KIDNEY STONES

Here are some natural methods to help get rid of kidney stones:

1. **6 cans (12 oz each) of Classic Coca Cola (only Classic works). Drink the coke all at once, within 2 hours (one can every 20 minutes). This should dissolve the stones. Follow immediately by 4 oz of puree cooked asparagus to heal the phosphoric acid damage. After taking the asparagus, start drinking lots of distilled water (eg. 64 oz), continue for several days.**

2. **A client passed on this information about Kidney Stones in animals.**
   1 Tbsp Plain Yogurt
   1 Tbsp Apple Cider Vinegar (with the 'must' in it)
   Have the animal take twice a day for 4 days.

3. **Stone Break (chanca piedra) is an herb that dissolves stones over a period of time. Take twice daily for a month or more.**

4. **2 quarts water**
   1 cup hulled barley
   2 lemons
   ¼ cup honey
   Place water and barley into saucepan, cover, bring to a boil. Then decrease heat to low and simmer 30 minutes. While this is cooking, peel the lemons, avoid the white pith. Juice the lemons, place juice and peel into 3 quart pitcher, set aside.
   After the 30 minutes of barley cooking, strain through a fine mesh, reserving the water and putting it with the lemon juice/peel.
   Add honey, stir to combine. Refrigerate until chilled. Drink daily to keep all stones from forming in the body.

5. **Make sure you are taking in lots of magnesium to help balance any calcium that may cause stones.**