



JULY/AUGUST

Hot weather makes us thirsty, and more prone to dehydration, but did you know what you drink to quench that thirst and replace fluids may cause kidney stones? Combining dehydration with a subsequent large intake of sugar-sweetened drinks makes favorable conditions for the formation of painful kidney stones.

What Is A Kidney Stone?

Kidney stones are mineral salts that accumulate in the urinary tract. When these substances crystalize and lump together, kidney stones begin to form. As the stones increase in size, they begin to block urinary flow and lodge in the tube leading from the kidney to the bladder.

Indications of possible kidney stones are severe pain in the back, lower abdomen, or groin, which may also be accompanied by fever, chills, or flu-like symptoms. Urination may be painful, or more frequent than usual. Urine may appear cloudy or bloody. 80% of all kidney stones are calcium stones.

Drink more water and fluids. People who drink the most fluids are more likely to prevent kidney stones from forming, according to a Harvard study. Instead of increasing your intake of sweet tea or fruit juice, drink water, especially when spending time outdoors this summer. Drinking adequate amounts of water not only prevents dehydration and heat exhaustion, but dilutes the urine and prevents minerals and salts from concentrating and forming kidney stones.

Drink lemon water. To prevent kidney stone formation, squeeze the juice of a fresh lemon or add a drop or two of therapeutic grade lemon essential oil into a glass of water and drink daily. If you are suffering with a kidney stone, for pain relief, squeeze one-half of a fresh lemon into an 8-ounce glass of water and drink every half hour until pain eases. **Have a blest and safe summer!**



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