



For Kidney Stones & Kidney Infection

Berberis vulgaris (Barberry) extract/tincture... a dropperful in a little water every couple of hours (helps with the pain). Once the pain is gone, cut back to 2 - 3 times per day. Do this for 3 months or until the stones are all passed. *Tabacum* 200C 2-3 times per day, for nausea. If pain is excruciating, take *Belladonna* 3C every 10 minutes until the pain subsides.

Sarsaparilla 30C twice daily for 3 months, to help break up the kidney stones.

Organic unfiltered apple juice sipped all day long (softens the stone). Do this until the stones pass. The juice softens the stones.

For the kidney infection, *Medorrhinum* 200C every two hours until very much better. Then when the infection is gone, keep taking the remedy twice daily for a month.

If the person develops a fever, he should take *Pyrogenium* 200C every 3 hours until no longer needed (to ward off sepsis)

Cell Salts to Help with Kidney Stones

To make a cell salt solution, put up to 5 tablets of each cell salt in a 16- to 24-ounce bottle; fill with water (or your apple juice) and swirl to dissolve tablets. Sip throughout the day.

- #1 Calc fluor 6X – helps dissolve stones
- #2 Calc phos 6X – normalizes calcium absorption or removal
- #8 Mag phos 6X – right-sided, shooting pains, relaxes muscles, spasms

The other supplements that have been recommended amongst members of the Health and Wellness team are:

- Herb Pharm Stone Breaker Urinary System Restoration
- Planetary Herbals Stone Free