

# 4 SIMPLE STEPS TO PASS YOUR KIDNEY STONE FASTER AND WITH LESS PAIN

STONE RELIEF®

## So, You're Trying to Pass a Kidney Stone? We Feel Your Pain!

Kidney stones can be one of the longest-lasting and most painful experiences of your life. Making matters worse, your doctor likely hasn't provided you with any useful or actionable advice outside of "drink more water." Fear not, though!

**Passing your kidney stone doesn't have to be complicated.** If you follow these 4 simple steps, you will pass your kidney stone faster and with less pain:

### 1. SMASH PAIN TO THE GROUND

First things first. In order to get your sanity (and your life) back, you will need to get the pain you're feeling under control. Here are a few options for you to consider:



#### Natural Solutions

Chanca Piedra

3x more potent than morphine without the negative side effects



#### Over the Counter

Ibuprofen (Advil & Motrin),  
Aleve, Tylenol & Aspirin



#### Prescription Medication

Oxycodone, Hydrocodone,  
Tramadol, and many others

### 2. OPEN THE FLOOD GATES

The next critical step is to reduce inflammation caused by the kidney stone. Reducing inflammation will allow the kidney stone to continue making progress towards your bladder and eventually out of your body. Here are a few options:



#### Natural Solutions

Dandelion Root,  
Chanca Piedra, and Ginger



#### Over the Counter

High-dose Aspirin, Ibuprofen  
(Adil & Motrin), & Aleve



#### Prescription Medication

Toradol (Ketorolac) &  
FloMax (Tamulosin)

### 3. PUMP UP THE VOLUME

Adding a diuretic will help give you the “urinary horsepower” needed to keep the stone moving and ultimately force the kidney stone out of your body. Without the accelerated urine production provided by a diuretic, it could take weeks longer to pass your kidney stone. Here’s what you should be looking for:



#### Natural Solutions

Chanca Piedra, Dandelion Root, & Hydrangea Root



#### Over the Counter

Diurex (Pamabrom) or any other “water pill”



#### Prescription Medication

Hydrochlorothiazide, Chlorthalidone, & Indapamide

### 4. DRINK MORE WATER...

Now, we chastised doctors at the beginning of this document for their paltry common contribution of “drink more water” when advising on how to pass a kidney stone. And, we remain resolute in our stance. Water alone won’t miraculously eliminate your problem. However, when you combine drinking more water with the above three steps, you now have a framework to start getting massive results.

Here’s our advice on minimum daily water consumption by body weight:



**100 lbs**

64 oz per day =  
4 tall glasses of water



**125 lbs**

80 oz per day =  
5 tall glasses of water



**150 lbs**

96 oz per day =  
6 tall glasses of water



**200+ lbs**

128 oz per day =  
8 tall glasses of water

Remember, passing your kidney stone shouldn’t be complicated. We’ve done the research, thoughtfully sourced the ingredients, and put it all together for you in one easy to use product, **STONE RELIEF**.

PASS YOUR KIDNEY STONE FASTER WITH  
LESS PAIN WITH STONE RELIEF **CLEANSE**

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