How to Treat Kidney Stone Fast and Effectively by Dr Easton Patrick

Article published on February 21st 2012 | Alternative Medicine

Kidney stone is a health disorder formed due to crystallization of minerals and chemicals. Uric acid stones and calcium stones are two among the common types of kidney stones. Symptoms shown as a result of stone may not be unique always. Common symptoms shown as a result of stone formation include reddish brown colour urine, severe abdominal pain, fever and nausea. Causes leading way to the risk of kidney stone formation vary from one person to another. Improper diet schedule, over intake of vitamin D, vitamin A deficiency and sedentary lifestyle are some common causes reported for the formation of stones. Cures are usually prescribed according to the actual cause of problem. If you are in search of a supplement to cure kidney problems, it is advised to choose one made out of herbal ingredients.

Water melon is found to be as an effective cure for treating kidney stones. Diuretic property enriched in this remedy helps in flushing out small stones in kidney out of the body. Intake of water melon reduces body weight and improves metabolic functions. This in turn reduces the risk of kidney stone formation in body. As per research, water melon is found to be as a natural source of potassium and other micronutrients. It rejuvenates body cells and improves the functioning of kidney naturally. Improving energy production in cells, preventing cancer, and controlling blood sugar level are other health benefits of including water melon in diet. Kidney bean is another effective cure for treating stone formation. This natural home remedy has been used for centuries for the treatment of stones in kidney. In order to achieve best result, it is advised to include a good amount of kidney beans in diet schedule.

Celery is one among the best recommended cures for treating kidney stones. It dissolves gall bladder stones and enhances the functioning of kidney. Celery seed tea is a widely prescribed natural remedy for those people suffering from kidney disorders. As per studies, celery is found to be as a rich source of folic acid, calcium, iron, phosphorus and amino acids. Apart from preventing the formation of kidney stones, regular inclusion of celery in diet promotes urination, reduces cholesterol level, cures constipation and improves nervous functions. Similar to celery, basil is another effective herbal cure for preventing stone formation. Regular intake of basil leaves helps in flushing out kidney stones from the body. For attaining optimum result, people with kidney disease are advised to intake a mixture of holy basil leaves and honey consistently for six months duration.

Grape juice with high diuretic value is a safe cure for treating stones in kidney. Anti-oxidants enriched in this fruit juice delays aging impact and improves kidney function safely. Other health benefits of drinking grape juice include controlling cholesterol, lowering blood pressure level, purifying blood and reducing body weight. Intake of vitamin B6 is found to be as an excellent cure for treating stones in kidney. Some among the best recommended food items enriched in vitamin B6 include peanuts, sunflower seeds, meat, whole grains and beans. St John's wort, horsetail, yarrow and agrimony are other herbal cures for treating kidney stones.

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Article Keywords:
treat kidney stone, how to treat kidney stone, treat kidney stone fast, kidney stone treatment

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