

Case Study
Epigenetics and Kidney Stones
by James Henry, D. C.

Patient Profile

The patient is a 29-year-old male of caucasian descent, 5'8" tall wt. 176 lbs. Occupation: real estate agent. His major complaint was gastrointestinal-related: stomach blotting, burning, and possible food allergies. He noticed difficulty when eating greasy foods and observed clay-colored stools He associated eating with relieving his symptoms (temporarily). Standard medical examinations and treatment did not yield favorable results.

NDIS (nutritional deficiency identification system)

Test was performed. The following is a report of supplements recommended including a brief description. All nutrients suggested have multiple applications and sometimes we do not fully understand how they fit to solve a specific health problem.

Nutritional Supplement Recommended

Possible uses of **Horsetail**: a natural diuretic, improves kidney function and helps to prevent kidney stones; strengthens the lungs and heart; helps to coagulate the blood, contains high mineral content including silica.

Possible uses of **Magnesium Orotate**: to prevent kidney and gallbladder stones, prevents panic attacks, reduces premenstrual tension, reduces muscle spasms, helps to prevent and recovery from heart and brain injury.

Possible uses of **Ginkgo Biloba**: lung and bronchial congestion, improves circulation, strengthens heart; helps with: urinary tract infections, high blood pressure, Alzheimer's disease.

Possible uses of **Fe-zyme** (source of copper iron and zinc): anemia, poor memory, chronic infections, hypertension, fatigue, blood loss.

Possible uses of **Spleen** (bovine spleen tissue): anemia, spleen dysfunction, immune insufficiency, inflammation or infection.

Possible uses of **Phosfood Liquid** (source of phosphorus): kidney stones, joint and muscle stiffness, nausea, poor circulation, high blood viscosity, chronic fatigue.

Possible uses of **Prostate** (source of bovine prostate tissue): benign prostatic hypertrophy, prostate congestion, urinary tract infection.

Possible uses of **Fenugreek**: irritable urinary bladder, lung congestion, gastrointestinal problems, excessive mucous secretions, sinus congestion.

Discussion

This is not the first time that I had a patient with gastrointestinal symptoms that turned out to be a urinary tract issue. Years ago, I tested a M.D. who had had both his gallbladder and appendix removed in an attempt to solve the condition. Out of desperation, he came to see me. Happily, we solved his problem.

I first did a NDIS on the patient's 79-year-old paternal grandmother her blood test disclosed an increase potassium, and a decrease Glomerular filtration rate (GFR). Her NDIS test revealed nutrients related to the kidneys, too.

When reviewing the current the patient's dietary habits (which were above the norm) he said that his father had been treated for multiple kidney stones over the years and other urinary tract issues, and he was trying to avoid the same fate.

Conclusion

We all have hereditary strengths and weakness. Epigenetics is a new science that explores just that. Researchers, looking at DNA, found out that these genetic patterns can be broken. It has to do with both traditional dietary habits and nutrition. Theoretically, we do not have to develop the same diseases (or die from the diseases) as our family members did. However, I can think of a lot of variables like occupation, work in excess, physical or mental stress, affecting epigenetic triggers. This patient was a realtor like his father.

As a physician I strongly recommend a NDIS test annually because our bodies are changing and often having to deal with toxins in the world. In today's world, if our bodies are healthy, we do not have to worry about bacterial or viral infections. But we do have to worry about toxic accumulation and exposure from the environment, and nutritional deficiencies often created from taking pharmaceutical medications. Before considering swallowing prescribed medications so freely, consider eating food, herbs, and tissue extracts. In this case, the body is in a constant state of detox and rebuilding.

References

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