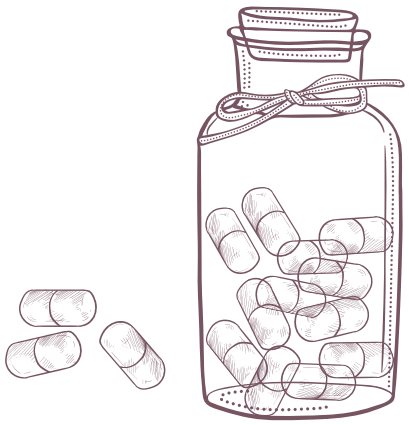
Kidney Stone Remedies

HERBAL CAPSULES



3 parts uva ursi
3 parts marshmallow root
2 part juniper berries
2 parts gravel root
2 parts skullcap
1 part Oregon Grape root
1 part valerian

Use powdered herbs to make capsules. This formula tastes horrible so capsules are the best way to go, but you can make a tincture or tea with it.

POWER LEMON WATER

2 cups distilled water
4 drops lobelia tincture
15 drops juniper berry tincture
½ lemon
3 drops of liquid stevia to taste

Squeeze the lemon and then drop right in the water with all the other ingredients. Sip throughout the day, refilling as necessary.

Drinking a lot of distilled water while dealing with stones helps get them out faster, adding lemon to the mix will help break down and dissolve the stones. The juniper tincture increases urine flow and eliminates congestion, removes waste and strengthens the kidneys, bladder and urinary passages. The added lobelia helps to relax ureters, relieve pain, and hasten the passing of stones, it amplifies the effects of all other herbs as well.