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## KIDNEY STONE BREAKER

Stone breaker is a natural kidney stones treatment containing 100% pure chancapiedra extract also called as kidney stone crusher. Chancapiedra scientific name Phyllanthus niruri, is a plant indigenous to the amazon rainforest, it is a herb and the whole plant is used to make medicine. Chancapiedra has a long history of traditional medicinal use for many different health conditions, although is especially known for its ability to dissolve kidney stones and gallstones and promoting gallbladder, liver and kidney health.

Scientific evidence has supported some of chancapiedra traditional uses, suggesting chancapiedra potential benefits for liver and kidney health and the prevention or treatment of kidney stones. The experimental studies suggest that Phyllanthus niruri might interfere with important steps of the calculi formation including crystal aggregation and internalization by the tubular cells, crystal structure and composition. These properties of Phyllanthus niruri may constitute an important advantage in the prevention of lithiasis, inhibiting calculus growth and keeping the crystals dispersed in the urine, with their consequent easier elimination. Although clinical studies are less abundant, available data point to beneficial effects of Phyllanthus by inducing ureteral relaxation, interfering in the excretion of promoters of urinary crystallization such as calcium or helping to clear fragments following lithotripsy. It is important to consider however, that although it is clear that Phyllanthus niruri can interfere with many steps of the stone formation, longer-term clinical studies are necessary to define whether these effects can be translated into real clinical benefit to treat and/or prevent urolithiasis.

The mechanism of action of chancapiedra is believed to be related to ureteral relaxation: using chancapiedra was found to relax the tubes that push urine from the kidneys to the urinary bladder. This is very beneficial as it may help to eliminate substances that can form kidney stones [13]. A study conducted by Nephrology Division, Department of Medicine, Universidade Federal de São Paulo, Brazil evaluated the effect of P. niruri intake on 24 h urinary biochemical parameters in an attempt to assess its in vivo effect in calcium stone forming (CSF) patients. A total of 69 CSF patients (39 males and 30 females) were to take either P. niruri or placebo for 3 months.

Blood calcium, uric acid, citrate, magnesium, oxalate, sodium and potassium were determined at baseline and at the end of the study. A subset analysis was made in patients classified according to the presence of metabolic abnormalities (hypercalciuria, hyperuricosuria, hyperoxaluria, hypocitraturia and hypomagnesiuria). In the subset analysis, we observed that P. niruri induced a significant reduction in the mean urinary calcium in hypercalciuric patients. The data suggested that P. niruri intake reduces urinary calcium based on the analysis of a subset

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of patients presenting with hypercalciuria.

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