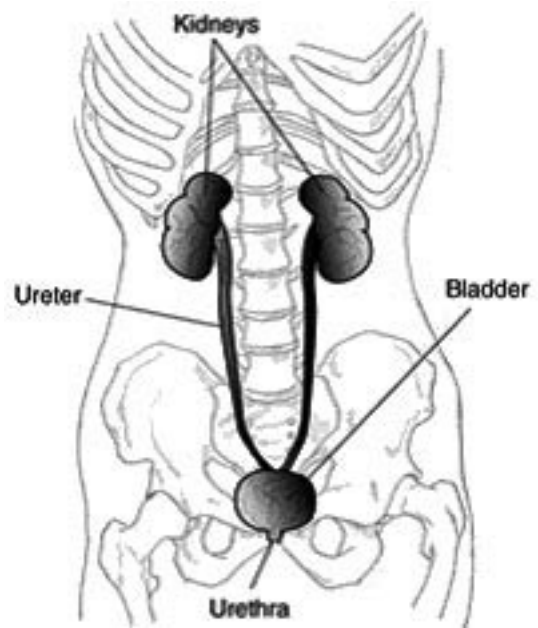


DAY *five*

Kidney Stones and Rice Bran Extract

About 500,000 Americans suffer from kidney stones each year. Some of the high-technology methods utilized to eradicate kidney stones are “extracorporeal shock wave lithotripsy” (shattering a stone with a shock wave produced outside the human body); Retrograde intrarenal surgery which inserts a scope into the bladder and ureters leading to the kidney to crush or evaporate the stones; PNL (percutaneous nephrolithotripsy) removes large stones by puncturing the kidney through the skin; and open surgery under anesthesia to remove stones. These all seem like harsh methods of stone removal compared to a proven natural remedy that is entirely overlooked by both conventional and alternative medicine.

It has been known for some time that adults who consume more whole grains that provide a calcium-chelating (removing) molecule called phytic acid have fewer kidney stones. [Scandinavian J Urology Nephrology 34: 162-64, 2000] In a published report entitled “Phytic acid is a powerful agent for preventing calcifications in biological fluids: usefulness in kidney stone treatment,” researchers in Spain point out that test-tube studies, lab dish studies and human experiments “demonstrate that phytic acid plays an important role as a crystallization inhibitor of calcium salts in biological fluids and becomes a clear alternative



Stones can become lodged in the kidneys, ureter or bladder.

Image courtesy The National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health.

in the treatment of calcium oxalate kidney stones.” [Anticancer Research 19: 3717-22, 1999; Archives Esp Urology 52: 94-99, 1999; Scandinavian J Urology Nephrology 32: 261-65, 1998] The effectiveness of phytic acid in clearing kidney stones has been known since 1996. [Nephron 73: 561-68, 1996]

Phytic acid (inositol hexaphosphate) is sold in health food stores as IP6 from rice bran and about 3000 milligrams taken daily with water only on an empty stomach would be recommended to kidney stone formers (plain rice bran doesn't

DAY *five*

Kidney Stones and Rice Bran Extract (cont'd)

work). IP6 phytic acid dissolves these calcium stones and eliminates the need for expensive and more invasive procedures.

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