

# How to Cure Urinary Stones Naturally with Supplements

**U**rinary stones, also known as kidney stones, occur when small crystals form in the urine as it leaves the kidneys. When these crystals lodge in urinary tubes, they can cause severe pain and discomfort. A physician will use your medical history, lab tests and X-rays to diagnose urinary stones. Read on to be able to learn how to diagnose urinary stones.



## Identify the Cause of Your Urinary Stones: -

Ask your doctor to run tests on any stones you have already passed. When your doctor finds out what your own renal system stone was made of, she can target her treatment of remaining stones.

- Learn about kidney stones made of calcium.
- Calcium urinary stones are usually the most common, and can be the result of a diet plan filled with meat, fish and fowl.
- Ask your doctor if your stones have been caused by repeated urinary tract infections.
- At times the bacteria that cause such bacterial infections secrete a material that can crystallize and result in stones.

Tell your doctor if you have been diagnosed with **gout**. Gout, which involves severe swelling in the joints, is brought on by crystallized **uric acid** deposits on joint cartilage. People with gout are at an increased risk of developing similar crystals in their kidneys.

## Practice Urinary Stone Prevention:-

Drink plenty of water. Consuming between two and three liters of water each day will help you keep a steady flow of urine moving to move along kidney stones.

- Cut back on salt.
- Health care specialists recommend that you read food labels as well as use table salt moderately.
- Salt causes your body in order to retain, rather than complete, water.
- Eat protein in moderation.
- Several types of kidney stones are caused by an overabundance of protein in your system.
- When the renal system cannot filtration system every one of the protein out, these stones is formed.
- Avoid calcium supplements.
- Research has shown that consumption of calcium supplements can increase the risk of kidney stones.
- Discuss this with your doctor in the event that he prescribes added calcium in your case.

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- Read your own medicine bottles.
- Some medications such as potassium citrate can increase your risk of forming urinary stones.
- Monitor your intake of foods that are high in oxalic acid such as spinach, chocolate, peanuts and soda.
- These foods may increase kidney stone risk.
- Look into prescription medications.
- Medications such as Allopurinol (a gout medication) may aid help dissolve kidney stones.
- You should get a prescription for this medicine.

## Manage Renal System Stone Pain: -

Discuss your pain level together with your doctor. Kidney stone pain is intense and may need you to take narcotic drugs such as morphine for relief.

- Turn to be able to acupuncture.
- Some people find that this ancient method of excitement with small needles reduces pain.
- Give therapy a try.
- Many therapists are qualified in focused symbolism, which patients use to help them manage and live with pain.
- Request a therapist to be able to teach you these pain management techniques.
- You may be interested in reading Urinary Stones and Kidney Stones Remedies.
- Also visit more on Urinary Stones Treatment

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