

KIDNEY STONES

Kidney stones are solid mineral deposits that form in the kidneys, causing pain as they pass through the urinary tract. Approximately 80% of kidney stones are composed of calcium oxalate.

POSSIBLE CONTRIBUTING FACTORS



- Elevated blood sugar / Type 2 diabetes
- Dehydration
- Dietary factors: high intake of sweeteners, refined carbohydrates/flour, high oxalate foods like black tea
- Mineral imbalances: calcium, [magnesium](#), potassium
- Parathyroid dysfunction (leading to calcium imbalances, potentially promoting calcification and stones)
- Excessive vitamin D supplementation (increases calcium absorption, potentially promoting stones)
- [Fatty liver](#), no gallbladder or sluggish bile flow (increases gut oxalic acid absorption, potentially causing stones)
- Yeast overgrowth (Candida can produce oxalates, possibly causing oxalate overload)
- Vitamin insufficiencies: [Vitamin B6](#), vitamin K2, vitamin B12 and B complex group
- [Overly acidic or alkaline urine pH](#) (due to diet, hydration, medications)
- [Gastric bypass surgery](#)

DIETARY SUGGESTIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate sugar and sweeteners, reduce refined carbs (especially grain flours) and hydrogenated oils and fried foods
- Consume whole grains in moderation (~1/2 cup per day) as a substitute for refined flour-based foods
- Hydrate well away from meals with spring water or filtered water. Urine should be pale yellow
- Add ½ fresh lemon juice into water at least 2 x per day
- Avoid black tea. Monitor high oxalate food intake, although long-term avoidance is generally not necessary
- Avoid collagen and gelatin supplementation for those with history of kidney stones
- Consider blood tests, including serum calcium and PTH levels, to assess parathyroid function and detect dysfunction promoting calcification
- Consider drinking dandelion root tea for liver/gallbladder support
- Consider drinking [unsweetened cranberry juice](#)

SUPPLEMENT CONSIDERATIONS



- Magnesium citrate
- Potassium citrate (avoid if taking potassium sparing meds)
- Vitamin K2 (MK-7 form)
- Reduce calcium supplementation if daily intake over ~300mg
- B complex, including B12 and Vitamin B6 (P5P form)
- [Chanca piedra](#)
- Uva ursi
- Parsley root