

# Qi Gong for Kidney Stones

By Lisa B. O'Shea

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Kidney stones can cause severe pain, nausea, and fever. Every year about 1.3 million people get medical attention for kidney stones in the U.S. Although

the problem seems to be increasing, it has been around as long as there have been people. Investigations of a 7000 year old Egyptian mummy showed that the individual suffered from them.(www. About.com)

There are several different types of kidney stones but the most common of these are composed of calcium and oxalic acid consumed in the diet. Both of these substances are very beneficial to the body and restricting consumption of these is not the best solution. Some studies have even shown that eating foods that contain both at the same meal can reduce the risk of kidney stones. Many studies have been done and can offer some useful advice to those trying to prevent recurrence of kidney stones.

If you've had kidney stones in the past it is important to drink lots of water, six to eight glasses daily. The urine should be very pale or watery in color. Too much protein, especially from meat which has a higher sulfur content, has been shown to increase the risk of stones. Further research indicates a diet containing a normal amount of calcium but reduced amounts of animal protein combined with a low salt diet protects against stones better than a low-calcium regimen.

Taking your calcium supplements with lunch or dinner has

also been shown to help. The calcium combines with the oxalic acid in foods in the intestines and it will pass out of the body easily with normal bowel movements preventing the compounds from entering the blood and crystallizing in the kidneys. Eat more foods rich in fiber and potassium. Potassium is found in foods like broccoli, peas, lima beans, tomatoes, potatoes (especially their skins), and leafy green vegetables such as spinach, lettuce, parsley, and fruits such as apples, bananas, and apricots. Avoid caffeine and sodas. Colas which contain phosphoric acid increase the risk of stones significantly in people who drink three or more cans a week.

Improving the circulation through the kidneys is also vital to the health of these organ. The following Qi Gong exercise combines a simple movement with breathing and visualizations to increase the flow of energy, fluids, and blood to the kidneys for improving their health.

## Kidney Sound Exercise

Begin the form sitting comfortably with your palms facing up on your lap. As you breathe in, turn the palms down and bend forward slightly at the waist and hold your knees with the palms of your hands. Feel a slight stretching feeling in your kidney area which is on both sides of your spine, just behind the lower edge of your ribs.

As you exhale keep your head looking forward and make the following sound. "Whooo" like wind blowing, very quietly. As you make the sound, picture both your kidneys deflating like two balloons and imagine the negative emotion of fear being release from your kidneys. When you finish the single breath with the sound, inhale and sit up slowly and allow your hands to come back to your lap, palm up. Relax completely and imagine your kidneys filling back up with blue light and imagine the positive emotion of gentleness grow in your kidneys. Relax as long as you want. Repeat this exercise as many times in a row as feels good. If you currently have kidney stones do this exercise three times or more per day. To prevent kidney stones, once or twice a day is fine.



**Kidney Sound**  
**Fear => Gentleness**  
**"Whoo"**  
**Blue**