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## KIDNEY STONE DIET

### *Increase Vitamin A Intake:*

Fish liver oils, butter, liver, broccoli, carrots, mils, cheese, eggs, apricots, spinach, pumpkin, oat flower, raisin bran, ripe cantaloupe, sweet potatoes, all green and yellow vegetables.

### *Vitamin D:*

This vitamin should be maintained, particularly in the winter when the sun does not convert the vitamin in the skin. Up to **500 mg/day**

### *Magnesium and B2:*

Unrefined grains, sea foods, figs, apricots, almonds, bone meal, green leafy vegetables (or *CAL/MAG does fine*)

*Yeast or good quality non yeast B vitamin supplements, nuts, milk, bran, pork, fish, leafy vegetables and oysters from northerly beds, such as Maine*

Avoid refined foods and salt ; especially MSG

Do not overdo *Vitamin C*, so as not to irritate the linings of the kidney. C should be taken 3 times per day, no more than 300 mg, except when ill. Then you may temporarily increase to 1000 grams 3 times a day.

Increase fluid intake throughout the day, especially in the morning so that urine is copious and without deep color (except typical greenish-yellow vitamin color). It is better to get up once a night to urinate than to retain concentrate. Add a small amount of either lemon or cider vinegar (preferred) to your latest glass of water or to night table water and it may have a small amount of sweetener (honey is no better than sugar or molasses).

Cranberry capsules are helpful to maintain urinary tract from irritation in cases where an individual also has a tendency toward bladder infections.

Check with your physician if symptoms appear or further information is desired.

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