

Kidney Stones, Gallstones, and Bone Spurs

The follow protocol will dissolve kidney stones and bone spurs. If lecithin is added, it will also work toward dissolving gallstones.

1. Hydrangea root extract or Gravel root extract from Good Herbs at about 30 drops a day of one or the other.
or
1. Grind in a coffee grinder and then mix Hydrangea root and Gravel root (Collinsonia root) together in equal parts.
2. Simmer 1 heaping tablespoon of the mixture in a pint and a half of water until it is reduced to one pint.
3. Strain and cool, and drink as much as two pints daily.

To assist in dissolving gallstones, lecithin granules can be taken in ½ - teaspoon doses 3 times daily with the drinking of the tea. Gallstones are mostly cholesterol and the lecithin will work toward breaking them down.

It will take 2 to 3 weeks to dissolve the gallstones and kidney stones and probably about the same amount of time to have a significant effect upon bone spurs.

This protocol is for a specific purpose and not to be used on a continuous basis.