



## **KIDNEY STONE**

### **Nutritional Support Protocol**

#### **Dietary Recommendations:**

1. Avoid high oxalate foods which include coffee, chocolate, peanuts, spinach, rhubarb, beet root, and soy protein.
2. Do not over consume protein - no more than 6 oz at lunch and dinner.
3. Eat plenty of fruits and vegetables daily.
4. Eat nuts and green leafy vegetables as good sources of magnesium.
5. Drink 8 glasses of pure water daily.
6. Restriction of calcium has not proven to be warranted.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

<b>Water Ease:</b>	1 with breakfast and 1 with lunch
<b>PaleoGreens:</b>	1 tablespoon daily in liquid

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