

# Dissolving calcifications

- **Arteries** (calcified plaque)
- **Kidneys** (calcium deposits and stones)
- **Bone Spurs** (calcium deposits)
- **Gallstones** (cholesterol mixed with calcium)

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**Atherosclerosis** refers to the buildup of plaque on the lining of arteries, which can restrict blood flow.

**Arteriosclerosis** occurs when arteries become stiff and thick, thus restricting blood flow.

- Plaque does not form on the veins, only arteries.
- Plaque in the arteries is made from various substances that circulate in your blood.
- These include calcium, fat, “bad” cholesterol, cellular waste, and fibrin, a clotting material that can prolong inflammation.

- **Atherosclerosis can occur in any artery – but not in the veins, the vessels that carry blood back to the heart.**
- Arteries are a high-pressure flow system. The veins, however, operate on low pressure, so they are not as susceptible to build-up.

- Arteries and veins have the same layers of tissues in their walls, but the proportions of these layers differ.
- Lining the core of each is a thin layer of endothelium, and covering each is a sheath of connective tissue, but an artery has thick intermediate layers of elastic and muscular fiber while in the vein, these are much thinner and less developed.

<https://health.clevelandclinic.org/can-your-arteries-get-blocked-anywhere-in-the-body/>

## Pathogenesis of atherosclerosis

1. Stress or nick on the endothelium (oxidation, bacteria, nutrient deficiency)
2. This leads to inflammatory cells that come through the disrupted endothelial barrier
3. This leads to adhesion of platelets to the damaged vessel wall
4. This stimulates migration and proliferation of smooth muscle cells to the innermost layer of the artery wall
5. White blood cells and smooth muscle cells ingest oxidized LDL and transform into foam cells
6. Foam cells accumulate to form fatty streaks (LDL) called early atherosclerotic lesions (beginning of plaque)
7. White blood cells and smooth muscle cells produce fibrous plaque
8. Over time calcium deposits begin to harden the plaque

In one 2010 study, those with the worst oral hygiene increased their risk of developing heart disease by 70 percent, compared to those who brush their teeth twice a day.

*Toothbrushing, inflammation, and risk of cardiovascular disease: results from Scottish Health Survey*

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For many years, doctors have thought that the main cause of a heart attack or stroke was the buildup of fatty plaque within an artery leading to the heart or brain. With time, the plaque buildup would narrow the artery so much that the artery would either close off or become clogged by a blood clot. The lack of oxygen-rich blood to the heart would then lead to a heart attack. **But these types of blockages cause only about 3 out of 10 heart attacks.** <https://www.texasheart.org/heart-health/heart-information-center/topics/vulnerable-plaque/>

Researchers are now finding that many people who have heart attacks do not have arteries severely narrowed by plaque. What they found was that inflammation leads to the development of “soft” or vulnerable plaque. In fact, vulnerable plaque may be buried inside the artery wall and may not always bulge out and block the blood flow through the artery. This is why researchers began to look at how inflammation affects the arteries, and if inflammation could lead to a heart attack. <https://www.texasheart.org/heart-health/heart-information-center/topics/vulnerable-plaque/>

- When this inflammation is combined with other stresses, such as high blood pressure, it can cause the thin covering over the plaque to crack and bleed, spilling the contents of the vulnerable plaque into the bloodstream.
- Cardiologists have found that by measuring the level of a substance called C-reactive protein in the bloodstream, they can predict a person's risk of heart attack or stroke. C-reactive protein is a marker that doctors use to measure inflammation activity in the body.

<https://www.texasheart.org/heart-health/heart-information-center/topics/vulnerable-plaque/>

**Aged Garlic Extract** may have the ability to stabilize vulnerable plaque and decrease adverse cardiovascular events

**Pubmed Data** : J Nutr. 2016 Feb ;146(2):427S-32S. Epub 2016 Jan 13. PMID: [26764322](https://pubmed.ncbi.nlm.nih.gov/26764322/)  
[Click here to read the complete article.](#)

# Dissolving Calcifications

**“High vitamin K2 (also called MK-7) intake not only prevents calcification, but even regresses arterial calcifications,”** lead researcher Leon Schurgers from Maastricht University said.

Regression of warfarin-induced medial elastocalcinosis by high intake of vitamin K in rats.

<https://www.ncbi.nlm.nih.gov/pubmed/17138823>

- If there’s a single vitamin you need to know more about, it may be vitamin K2.
- 100 mcg – 1 to 3 per day
- Caution: If you are taking blood thinners, anticoagulant, or anti-platelet medications, or have a bleeding disorder, do not take Vitamin K2 without professional help.

## Chanca piedra (*Phyllanthus niruri*)

- Chanca piedra works well on gallstones, kidney stones, and kidney sludge. In fact, the name chanca piedra, is literally translation is “stone breaker.” It effectively softens both kidney stones and gallstones for easy passage out of the body. Essentially it dissolves calcifications in the body.
- Take 400mg twice a day or 3 to 5 tea servings per day.

## Stone Root (*collinsonia canadensis*)

- Can break up and dissolve calcium stones and uric acid in the kidneys and bladder. As well as dissolve calcifications in the circulatory system and heart valves.
- Dissolves gravel, stones or hardened calcification throughout body

## Gravel root (*Eupatorium purpureum*)

- Used primarily for kidney stones or gravel (which accounts for its name).
- Gravel root dissolves stones in the kidneys, urinary tract, bladder & gall bladder.
- Helps to dissolve calcifications anywhere in body
- Helps dissolve uric acid accumulations often deposit in the joints (Gout) due to nerve stress and poor diet.

## Gravel root (*Eupatorium purpureum*)

- Also known as Queen of the Meadow, has been found to contain pyrrolizidine alkaloids which are potentially hepatotoxic. I would advise short-term usage for Gravel root.
- Tea: 1 tsp. dried root, 8 oz. water, decoct 15 minutes, steep 45 minutes, take 2 cups/day
- Tincture or liquid extract - 1.5-2 ml - three x a day which is about 1 tsp/day.

# Hydrangea (Hydrangea arborescens)

- Hydrangea, like chanca piedra, also prevents stones or gravel from forming in the kidneys and bladder. It can also assist the body in removing stones and gravel from these organs once they've formed. This was a primary use of hydrangea by Native Americans.
- The findings of Japanese researchers amplify observations of nineteenth-century American physicians who used hydrangea primarily as a treatment for "kidney gravel," small stones in the kidneys that could be passed with a minimum of pain after treatment with the herb.
- One of the most effective urinary tract analgesics.

# Efficacy of reversal of aortic calcification by chelating agents

Yang Lei, Aditi Sinha, and Naren Vyavahare

- In conclusion, we did a comparative in vitro study for three types of chelating agents (STS, EDTA and DTPA) and showed that **EDTA** and DTPA could effectively remove calcium from calcified aortic elastin and calcified human aorta.
- We, for the first time, show that local EDTA treatment with PLGA nanoparticles could reverse calcification without causing vascular damage and change in the normal plasma level of calcium and phosphorus.

EDTA = disodium ethylene diamine tetraacetic acid

DTPA = diethylene triamine pentaacetic acid

STS = sodium thiosulfate

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3809012/>

# Decalcification of hydroxylapatite calcium crystals

- A 2003 study found that it was possible to dissolve the type of calcium hydroxypatite crystals found in cardiovascular pathologies with organic solutions of **hawthorn, onion and garlic.**

- <http://www.greenmedinfo.com/blog/research-garlic-supplement-slows-cardiovascular-disease-progression>

# Decalcifying Arteries

1. Chanca Piedra
2. Stoneroot
3. Gravel root
4. Hydrangea
5. EDTA
6. Garlic, Onion, Hawthorn

Decalcifying arteries too quickly may loosen or release too much plaque too quickly contributing to a blocked artery.

# There are four types of kidney stones.

- **80% of Stones - Calcium Stones** are composed of calcium that is chemically bound to oxalate (calcium oxalate) or phosphate (calcium phosphate).
- **10% - Struvite or infection stones** develop when a urinary tract infection alters the chemical balance of the urine causing stones to form from ammonium, magnesium, phosphate (aka struvite).
- **5% - Uric Acid Stones.** If the acid level in the urine is excessive, the uric acid may not dissolve and uric acid stones may form.
- **2% Cysteine Stones** are a rare condition that results in large amounts of cystine in the urine, which causes the formation of cystine stones that are difficult to treat.

## Why Do We Get Kidney Stones and Bone Spurs?

- Lack of water
- Lack of magnesium
- Excessive calcium intake
- Being overly acidic

**Magnesium reduces calcium oxalate crystal formation. Magnesium (combined with adequate Vitamin B6 per day) prevents 90% of kidney stones.**

# Quick Remedy for Painful Kidney Stones

## **Lemon Juice, Olive Oil, and Raw Apple Cider Vinegar**

- At the first symptom of stone pain, mix 2 ounces of organic olive oil with 2 ounces of organic lemon juice.
- Drink it straight and follow with a 12-ounce glass of purified water. Wait 30 minutes. Then, squeeze the juice of 1/2 lemon into 12 ounces of purified water, add one tablespoon of organic raw apple cider vinegar and drink. Repeat the lemon juice, water and apple cider vinegar recipe every hour until symptoms improve.

## Kidney Stones and Bone Spurs

**The follow protocol will dissolve kidney stones and bone spurs.**

- 1. Mix any 2 of the 4 herbs together in equal parts (Stoneroot, Chanca piedra, Gravel root, or Hydrangea root). Any one may work, but 2 is better**
- 2. Simmer 1 heaping tablespoon of the mixture in a pint and a half of water until it is reduced to one pint.**
- 3. Strain and cool, and drink as much as two pints daily.**
- 4. It will take 2 to 3 weeks to dissolve the kidney stones and about the same for bone spurs depending upon the size.**

# Why do we get Gallstones?

**Thick bile** – excessive cholesterol in the diet and insufficient phospholipids (lecithin is a source of phosphatidylcholine). Phospholipids increase the solubility of biliary cholesterol, preventing the formation of gallstones. Cholesterol-saturated bile is one of the prerequisites for the development of gallstones.

**Lack of magnesium** in comparison to calcium - Men in the highest quintile of dietary magnesium intake had a 32% reduction in their risk of gallstones.

## Gallstones are usually composed of a mixture of:

- bile pigments
- cholesterol
- calcium carbonate
- calcium bilirubinate  
(usually associated with biliary infection)

Approximately 20% of women and 8% of men over the age of 40 are found to have gallstones.

## Dissolving Gallstones

- Lecithin at 1 tablespoon twice a day
- Combine with a calcium dissolving herb
  1. gravel root
  2. stone root
  3. chanca piedra
  4. hydrangea root