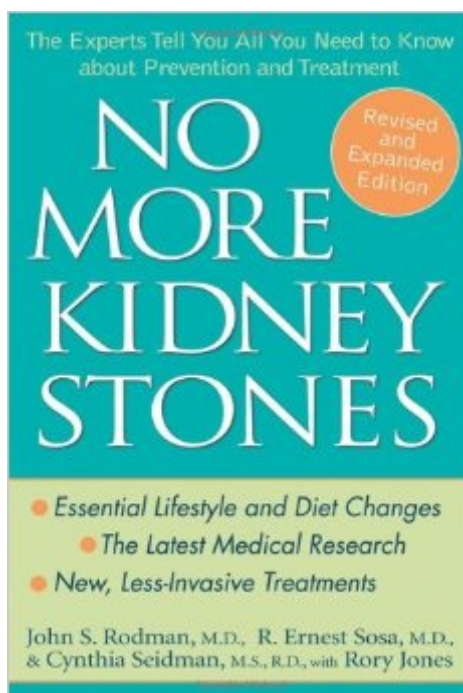


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# No More Kidney Stones: The Experts Tell You All You Need To Know About Prevention And Treatment



## Synopsis

**A Proven Plan to Prevent Painful Kidney Stones** At last! Whether you are a chronic kidney stone sufferer or at risk of developing stones, this practical, comprehensive guide will help you take charge of your health and eliminate this painful disease from your life forever. Written by a team of experts in the field, **No More Kidney Stones** includes the latest information on risk factors, dietary and lifestyle choices, and state-of-the-art treatments. It includes: \* Specific, detailed remedies to prevent the formation of the four major types of kidney stones \* Prescriptions for creating a diet that works and dietary troublemakers to avoid \* Treatment options, including Extracorporeal Shock Wave Lithotripsy (ESWL), cystoscopy, ureteroscopy, percutaneous stone surgery, and open surgery \* Case histories showing what types of treatment are appropriate for what specific conditions \* Guidance on what to expect before, during, and after treatment \* Advice on finding the right specialist

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## Customer Reviews

This is an okay book from the standpoint of advice from a urologist. After all such doctors should be the experts on kidney stones. I was diagnosed this past spring with two 8mm kidney stones - one in each kidney. So I found and read this book. While reading it I thought it was extremely good and was prepared to give it five stars but now a couple of months later I realize that this book has really missed a lot of information that people like me need. I may be wrong in some of the things I'm about to say because I really need to reread the book to remember what it said and what it did not say. The advice on staying hydrated is always a given. The second point the author made was to limit

animal protein to what I remember to be about 12 ounces a day. I believe this to be a valid point because while I once made stones every 2 years my recent experience with them was the first I had in the past 9 years. During that time I was eating a lot less animal protein and for part of the time I was vegetarian or mostly vegan. Last October I went on a low carb diet and began eating a lot of animal protein. I don't doubt that that had something to do with my recent kidney stone problem. [By the way, low carb diets are not suppose to be high protein but rather high fat with moderate protein.] So what is wrong with the book? After reading it I continued to research the topic. I found out that if you keep the alkalinity of your urine close to 7 [at least above 6] you will likely not make any kidney stones. Rather than avoid all the healthy high oxalate foods that the book mentions like spinach and kale it makes a lot more sense to me that you should be more concerned with the PH of your urine. I learned that lemon juice is a great way to alkalize your urine.

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