



Kidney Stone Cleanse

Drink several glasses of Cranberry juice and Lemon juice.

Take 12 Hydrangea (3 - 4X)

Next, within 2 hours drink 6 regular Cokes (canned). Then eat 4 ounces pureed asparagus.
- Helen Kaler

OR

Make lemon water, 1 gallon purified water with 1 cup fresh lemon juice. Drink all day. Use the following to pass stones: Hydrangea (12 capsules), Marshmallow (4 every hour), Lobelia enema (for muscle spasms)

Prevention: The following program has dissolved stones. Vitamin B6 300 mg - 6x a day and Magnesium 1500 mg - 6x a day with lemon water. Hydrangea 6-10 a day. Harvard University studies show Hydrangea prevents kidney stone formation. No animal protein, only purified water. Avoid oxalic acid producing foods: asparagus, beets, spinach, alcohol, caffeine, chocolate, nuts, tea. Eat lots of watermelon.

Essential oils: Massage Geranium (4 drops) and Lemon (8 drops) on reflex points of foot.
- Nature's Treasure Chest

OR

Prevention: Vitamin B6 + Magnesium + purified water taken daily will prevent formation of stones in the majority of people.
To pass: JP-X or Hydrangea (8 capsules) + 4 Marshmallow capsules with 1/4 cup lemon juice taken 4 times a day. Use foot reflexology to lesson pain as they pass. Ultrasound to pass the stones can result in high blood pressure if it damages the kidneys.
- Lubecke Enterprises