

Kidney Stones—Cause and Prevention

Kidney stones commonly contain calcium in combination with either oxalate or phosphate. Causes are several: inability to metabolize uric acid, gout, excessive Vitamin D intake, urinary tract infections, blockage of urinary tract, and certain diuretics or calcium based antacids may increase

the risk of forming kidney stones by increasing the amount of calcium in the urine. Inflammatory bowel problems cause this as well. If you have very acidic urine, you may need to eat less meat, fish, and poultry. These foods increase the amount of acid in the urine.

A simple and important preventative lifestyle change is to increase liquid intake, preferably water. You should drink enough liquids throughout the day to produce 2 quarts of urine every 24 hours. Oxalate containing foods (call for the list) such as beets, chocolate, coffee, cola, nuts and wheat bran should be cut back. Magnesium Glycinate 1200mg daily is also helpful. For more information, see Larry or Jack.

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