



Diet and Kidney Stones

Under microscope power, one can see the jagged surface of kidney stones. Not a nice picture to think of them scraping down your urinary canal! Kidney stones affect approximately 1 in 11 people in the United States. Twenty years ago it was only 1 in 20. Our first clue as to why the increase, was a study published in the 1970's, which found a striking relationship between stone incidence and the consumption of animal protein. This was a population study, though, so it couldn't prove cause and effect.

That study inspired researchers in Britain to do an interventional study, adding animal protein to subjects' diets, such as an extra can of tuna fish a day, and measuring stone-forming risk factors in their urine. Participants' overall probability of forming stones increased 250% during those days of extra fish. The so-called "high animal protein diet" was just enough to bring intake up to that of the average American. So, Americans' intake of meat appears to markedly increase the risk of kidney stones.

What about consuming no meat at all? By the late 1970's, we knew that the only dietary factor consistently associated with kidney stones was animal protein. The higher the intake of animal protein, the more likely the individual was to not only get their first kidney stone, also to suffer from subsequent multiple stones. This effect was not general high protein intake, but specifically high animal protein intake. Conversely, a diet low in animal protein may dramatically reduce the overall probability of forming stones. This may explain the apparently low incidence of stones in vegetarian societies; so, researchers advocated "a more vegetarian form of diet" as a means of reducing the risk.

It wasn't until 2014 that vegetarian kidney stone risk was studied in detail. Using hospital admissions data, researchers found that vegetarians were indeed at a lower risk of being hospitalized for kidney stones. It's not all or nothing, though. Among meat-eaters, increasing meat intake is associated with a higher risk of developing kidney stones, whereas a high intake of fresh fruit, fiber, and magnesium may reduce the risk.

Which animal protein is the worst? Despite compelling evidence that excessive animal protein consumption enhances the risk of stone formation, the effect of different sources of animal protein had not been explored until another study in 2014. Researchers compared the effects of salmon and cod, chicken breast meat, and burger and steak. In terms of uric acid production, they found that gram for gram fish may actually be worse. However, the overall effects were complex. Basically, stone formers should be counseled to limit the intake of all animal proteins, and not by just a little bit. Only those who markedly decrease their animal protein intake may expect to benefit.

— Nutritional Facts, Michael Greger M.D. FACLM, May 2, 2017

"Making our urine more alkaline can also help prevent the formation of kidney stones (and even dissolve and cure uric acid stones)."

Michael Greger M.D.

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This newsletter is produced by:

 **AutumnLeaves**
New Zealand Limited

PO Box 654, Rangiora, 7440
New Zealand
health@autumnleaves.co.nz
ph 03 313 7762 fax 03 313 7769
www.lifestyleworks.nz

Best Way to Wash Fruit and Vegetables

Michael Greger, M.D. April 14, 2017

There is a plethora of products alleged to reduce fruit and produce pesticide residues. So researchers put these products to the test, and found many did no better than plain tap water. They actually found water removed up to 80% of pesticide residues like the fungicide, Captan, for example.

Multiple Myeloma

Michael Greger, M.D. May 11, 2017

Multiple myeloma is a cancer of our antibody-producing plasma cells, and is considered one of our most intractable blood diseases.

The precursor disease is called monoclonal gammopathy of undetermined significance (MGUS).

MGUS itself is asymptomatic, but should it progress to multiple myeloma, you only have about four years to live. We need to treat MGUS early, before it turns into cancer. Unfortunately, no such treatment exists. Researchers figured they might as well try some dietary changes.

One such dietary change is adding curcumin, the yellow pigment in the spice turmeric. Why curcumin? It's relatively safe, considering that it has been consumed as a dietary spice for centuries. And, it kills multiple myeloma cells.

Organic Food: Over or Under rated?

Michael Greger, M.D. April 27, 2017

Recently higher cancer rates have been noted in people who live in areas where pesticides are heavily sprayed.

Organic fruits and vegetables do have fewer pesticides, but even the levels on conventional produce are generally well below acceptable limits. So a sensible approach needs to be made before going all out organic with conventional foods totally unaccepted.

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Self Heal By Design

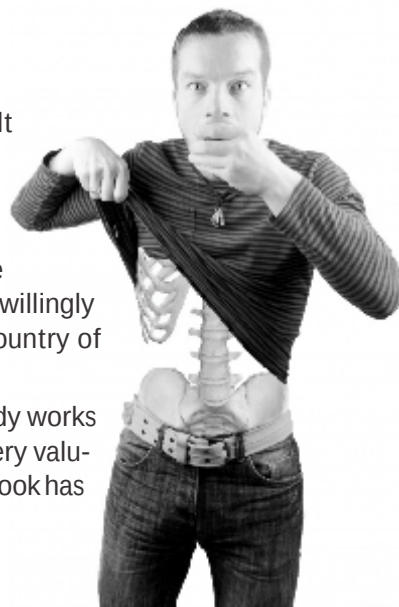
The body has the amazing ability to self heal built into its very design, and you can design a programme that will enable the body to do that very thing!

Author and instructor on natural health and healing benefits, Barbara O'Neill, has gained valuable experience, knowledge and common sense that she willingly shares to the benefit of many people both in her country of birth, Australia, and around the world.

To make her valuable information on how the body works and to improve its functionality, she has written a very valuable resource in her book "Self Heal by Design". This book has chapter titles such as:

Sickness Is No Accident: The body has a plan
Historical Moments: What does the past tell us?
Familiarising With a Fungus Feast
Mycology: The study of fungi
Presenting the Evidence, History of Fungus: The role fungus plays in human disease
The Link Between Fungus and Cancer
The Role of Genes in Disease: Are we in bondage to defective genes?
Fuel for Life: Food performs or deforms
Conquering Candida: And other fungus/yeast-related problems
Acid and Alkaline Balance: Precision is everything
The Stomach's Secret Weapon: Hydrochloric acid and digestion
Liver: The project manager

The book then includes just over 40 pages of nutritional recipes, all totally plant based and attractive to taste and the eye. The book contains an index, and a concluding section on the life of the author and her family. A very valuable resource to add to your library.



Discovering Good Health

Also by Barbara O'Neill is a 13 part series on Discovering Good Health on 6 DVD's.

Packed with good, practical information to aid the mind, body and spiritual well-being of all mankind, Barbara lectures on current health issues that plague our current generation.

	BOOK	DVD set
	Self heal by design An easy to read book packed with information that enables the reader to intelligently embrace a lifestyle that works with the body's amazing ability to heal itself. \$34.00 +p&p	Discovering Good Health 13 DVD presentations in an attractive 6 DVD set by Nutritionist, Naturopath, International speaker on Womens health and Mother of eight. \$120.00 +p&p



Recipe - Buckwheat Pancakes

Makes 4 medium pancakes.

½ c buckwheat flour
¼ c brown rice flour
1T cornflour

1t aluminium free baking powder
¾ c non-dairy milk
1 ripe banana, mashed (or 1 blended apple/pear)

Mix ingredients in bowl.

Cook in flat press for around 2 min each, or hot pan until ready.

Serve with stewed apple/pear

—Highwood Health Cookbook p.9

