



Code AN224	Calcium Oxalate Or Calcium Phosphate Stones (Set of 2)	10 Pages
HAMPL PET Natural solution for Bladder OR Kidney Stones		
Last Updated: 13-11-18		Suitable for all species.

ANIMAL DOSING APPLICATION:

~ Homeopathic formula (clear liquid or white pills)

Dosing: One dose is 3 to 4 drops on body (shoulder blades) not to be given orally. Refer to: Bottle label for suggested frequency repeat dosing each day.

~ Herbal formula (brown liquid which has a strong smell and taste)

(Refer to Bottle label for the amount of drops suggested for your species and size)

Dosage application: To give the suggested amount of drops, we must dilute it in some food and offer. Eg. Having a good supply of tins of plain sardines in spring water and mash some sardines with the herbal drops suggested and hand feed medicines.

* **For Felines:** must dilute in hot water first. Eg. Use the suggest amount of drops with ¼ teaspoon of slippery elm powder into a egg cup (20ml) fill with hot water, stir well. Then oral syringe small sips until 1 ml has been taken. Or add 2ml – 3ml mixed well into meals. I found if I add some hot water from kettle to raw meat, mix to make meat warm, then add the herbs and a pinch of synergy greens powder and mix well, they like to eat the food with supplements and herbs in food. (But If the food is cold they tend to not want to eat it)

HAMPL Natural Medicine - Set of 2

1 **HAMPL Stone Aid 50ml** *comes in either clear liquid or white pills HOMEOPATHIC

***Works on:** *Cleansing and detox kidney stones, pain and inflammations and spasms and urine retention.* Dosage Suggestion: A dose repeated 4 x daily on body. Use "Acute" dosing method if trouble urinating (i.e. every 5 mins to 10 mins for 4 repeats.) Reduce or stop on no stone issues anymore.

2 **HAMPL Herba Stone 100ml** * is brown, strong tasting liquid HERBAL

*** Works on:** Dissolving large and small crystals of the solid accretions (oxalate stones) formed in the kidneys called kidney stones, or gallbladder stones to bladder stones. E.g the herb Chanca piedra has a long history of traditional medicinal use for many different health conditions, although is especially known for its ability to dissolve kidney stones and gallstones and promoting gallbladder, liver and kidney health. *** For "Struvite" type Stones**

Refer to natural medicines treatment: **Refer to: (AN015) HAMPL Bladder Clear formula drops.** In conjunction with the hampl homeopathic and herbal formulas **solution to also help prevent oxalate bladder or kidney stones** (give twice as much for, dogs) the below supplements.



CALCIUM STONE FORMULATIONS

The chemical composition of stones depends on the chemical imbalance in the urine.

The five most common types of stones are comprised of calcium—calcium oxalate and calcium phosphate, uric acid, struvite, and cystine.

Kidney **stones** are most commonly **caused** by hypercalciuria (too much calcium) **and/or** hyperoxaluria (excessive urinary excretion of oxalate)

Dogs with bladder stones typically have some or all of the following symptoms:

- Urinary accidents.
- Frequent attempts to urinate without producing much urine.
- Straining to urinate.
- Discolored urine.
- Licking around the urinary opening.

Approximately 85 percent of stones are composed predominantly of calcium compounds. The most common cause of calcium stone production is excess calcium in the urine (hypercalciuria). Extra calcium is normally removed from the blood by the kidneys and excreted in the urine. In hypercalciuria, excess calcium builds up in the kidneys and urine, where it combines with other waste products to form kidney stones. Low levels of urinary citrate and magnesium, high levels of oxalate, sodium and uric acid, and inadequate urinary volume may also cause calcium stone formation. Calcium stones are composed of calcium that is chemically bound to oxalate (calcium oxalate) or phosphate (calcium phosphate).

Note: Cats should not be given the "Acidic" vitamin C or commercial tin foods. i.e. Hills special ph balance diet, as this can cause **Oxalate** stones of this type, it may have originally been used to prevent the **struvite crystals** or cystitis bladder infections. Your dog or cat has know got "too acidic" system, and need to stay away from anything that would give their body more acidic. **Most common in pet is having a too alkaline system from tin foods and dry foods.**



The Calcium “Oxalate” type of crystal or stones formation.

Males (dogs/cats) are more likely to have them, probably because females have larger openings and the stones pass through without growing. At least that is one theory.

Infections may cause some type of stones as bacteria interfere with pH value (which indicates the acidity of the urine). Diet and/or drugs, tap water, (plus cigarette smoke) known with other conditions may also play a part in forming stones. Commercial diets especially the use of the special Hills PH diet that is suggested for animals who have urinary tract infections and pH imbalances.

Telltale signs of stones are in a cat –

- * **straining**
- * **blood in urine**
- * **frequent urination.**

(i.e. going back and to from the kitty litter or urinating outside box or in house)

It is estimated that 10% of cats are suffering from FLUTD. FLUTD can be caused by mucosal irritation in the urinary tract. Although, most cases seem to have no apparent cause, possible factors which may lead to irritation include: viruses, bacteria, crystals and calculi. Most common are the crystals/stones or calculi in the urinary tract (viruses and bacteria are quite rare). The stones/crystals are known as uroliths of which, the two most common are Struvite uroliths and Calcium oxalate uroliths. The incidence of these stones has changed over the last 15 years, struvite uroliths have decreased in incidence and calcium oxalate uroliths have increased in incidence, the reason for this is thought to be due to new types of urine acidifying diets available to prevent Struvite uroliths, more environmental toxins and stresses and contaminated drinking water. Always provide filtered water for your pets and your family.

Struvite crystals:

Refer to: **(Product AN015) HAMPL BladderClear 15 Drops.**

These stones are mainly phosphorous and magnesium, which form in an alkaline urine pH. Studies have shown that the urine pH plays an important part in preventing the formation of struvite crystals. Animals with these crystals have been found to have a high, or alkaline urine pH. (6.6 or higher) Another type, calcium oxalate crystallization, can occur in cases of an over acidic urine pH.(below 6.0) It is recommended to maintain a urine pH is between 6.0 - 6.5 to prevent crystal formation. It is important to realize that though **struvite crystals (stones)** are a potentially deadly symptom, that they are not the only aspect of this disease or group of diseases, Maintaining a proper urine pH with special Hills diet that will artificially alter the acidic may help to prevent the formation of crystals, but does VERY little to help fight off infection and promote restoring health.



Oxalate stones:

Formation of oxalate stones, which are commonly found as kidney stones, but also in the heart or lower urinary tract, is the result of free calcium ions binding to oxalic acid - a substance excreted in the urine - to form the less soluble salt called calcium oxalate. Over-supplementation with calcium, dietary intake of ammonium chloride leading to calcium loss from the bones, a magnesium deficiency, supplementation of vitamin C - which is metabolized to oxalic acid - and consumption of oxalic acid containing foods - like cabbage, spinach, beet tops, potatoes, or peas - can lead to formation of calcium oxalate and the possible formation of oxalate stones in soft tissue, or the upper or lower urinary tract.

Testing Urine For Alkalinity

To help prevent oxalate stones, we need to keep the urine pH more alkaline. Urine should be tested for its acidity or alkalinity using a test called "pH." A pH test showing 7.0 (neutral) or higher (above 7.0 means the urine is more alkaline) is the goal. Your companion animal should have urine pH tests done routinely. We recommend acquiring litmus paper strips and testing the urine yourself frequently.

*** You can buy pH test paper at your local pharmacist.**

References: Nutrient Requirements of Cats-revised edition 1986, National Research Council
The Journal of Nutrition, American Society for Nutritional Sciences, Vol. 128, 1998
The Nutrition Desk Reference, 3rd. edition 1995, Robert Garrison, Jr.MA.,R.Ph. and Elizabeth Somer, MA., R.D., page158.
Nutrition Almanac, 4th edition 1996, Gayla J. Kirschmann and John D. Kirschmann, page 120 Prescription for Nutritionat Healing, 2nd. edition 1997, James F. Balch, M.D., Phyllis A. Balch, C.N.C. page 359 Food Chemistry - Naturally Occurring Toxins, an article by Stephen Gislason.



Naturopathic Support

Use in-conjunction with the prescribed homeopathic and herbal formulas to assist in releasing current stones and breaking them down. Diet and mineral supplements will help prevent new ones forming.

Calcium oxalate crystals are the most common cause of kidney stones —**hard** clumps of minerals and other substances that form in the kidneys. These **crystals** are made from oxalate — found in foods that contain high levels of oxalate such as **spinach, sweet** potatoes, organ meat and brown rice.

CANINE DIET

Less meat (as meat is a more acidic type of food) and include foods with lower oxalate levels like apples (peeled), a little meat and fish in their diet.

E.G **Diet:** Incorporate less meat if already feeding cooked or raw meat meals.

Two weeks of 50/50 Veg & Meat Ratio with fruit meals separate.

Incorporate mono meals.

Eventually leading to a **3 x week raw meat meals** if you can. If not just alternate between fruit meals and veggie & meat meals. In general, we see dogs do better on 25-30% raw meat, 10% meaty raw bone (e.g lamb shank or chicken necks if a small dog), and the rest Veggies and Fruits.

e.g. SMOKED kangaroo lamb necks from fruit and veg markets if you can find someone that does this. Avoid commercially sold type of dried treats.

Other: Organic Tumeric powder, Coconut oil, Dates, Raw Carrots, Dried Fruit (no sultanas or raisins), Squashes, Lightly Steamed Broccoli etc.

Pulverise all the veggies for optimal absorption.

Fasting: Fast your pet for 24 hours once a week. You can start with 12 hours and work your way up.

Following the 24 hour day fast, do a fruit day. You may add almond milk, organic maple syrup, coconut shreds, in moderation to any fruit smoothies or fruit bowls to get them to eat it.



AVOID

Acidic type vegetables, no pork, wheat or kibble foods, dried pigs ears and avoid **(high oxalate foods –** such as spinach (all green leafy foods), sweet potatoes, organ meat and brown or white rice)

Commercial pet food for stones, that are being advertised or pushed by your vet as "Oxalate pet Food" for dogs, is still not the answer, it is missing the most important mineral which is magnesium and B6, and good fish oils and poor quality protein, not to forget all the chemical dyes and additives.



Mineral Supplements

Magnesium is needed for **calcium** absorption. Without enough **magnesium**, **calcium** can collect in the soft tissues and other areas... calcium oxalate build up (stones). Not only does calcium collect in the soft tissues of arthritics, it is poorly, if at all, absorbed into their blood and bone.

The body tends to hold calcium and either store it or recycle it again and again. Magnesium, however, is either used up or excreted and must be replenished on a daily basis. So, even though the daily need for calcium is greater, we are much more likely to become deficient in magnesium.

Those with reduced stomach acid or other digestive complaints may experience lower than average absorption and digestibility of calcium and mineral supplements. Things that can inhibit calcium absorption are caffeine, soft drinks, diuretics, excess red meat, refined sugar, alcohol, excess salt, foods high in oxalic acid (spinach, rhubarb, chocolate), and certain medications.

Magnesium favorably impacts calcium oxalate stone-forming risk through multiple mechanisms. Magnesium binds oxalate in the digestive tract and inhibits the formation of calcium oxalate crystals in urine (Kohri 1988; Massey 2005). And higher magnesium consumption is significantly associated with lower risk of kidney stones (Negri 2013; Zimmermann 2005).

A study in over 45 000 US male health professionals found that those in the highest one-fifth of magnesium intake had a 29% lower risk of developing kidney stones (Taylor 2004). Another study in 311 patients with kidney stone disease evaluated magnesium levels in urine, a known marker of dietary intake of magnesium. In this population, higher urine magnesium was significantly correlated with lower urine oxalate (Eisner 2012).

The timing of magnesium supplement consumption may be important in the context of kidney stones. Magnesium must be present in the digestive tract at the same time as oxalate-containing foods in order to bind dietary oxalate and prevent it from being absorbed into general circulation, where the oxalate then has to be filtered by the kidneys, and is excreted into the urine. In a clinical study of six healthy volunteers, researchers noted administration of a magnesium supplement together with oxalate decreased oxalate absorption, whereas consumption of magnesium supplements 12 hours apart from oxalate administration did not have this effect (Zimmermann 2005).

The most common types of kidney stones, calcium oxalate and uric acid, tend to form in acidic urine.



Magnesium, potassium

Studies that used several different mineral preparations of potassium and magnesium found that adding a magnesium supplement to potassium therapy, or using potassium-magnesium, yielded superior results for improving urine chemistry compared to treatment without magnesium (Jaipakdee 2004; Kato 2004). The supplement "Potassium Bicarbonate" is used in natural supplements to alkalinize urine, increase urine citrate, inhibit aggregation of calcium oxalate and calcium phosphate crystals, and reduce the risk of kidney stones (Arrabal-Polo, Arrabal-Martin 2013; Xu 2013; Sakhaee, Griffith 2012).

~ There are several types of magnesium and potassium mineral supplements. We need to use the natural form and easy absorbed forms of both these minerals.

Add **Vitamin B6 (P5P) powder from capsule (Thorne Research Brand is a good one), plus Magnesium Malate** in daily meals to prevent and treat CALCIUM OXALATE & CALCIUM PHOSPHATE stones.

EXAMPLE:

~ Magnesium Malate is very helpful for dissolving & prevention of kidney stones.

- **Feline or toy dog:** Add a pinch into every meal if possible or add to liquid herbal mix.
- **Small dog:** ¼ teaspoon each meal
- **Med – large dog:** ½ teaspoon in each meal

This mineral is needed ongoing for your pets optimum health and long life.

Note; there are different types of magnesium, so in this case Magnesium malate is best. Magnesium Malate will help with kidney stones. The Malic Acid helps to keep new stones from forming as well. You do need Magnesium Malate powder, not any other types of magnesium.

- And yes, you do need Magnesium Malate powder, not any other types of magnesium. Can buy from: www.return2health.net or www.myherbs.net

* Also **Mag Phos** (Schuessler Tissue salt tissue tablets or drops) (from the Health store) crushed and add twice daily to meals, helps stop oxalate stones from developing - even when the pH is incorrect and the calcium levels are excessive.

* Can add **B6 powder** at the same time with **Magnesium**, as B6 is a cofactor for Magnesium (which means it will help absorption into the right places and tissue cells etc. ON going to meals is best, as magnesium health many many health conditions and preventions.



~ Vitamin B6 (p5p) activated B6 capsules

Vitamin B6 deficiency affects as much as 24% of US adults, and may in part be induced by a high-protein diet. Inadequate vitamin B6 increases urine oxalate and kidney stone risk in laboratory animals and humans, and hyperoxaluria has been successfully reduced with vitamin B6 supplementation (Murthy 1982; Nath 1990; Kim 2014; Mitwalli 1988; Massey 2003). In a 14-year study in 85 557 women, kidney stone risk was 34% lower in women who consumed the most vitamin B6 per day from diet and supplements compared with those who consumed the least (Curhan 1999). In one study, 149 people with recurrent kidney stones were treated with 100 mg three times daily of **Magnesium** plus 10 mg once daily of **vitamin B6** for 4.5–6 years. The recurrence rate fell from an average of 1.3 per year to 0.1 per year during treatment, a 92% reduction (Prien 1974).

Thorne Research Brand is the best. www.iherb.com

* Add ¼ capsule with Magnesium Malate powder and potassium powder.

~ Potassium Bicarbonate powder 100g \$6.50AUD

e.g. miracleproducts.com.au

Mix up 1 teaspoon of powder in half a cup of water, stir well.

DOSAGE once made up in liquid mix.

Cat-Toy Dog: then add 2 teaspoons of the diluted mixture to meals or milk drink
- twice a day.

Small dog: then add 1 tablespoon of the diluted mixture to meals or milk drink.
- twice a day.

Small to Med dog: then add 2 tablespoons of the diluted mixture to meals or milk drink.
- twice a day.

Med to Large dog: then add 4 tablespoons of the diluted mixture to meals or milk drink.
- twice a day.



Probiotics

The bacterial population of the gastrointestinal tract may play an important role in oxalate breakdown and metabolism, and thus in the prevention of kidney stones (Miller 2013; Murphy 2009).

Several genera of probiotic bacteria, including *Lactobacillus* and *Bifidobacteria*, appear to be capable of metabolizing oxalate, thus reducing urinary oxalate and decreasing kidney stone risk. In an uncontrolled trial, six people with calcium oxalate kidney stone disease and high urinary oxalate concentrations consumed a supplement containing *Lactobacillus* and *Bifidobacterium* strains for four weeks.

Example: LIFE SPACE 100 BILLION PROBIOTIC 30G Powder (Vitaminonly.com.au)

* Adding ½ teaspoon to 1 teaspoon for large dogs in milk drinks and food twice a day.

Urinary oxalate concentrations dropped by nearly half at the end of the study (Campieri 2001). In a subsequent trial of 10 patients with excessive intestinal oxalate absorption (caused by several different medical conditions), the patients were administered a probiotic formula that contained *Lactobacillus* and *Bifidobacterium* strains.

Fish Oil

Some studies have found that supplementation with the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from fish oil may reduce kidney stone risk by lowering urine calcium. In one study, people with a history of kidney stones were treated with a short course (three months) and long course (18 months) of 1800 mg EPA daily. Urine calcium concentrations dropped in people who entered the study with high urinary calcium, but not in those with normal urinary calcium (Yasui 2001). In another study, 15 healthy people were given 900 mg EPA and 600 mg DHA daily for 30 days; excessive urinary oxalate excretion and calcium oxalate saturation was decreased at the end of the trial (Siener 2011).

These studies suggest a possible role for fish oil in calcium oxalate kidney stone prevention.

* Piece capsule and add 1 oil twice a day in meals.