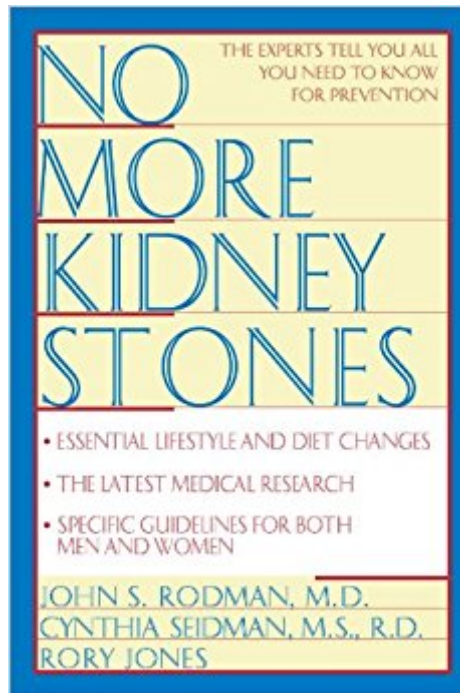




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# No More Kidney Stones



## Synopsis

A Proven Plan To Stop Painful Kidney Stones Dr. John Rodman, an internationally renowned expert in the field of kidney stone disease, offers you a plan that can eliminate this painful disease from your life forever. With Dr. Rodman's proven plan, you'll discover all you need to know about: \* What risk factors cause the different types of kidney stones \* Which type of stone you are prone to forming and how to prevent it \* Which traditional holiday foods trigger stone formation \* What seasons of the year put you at higher risk \* How to modify your diet and stay stone-free

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## Customer Reviews

Authorities on kidney disease impart essential information for kidney stone sufferers to prevent future stones from being manufactured by their bodies. The first part explains the science behind kidney stones, how and why they are formed and what dietary and lifestyle elements promote stone formation. The second section translates this material into an easy-to-follow program for eating to avoid kidney stones that includes menus, recipes and other guidelines to halt the stone-making process.

A Proven Plan To Stop Painful Kidney Stones Dr. John Rodman, an internationally renowned expert in the field of kidney stone disease, offers you a plan that can eliminate this painful disease from your life forever. With Dr. Rodman's proven plan, you'll discover all you need to know about: What risk factors cause the different types of kidney stones Which type of stone you are

prone to forming and how to prevent it Which traditional holiday foods trigger stone formation What seasons of the year put you at higher risk How to modify your diet and stay stone-free

This is an okay book from the standpoint of advice from a urologist. After all such doctors should be the experts on kidney stones. I was diagnosed this past spring with two 8mm kidney stones - one in each kidney. So I found and read this book. While reading it I thought it was extremely good and was prepared to give it five stars but now a couple of months later I realize that this book has really missed a lot of information that people like me need. I may be wrong in some of the things I'm about to say because I really need to reread the book to remember what it said and what it did not say. The advice on staying hydrated is always a given. The second point the author made was to limit animal protein to what I remember to be about 12 ounces a day. I believe this to be a valid point because while I once made stones every 2 years my recent experience with them was the first I had in the past 9 years. During that time I was eating a lot less animal protein and for part of the time I was vegetarian or mostly vegan. Last October I went on a low carb diet and began eating a lot of animal protein. I don't doubt that that had something to do with my recent kidney stone problem. [By the way, low carb diets are not suppose to be high protein but rather high fat with moderate protein.] So what is wrong with the book? After reading it I continued to research the topic. I found out that if you keep the alkalinity of your urine close to 7 [at least above 6] you will likely not make any kidney stones. Rather than avoid all the healthy high oxalate foods that the book mentions like spinach and kale it makes a lot more sense to me that you should be more concerned with the PH of your urine. I learned that lemon juice is a great way to alkalize your urine. I started drinking a pint of organic lemonade after every meal [which I made with 2 ounces of organic lemon juice plus stevia to sweeten and 14 ounces of well water]. I even bought PH test strips to check the PH of my urine to assure me that this was working. Then I got online and started searching for natural remedies for kidney stones, not just to prevent them but to dissolve them. The good doctor never mentioned any of these that I remember. I learned about pure lemon juice with olive oil and about low dose baking soda [which can be very dangerous if you take too much] and how vitamin B-6 can help prevent stones as well as IP-6 with Inositol. Then I read about herbs that are good for kidney stone problems with one herb in particular [Chanca Piedra] that has had numerous studies done that prove it effective at not only preventing stones but at getting rid of them without pain. I know this all sounds too good to be true but it is. I bought some of this herb from Swanson and followed the directions on the label. For 3 weeks nothing happened. I got back online and searched for the therapeutic dose. So instead of taking one capsule a day I took 4 capsules twice a day and then

increased it to 6 capsules twice a day and 9 days later while using the men's room at work one of my stones went into the toilet and I was able to save the second one to have it analyzed. I did this with zero pain, no renal colic. Only a burning sensation as the stones exited my urinary track. I was shocked and amazed. I never thought this would be possible when in the past even morphine did not eliminate the pain. The stone I was able to save measured 7mm x 3mm. So you see the answers I was really looking for were not found in this book but they were found elsewhere. They should be in a book like this. I don't even remember any mention in the book of dissolving existing stones. The 2 urologists I saw both wanted to do CT scan - really you want to give me how much radiation just for finding a couple kidney stones? I don't remember the book saying anything about radiation issues or other risks involved with various diagnostic procedures or surgical procedures. I'm sure it must have mentioned something but I don't remember the discussion being adequate for someone like myself that wants to know all the risks involved so that I can make the decision. Did you know that the dye they inject to help them better determine the size and location of the stones also has risks and that those risks, though small, can result in failure of your kidneys? Do your own research. Start with earth clinic dot com and then go to the rain-forest database. The FDA has made it illegal for any natural supplement to be labeled as a cure for anything. Legally only drugs can cure or treat a disease. Freedom of speech no longer exists in this country as it once did. Sure, the information is out there so our freedom of speech isn't completely in the can but the people who sell the cures can't tell you what their products are good for. This makes it difficult for common folks like you and me to educate ourselves. And the doctors don't learn about this in medical school because as I understand it the drug companies pretty much write their textbooks the entire medical system is drug based. If they can't make any money on the cure they don't want you to know about it. Other things that could help prevent or eliminate kidney stones are coconut water, vitamin K2, Essiac Tea, or treatment with an electro-bio-feedback machine like Scenar or Avazzia. The book also mentions none of these. Edit May 1, 2014: Actually the book does mention Potassium salts (potassium bicarbonate) but does not mention most of the other alternative cures. See additional updates in the comments of this post.

Being a type 2 diabetic who also has kidney stones, I found this book helpful in the way that it mirrored most of the information already out there. Unfortunately, the kidney stone diet just about cancels out the diabetes diet. So, my advice? Make sure to be checked for kidney stones every 6 months in order to revamp your diet, write every thing you eat down in a journal and, for heaven's sake, do not go along with many doctor's advice to agree to having your thyroid out to avoid more

kidney stones! When going in for a recheck and finding more stones 18 months after thyroid surgery my doctor's excuse was I must be part of the 10% who continue to create stones...of course he would say that!

Probably one of the best written books devoted to the painful discomfort associated with trying to pass stones. The author informs and gives many ways on how to prevent this very painful situation from occurring again (which happens quite often). Everyone's diagnosis and treatment plan will be different. Found a product on .com called "Stone Free" which is made by Planetary Herbals which was very helpful besides this book. Read the reviews and make up your own mind. And keep your family doctor in the "loop" if you are going to self-medicate the problem.

I recently was diagnosed with a lot of kidney stones. I am supposed to be avoiding several foods and it made it difficult to know what I could eat. This book does a good job explaining food choices. It also had a lot of information on kidney stones in general. I am big on using Google for information but this book had way more than I could find there.

Buy this book with the Low Oxalate Diet cookbook. It is worth the time and effort, especially if you are plagued with such issues.

Gave to a friend so I could keep my copy. Best book out there for those who suffer with kidney stones !

I had passed a calcium oxalate kidney stone two decades ago and had forgotten what it was like to have another stuck in the ureter, when it happened couple of weeks ago. Once the cat scan confirmed the presence of the stone in the ureter, I went through this book cover to cover in a couple of hours, taking notes on the calcium oxalate part in particular. With immediate changes in my diet (giving up wheat, spinach, blackberries etc.) and drinking gallons of water, as recommended by the author, I passed the stone in 4 days, without the help of any drugs, except Motrin to relieve the pain. What better testimonial to the practical relevance of this book for all kidney stone sufferers!

In a few words I found this book to be extremely helpful. A newbie Stone Maker, I was not happy about the options and decided to do alternative remedies, which so far have worked. No surgery at this point. The book was help in that it was written by a doctor and could give me facts about what

studies had been done thus far. So on an average, I could get a pretty good idea of what was working for what type of stone. It is very detailed and specific, which was also helpful since there are variations between SMs. He makes it easier to understand what you should or should not do. Of course, since each person is unique and has varied lifestyles it is best to weigh this with your own doctor and your own situation. Which I am sure this should be a given. Great and Thank you for writing this!

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