

# Foods That Dissolve a Kidney Stone

**Kidney Stones** can be the result of either too much uric acid in the body or too much calcium causing the production of five different kinds of stones. Most stones dissolve in urine containing various acids from foods eaten. Larger stones often cannot be dissolved in acidic urine, remaining in the kidneys and possibly needing surgical removal if they cause problems. There are several foods you can eat or eliminate from your diet that increase the body's ability to dissolve most kidney stones.

## Water

Stay hydrated, says DoctorYourself.com. Maximizing fluid intake allows the kidneys to produce enough urine to inhibit the production of additional stones and control the build up of uric acid and calcium salts from forming. These are the two main substances responsible for causing stones.

## Vitamin C

Vitamin C has been shown to have an effect on reducing kidney stones. DoctorYourself.com suggests consuming orange, grape, cranberry and carrot juices, all high in vitamin C. You can also consume buffered vitamin C ascorbate supplements available in health food stores.

## Fruits and Vegetables

Drinking fruit and vegetable juices and eating your fruits and vegetables aids in keeping uric acid crystals diluted and dissolved in the urine, preventing the occurrence of urate kidney stones. Be careful with spinach and rhubarb two vegetables high in purines and able to produce uric acid crystals in the urine.

## Lemon Juice

High in **potassium** and vitamin C, lemon juice can contribute to keep the pH balance at a point that helps prevent the formation of uric acid crystals and urate kidney stones, according to Health911.com. Lemon juice also helps in the creation of calcium carbonate, which acts to alkalize the body by adjusting the pH causing the system to neutralize acids which contribute to the formation of oxalate stones.

## Tart Cherry Juice

Tart cherry juice helps to reduce uric acid in the blood stream and keeps uric acid crystals dissolved in the urine. It is able to help prevent and dissolve existing urate stones due to being high in potassium creating an alkaline-forming condition in the body, reports Dr. Theodore A. Baroody in his book Alkalize or Die.

## Other Considerations

The majority of kidney stones are calcium-based and instead of reducing the amount of calcium in the diet, DoctorYourself.com recommends reducing the amount of phosphorus, which interferes with calcium absorption. By eliminating sodas and carbonated drinks from the diet you can reduce phosphorus and phosphoric acid that will help the kidneys balance electrolytes protecting them from stone formation.

Reference website: <http://www.livestrong.com/disease/1868-kidney-stones/>