

Kidney Support & Prevention

Research Suggests

10 mg of B6 and 300 mg of magnesium.

These levels can be gotten from the following:

B6 Phosphate 1 per day

Mg-Zyme™ 3 per day at bedtime

To attain these levels and provide further antioxidants and drainage herbs which avoid congestion consider using **Nephra-Zyme™** 4 tid instead

Treatment Notes by Dr. Mae Beth Lindstrom

For people with acute kidney stone problems.

Aqua-Ma-CI™ 1 tsp every minute for acute pain, increase time to 5-10 minutes when pain is reduced. Each tsp contains 200 mg of elemental magnesium.

Dose when out of pain is 1 tsp every 2-3 hours (or 3-6 times per day) mix with lemon or lime juice or mixed EFA's use until the stool is loose and then back off to the dose that will create a loose but formed stool.

Phosphatidylcholine 6 per day throughout the day

B6 Phosphate 5 tablets 3 times per day.

Organic Lemon or Lime (better) juice concentrate straight is best if you can take it. If you can stomach it use 16 oz per day. If you have to dilute it you must use spring water to dilute it.

Add 8 glasses of 8oz water per day minimum

Nephra-Zyme™ 4 three times per day

Other Interesting Tidbits about Kidney Stones

In 1974, two Harvard researchers found that magnesium oxide (300 milligrams daily) and vitamin B6 (10 milligrams daily) **could reduce the risk of recurrent calcium oxalate stones by 92.3%. Their research was published in the Journal of Urology.**

In 1991, the British Journal of Urology published another prevention study. During a five-year investigation, researchers determined that the use of 10 grams (less than 1 tablespoon) of rice bran twice daily after meals **reduced new calcium oxalate kidney stone formation by 83.4%.**

Product Notes

Nephra-Zyme™ Contains vitamins A, C, B-6, magnesium, as well as herbs known to support renal function and known to assist with the resolution of edema; 4 tablets, 3 times a day with meals. The product was designed for patients who are vegetarians and require renal support and for patients who require renal support during chelation (the reduced glutathione assists with the removal of metal body burdens); 3-5 tablets, 3 times a day with meals. For acute renal problems or edema, increase to 4 tablets, 5 times a day for three days then return to 4 tablets, 3 times a day until the problem abates. Not recommended during pregnancy or lactation.