



### **Treating Kidney Stones Naturally [work in progress]**

I did some research for a friend who was having severe pain and urinary issues from kidney stones, he was trying to tough it out, poor guy! Unfortunately, if you let things get too advanced, this can be quite dangerous. So please be careful to read the warning signs in these links carefully and take action quickly if there is any concern, using the guidelines based on the information provided in these links.

I looked up "treating kidney stones naturally" on Google.com and found these results that looked helpful.

<http://www.webmd.boots.com/a-to-z-guides/treatment-for-blood-in-the-urine>

<http://www.globalhealingcenter.com/natural-health/remedies-for-kidney-stones/>

<http://www.naturalremediesforkidneystones.net/> - sources of magnesium - raw organic cashews, sesame seeds, black beans, broccoli, pumpkin seeds, spinach, okra

<http://kidney.niddk.nih.gov/kudiseases/pubs/stonesadults/>

<http://www.wikihow.com/Get-Rid-of-Kidney-Stones>

Blood in urine or haematuria: Kidney stones, UTIs and other conditions may be to blame

[www.webmd.boots.com](http://www.webmd.boots.com)

Hope this is helpful to you as well, let me know what else you find that would be helpful, and I can add it in here.

All the best!

**Christina Borland**, Owner  
Go Veggie Girl, LLC