



# THE SOLINGER METHOD

by Root Health L.L.C.

## KidneyStones

---

### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Kidney Stones

Root Health L.L.C, The Solinger Method

**Dr. Sarah Solinger, PhD, ND, MSc, FCN**

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

---

## What Are Kidney Stones

Kidney stones are solid crystalline deposits that form when minerals and compounds in the urine become overly concentrated and precipitate out of solution. Stone formation reflects **imbalanced mineral handling, inadequate urinary inhibitors, dehydration at the cellular level, and metabolic dysfunction**, not simply excess calcium.

The most common types include:

- Calcium oxalate stones
- Calcium phosphate stones
- Uric acid stones
- Struvite stones, less common, infection related

Stone formation is a **biochemical environment problem**, not a single nutrient problem.

---

## Conventional Medicine Perspective

Conventional medicine typically addresses kidney stones acutely, focusing on pain management, stone passage, or surgical removal. Preventive guidance often centers on increased fluid intake and broad dietary restriction.

While acute management is necessary, this approach frequently overlooks:

- Why minerals are crystallizing
- The role of magnesium and citrate deficiency
- Gut oxalate handling
- Insulin resistance and uric acid metabolism
- The protective role of dietary calcium
- Why stones recur despite “doing everything right”

Stone removal does not correct stone formation physiology.

---

## Naturopathic Medicine Perspective

Naturopathic medicine views kidney stones as a **mineral imbalance and metabolic signaling issue**, influenced by hydration quality, urinary chemistry, gut absorption, and nutrient sufficiency.

Key systems involved include:

- Calcium and oxalate balance
- Magnesium and citrate availability
- Urinary pH regulation
- Insulin resistance and uric acid metabolism
- Gut microbiome oxalate degradation
- Inflammatory and oxidative stress pathways

The goal is to **restore inhibitory factors and normalize urinary chemistry**, preventing recurrence.

---

## Core Pathophysiologic Mechanisms

### Low Magnesium

Magnesium binds oxalate in the gut and urine, preventing crystal formation. Deficiency removes a primary protective mechanism.

### Low Citrate



THE  
SOLINGER METHOD

by Root Health L.L.C.

Citrate inhibits calcium stone formation by binding calcium and increasing urine alkalinity. Low citrate is a major driver of recurrent stones.

### **Inadequate Dietary Calcium**

Low calcium intake paradoxically increases oxalate absorption, raising calcium oxalate stone risk.

### **Oxalate Overload**

High oxalate intake combined with poor gut degradation increases urinary oxalate concentration.

### **Insulin Resistance**

Insulin resistance reduces urinary citrate and increases calcium excretion.

### **Dehydration at the Cellular Level**

Fluid intake alone is insufficient if electrolytes and mineral balance are inadequate.

---

## **Nutritional Strategy**

Nutrition for kidney stones focuses on **restoring mineral balance, reducing oxalate burden when indicated, and supporting urinary inhibitors**, not blanket restriction.

### **Core Nutritional Priorities**

- Adequate hydration with minerals
- Sufficient dietary calcium
- Magnesium repletion
- Citrate support
- Balanced protein intake
- Blood sugar regulation

---

### **Therapeutic Foods to Emphasize**

Calcium containing foods such as dairy, sardines with bones, and leafy greens. Mechanism, dietary calcium binds oxalate in the gut, reducing absorption.

Citrus fruits such as lemons and limes. Mechanism, provide citrate to inhibit stone formation.



Magnesium rich foods including leafy greens, seeds, and legumes. Mechanism, reduce oxalate crystallization.

Adequate protein intake without excess. Mechanism, supports metabolic health without increasing calcium excretion.

Hydration with added electrolytes. Mechanism, improves urine dilution and mineral balance.

---

## **Reduce or Modify When Indicated**

High oxalate foods such as spinach, almonds, beets, and excessive chocolate when oxalate stones are present.

Excess sodium. Mechanism, increases urinary calcium excretion.

Excess refined sugar. Mechanism, worsens insulin resistance and urinary chemistry.

---

## **Targeted Supplement Support**

Therapeutic Adult Dosing

### **Magnesium Citrate or Glycinate**

Mechanism, binds oxalate, inhibits stone formation, supports urinary relaxation.

Dose: 400 to 600 mg daily

### **Potassium Citrate**

Mechanism, increases urinary citrate, alkalinizes urine, inhibits calcium stone formation.

Dose: 20 to 40 mEq daily, divided

### **Vitamin B6 (Pyridoxine)**

Mechanism, reduces endogenous oxalate production.

Dose: 25 to 100 mg daily

### **Omega 3 Fatty Acids**

Mechanism, reduce renal inflammation and oxidative stress.

Dose: 3 to 4 grams daily combined EPA and DHA



**THE  
SOLINGER METHOD**  
by Root Health L.L.C.

## **Vitamin D3 + K2**

Adult dosing, 5,000 IU daily, adjust based on labs.

Mechanism, supports calcium metabolism and proper tissue distribution rather than urinary loss.

## **Probiotics (Oxalate Degrading Strains)**

Mechanism, reduce intestinal oxalate absorption.

Dose: strain specific, daily

---

# **Targeted Herbal Support**

## **Chanca Piedra**

Mechanism, reduces crystal aggregation and supports stone passage.

Dose: 500 to 1,000 mg daily

## **Nettle Leaf**

Mechanism, supports urinary flow and mineral balance.

Dose: 300 to 600 mg daily or tea

## **Horsetail**

Mechanism, supports urinary tract tone and silica balance.

Dose: 300 to 600 mg daily

## **Dandelion Leaf**

Mechanism, supports gentle diuresis without mineral depletion.

Dose: 500 to 1,000 mg daily

Herbal support focuses on prevention and urinary chemistry, not forced diuresis.

---

# **Celery Juice Support for Kidney Stones**

Celery juice may support kidney stone prevention by improving hydration, sodium–potassium balance, and urinary flow, particularly in individuals prone to mineral concentration.

Suggested use is 8 oz fresh celery juice daily, taken earlier in the day.



---

## Supplement Access

A complete supplement protocol for Adult Kidney Stones is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

---

## Lifestyle Support That Matters

Consistent hydration throughout the day is more effective than large volumes at once.

Avoid excessive sweating without mineral replacement.

Regular movement supports renal circulation.

Monitor recurrence patterns rather than assuming resolution after stone passage.

---

## When to Dig Deeper

Further evaluation is warranted:

- Stone composition analysis
- 24 hour urine testing
- Serum calcium, magnesium, uric acid
- Fasting insulin and glucose
- Gut health assessment if oxalate driven

Kidney stones are preventable when **mineral balance is restored, urinary inhibitors are supported, and metabolic drivers are addressed**, not when calcium is feared.

---



THE  
SOLINGER METHOD

by Root Health L.L.C.