**Remove The Kidney Stones With This Drink. Only Half Cup Is Enough**

**  November 25, 2016 | **  [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Healthy Drinks](http://www.healthyfoodhouse.com/category/healthy-drinks/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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Among many of today’s most common diseases are kidney stones, which are very frequent in both men and women. Certain people are more exposed to kidney stones than others, and that is where lemons step in to help.

Normally, kidney stones are treated with potassium citrate, and research supports the claim that the lemons’ content provides this substance in a natural form.

Doctors across the world are calling this treatment ‘The Lemonade Therapy’

**How does it actually work?**

When kidney stones are formed, the citric acid prevents stones from forming and even dissolves the larger stones into smaller ones. If your urine is full of citric acid in your urine, you will suffer les risk of suffering kidney stones formation.

The products which offer citric acid in larger doses are lemons and limes.

Supplement forms of citric acid, often given as a potassium citrate prescription can also help but are not as natural and as effective. Also, they are pretty pricy and you may need up to 12 tablets per day.

Help Your Kidneys Fight Off Kidney Stones

To do this, there is a great drink recipe that will keep your kidneys healthy. You will need half a cup (4 ounces) of natural lemon juice. Drink this amount in a day or prepare 32 ounces of lemonade, which is the same as the pharmaceutical prescribed therapy.

Mix 2 ounces lemon juice and 6 ounces water. Consume this remedy two times a day- in the mornings and evenings.

Source: [www.healthyfoodheadlines.com](http://www.healthyfoodheadlines.com/say-goodbye-kidney-stones-half-cup-drink-2/)