

Your Health

Q & A

Got a niggling health problem? Our team of experts are here each month to advise you on the best alternatives

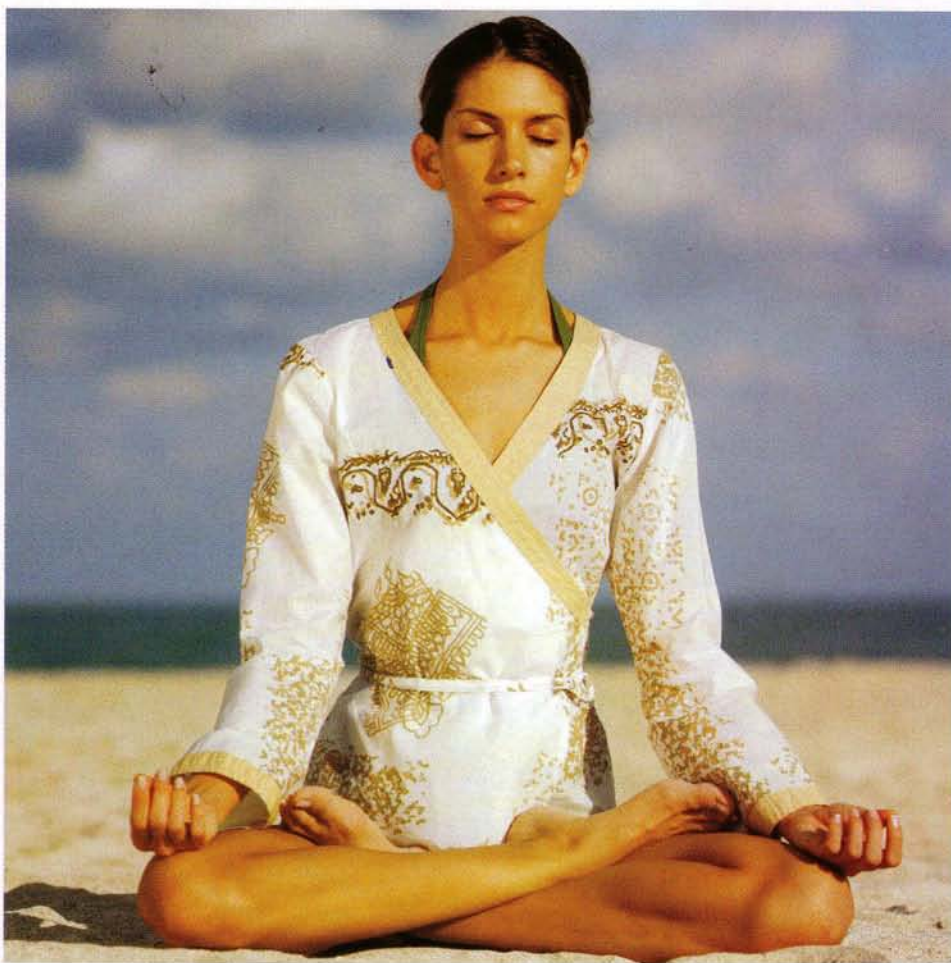
“HOW CAN I AVOID ANOTHER KIDNEY STONE?”

A couple of weeks ago I suffered excruciating pain in my back and side. It was diagnosed as a kidney stone and, sure enough, a couple of days later I passed the offending object in my urine. The whole experience was extremely unpleasant and I wish to do everything possible to prevent it from happening again. What do you suggest – I'm female, aged 38?

Stella New advises:

Kidney stones are accumulations of mineral salts that can occur anywhere along the urinary tract. When small they cause virtually no pain, but if they become large enough to restrict the flow of urine, or begin to pass through the tract, they can be one of the most painful of all health disorders. There are four different types, but by far the most common are calcium stones. These often run in families and are also more common in soft-water areas. If you do pass a stone, it is helpful to pass it on to your health care provider for analysis.

Assuming the stone you passed was a calcium stone, there are several things you can do to help prevent a recurrence. Increasing water consumption to eight glasses a day dilutes urine, preventing concentration of the mineral salts that form stones. The juice of half a fresh lemon in warm water first thing every morning helps to prevent stones from forming, and a daily cup of nettle or marshmallow tea, available from good health shops, helps to cleanse the kidneys. Try to cut down on sugar and refined (white) carbohydrates, animal fats and protein, fizzy drinks and stimulants such as caffeine, all of which cause extra calcium to be excreted. Vitamin A and magnesium can discourage stone formation, so increase foods such as apricots, carrots, pumpkin, root and leafy-green vegetables and wholegrains such as brown rice. Exercise also helps to move calcium from the blood to the bones where it belongs. Useful supplements include Lifestream's Aloe Vera juice, available from Xynergy Health Products (xynergy.co.uk/08456585858), which helps to ease inflammation and prevent stone formation. The homeopathic tissue salt calc fluor, available from most good health food shops, also helps to break down and prevent the formation of kidney stones.



NEXT STEP FOR ASTHMA

My 15-year-old daughter has just spent a night in hospital following her first asthma attack. She now has an inhaler, but I was interested in other alternative methods that she could use to control her condition. What would be the next step?

Harald Gaier advises:

What will need to be done is some detective work to establish why your daughter is having asthmatic attacks. The orthodox medical approach would normally include a metabolic screen, to rule out anaemia, iron deficiency, vitamin B12 or folic acid deficiencies, an electrolyte imbalance and eosinophilia (evidence of allergic response), a urinalysis and perhaps a chest radiograph (x-ray). In some cases an atypical pneumonia antibody screen might also be undertaken.

An integrated medical approach would include the above orthodox tests, plus the following: a high-resolution blood microscopy analysis to rule out unusual infections; a mineral profile; a vitamin profile; a check on the status of essential fatty acids; a check for chemical toxicity by doing a lymphocyte chemical sensitivity test; a food intolerance assessment; an intestinal permeability study ('Leaky Gut' test, which is a non-invasive urine test); and/or airborne allergen testing (for fungus spores, pollen, animal dander, house dust mites etc). This may lead on to further investigations, depending upon clinical findings, such as a full environmental chemical screen or TILT-check (toxicant-induced loss of tolerance).

In my experience, the liquid homeopathic combination remedy, *santa herbal* (made by Laboratoires Lehning), taken regularly, often significantly helps to control bronchial asthma.