

Kidney Stones

What are kidney stones?

Kidney stones (renal lithiasis) are small, hard deposits that form inside the kidneys. The stones are made of mineral and insoluble organic salts. They develop due to several causes, and appear in the urinary tract, mainly in the kidneys, but also in the bladder and ureters.

Signs and Symptoms

Severe stabbing pains, occurring in waves which usually last 20 to 30 minutes; nausea/vomiting; fever; painful urination; blood appearing in the urine. The pain is located in the back or between ribs and hips.

What Causes Kidney Stones?

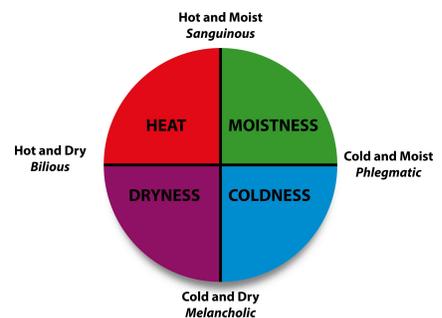
No single cause is evident for the development of kidney stones.

Several factors increase the risk of developing kidney stones: Consumption of calcium-rich food and drink over time; alkaline urine, which encourages solid calcium salt formation; low water intake; living in a hot climate; repeated kidney infections.

The formation of crystals in the urinary tract results in the onset of inflammation, which leads to pain.

The Tibb View of Kidney Stones

According to Tibb, kidney stones are associated with **qualities of dryness with coldness**, as calcium deposits collect and harden to form stones. This dryness with cold often results from an improper lifestyle, such as a low water intake. People with the melancholic dominant or sub-dominant temperament are most likely to develop kidney stones, due to their innate dominance of dryness. However, people with other temperamental types are also at risk of kidney stones due to a poor lifestyle, especially from a faulty diet and low fluid intake.



Treatment and Management of Kidney Stones

Treatment and management is aimed at **reducing the excess dryness with cold** qualities associated with kidney stones, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of kidney stones.

- Eat **mostly Hot & Moist foods**, such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Drink plenty of warm water.
- Calcium-rich foods like dairy products (cheese, cream, and butter), fish (sardines, pilchards and anchovies) and animal protein should be selected.
- Restrict the intake of refined sugars, fructose (especially corn syrup), cola drinks and apple juice.
- Decrease the intake of spinach, strawberries, nuts, rhubarb, wheat germ, dark chocolate and tea.
- Excessive alcohol intake leads to dehydration, so cutting down should help sufferers from kidney stones.

Medication

Herbal Remedies

- Sip an infusion made from four tbsp fennel seeds in one litre of boiling water.

Tibb Medication

Tibb Renotone tablets - This herbal medicine inhibits stone formation and growth, boosts urine flow, reduces inflammation, helps prevent kidney infection, and relieves kidney spasm. Tibb-Renotone is associated with qualities of **moistness** with **heat**, which makes it an ideal treatment for preventing and dissolving kidney stones.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian gourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix