

Understanding Kidney Stones

Kidney stones plague both young and old, producing symptoms ranging from mild discomfort to completely debilitating pain. Spasms can last hours or days. The majority of kidney stones are formed as oxalic acid crystals. When viewed under a microscope, these crystals look like little balls of spikes.



When they become dislodged and begin to mobilize in collecting tubules of the kidney and into the ureter, they cause excruciating pain.

What causes these oxalic acid crystals to form? Most kidney stones form as a result of long term deficiencies of ionized calcium, magnesium and potassium coupled with the consumption of high amounts of animal protein. These two aspects have a compounding effect in promoting stones to form in the tiny collecting tubules as thousands of liters of blood are filtered by the kidneys. Since animal protein leaves an **acid** ash at the end of the digestive process, unless we have adequate dietary supplies of alkalizing minerals such as calcium, magnesium, potassium and trace minerals, the body in its wisdom will draw calcium from skeletal bone reserves to neutralize the acid build-up in soft tissue and also to buffer pH of blood.

Many people forget that dietary calcium is not only needed to build healthy bones, but the body uses calcium constantly for normal function of every gland, organ and body system. That's not all. We require calcium to buffer acids resulting from all cell metabolism as well as the acid residues from digested food. The only foods that contribute to our alkaline reserve are raw vegetables and fruit.

Maintenance of proper bone density is a consequence of adequate stores of soft tissue calcium (mono ortho calcium phosphate). In order to efficiently neutralize acids throughout the body, plus build bone, spent supplies of ionized calcium, magnesium and trace minerals must be replenished daily. Only at the point where soft tissue reserves are constantly and adequately maintained, will the pathway of calcium metabolize to micro-crystalline hydroxyapatite, the bone form of calcium. So we can see that kidney stones can easily be avoided by recognizing our body's basic needs.

I began developing kidney stones from the age of five and continued to do so all the way through age twenty-one, at which time my urologist felt that the only solution was kidney surgery. In his post surgery comments, he documented "a calcium / magnesium metabolism issue" and suggested further investigation. Well, now that I understand the cause, I have no recurring kidney stones. Animal protein was predominant in my diet and my mineral intake was devoid. There is one other aspect that needs mention and that is, usually during the formation of kidney stones, there will be infection in the kidney (often referred to as "non-specific infection"). It has taken many years for me to learn how to control and prevent kidney infection, without resorting to antibiotics.

It is well recognized that for decades, our food supplies have been grossly deficient in minerals (and vitamins) forcing us to rely on supplementation to fill the gap. Common mineral supplements on the market are in the form of Calcium and Magnesium Citrate and/or Aspartate. However these forms of minerals do not elaborate in the body to the elusive soft tissue form of calcium (mono ortho calcium phosphate). The body can only use minerals from a once-living source to raise the levels of mono ortho calcium phosphate, for a healthy body pH. The ideal source of once-living minerals is a highly ionized coral with a 2:1 ratio of calcium to magnesium, with its naturally occurring trace minerals.



Another critical aspect of complete calcium metabolism: the necessity for receptors at cells all over the body to be activated by Vitamin D₃. Vitamin D₃ regulates the amount of calcium all cells use, thereby determining the pH of fluid inside the cell.

Alkaline pH of interstitial fluid (fluid on the outside of the cell) as well as fluids inside the cell, is essential for optimal cell performance, energy development, waste extraction and perhaps most importantly cell/tissue oxygen availability. Each one tenth of a point of pH, that either rises or falls, corresponds to a ten-fold oxygen increase or decrease. According to the Centers for Disease Control, the average American is some ten points below normal (around 5.5).

Normal tissue pH is 6.4 to 7.0, measured by first morning urine.



This means that the average American has approximately a hundred fold tissue oxygen deficiency! Scientists have long acknowledged that infection thrives in tissue with low oxygen levels which can only result from an acid pH. Clinical experience has shown that the use of these coral minerals together with a proper vitamin D source is an extremely efficient way to raise levels of soft tissue pH to normal. Maintaining a healthy pH is critical to warding off infection, maintaining bone density and preventing kidney stone formation.

Supplements to help the body heal itself and prevent kidney stones

Quantum Trio
Master pH Balancer, the key to great health and long life. Supplies highly ionized calcium, magnesium and trace minerals with clinic proven, key synergists.

Quantum Kidney Complex
World-Class, super nutrients for unparalleled kidney cleansing and support.



Quantum Tomato Concentrate
A delicious way to get therapeutic amounts of enzymatic potassium (450 mg per tablespoon). Pesticide free. Sprinkle on salads, vegetable dishes or make warm and cold soups.

InfectoStat.
Italian olive leaf, one of the most significant herbal agents ever discovered, formulated with mycelial extracts and synergists.



These statements have not been approved by the FDA. These products are not intended to diagnose, treat, cure or prevent any