the last 12 ounces, eat the asparagus purée. Rather than simply gulping it down, try to mix the purée well with your saliva.
- ✓ The remedy begins working immediately and, within a few hours, you'll begin to pass the stones through your urine as sand-like particles. If you are not getting relief in a matter of hours, feel free to try again, or try some of the other suggestions below.

Keys to Success:

- The remedy works best if done on an empty stomach.
- Time of day does not dictate results, but morning may be best so you are not drinking all that caffeine before you try to sleep.

- Continue to drink a large quantity of distilled water immediately after taking the asparagus. The water will serve to re-hydrate your body. The qualities of Coke will begin to dehydrate you, so the water helps to prevent this from happening.
- Although you can resume your normal diet immediately after you finish this remedy, it is best to wait between one and two hours before eating to allow the remedy to achieve the best results.
- If the kidney stones are not all passed the first day, repeat the process within 3 days. If you have a scheduled surgery, repeat the next day!
- Coke is not a preventative for stones. Actually, any soda pop with caffeine will dehydrate the body and lead to a higher potential of stones. For the remedy, the coke is used for its chemical properties and interaction with the asparagus.