

“Look Out, Man Giving Birth!”

Continued from page 19

• Drink water, and lots of it, preferably not distilled or tap water. A better choice is reverse osmosis or waters such as Fiji and Penta. Water must be maintained in the body to keep it hydrated as well to prevent a concentration of acid build up. Avoid soda or sports drinks. To quote one urologist, “If people would not drink

soda or sports drinks I would be out of business.”

- Take aloe; this combines with the calcium in the urinary tract and significantly reduces the growth rate of urinary calcium crystals
- Avoid aluminum and alkalis (antacids)
- Eat more fruits and vegetables, and switch from white bread to

whole wheat (organic is always your best bet)

- Control your weight and lessen your stress level. These two issues are important for carbohydrate metabolism, since weight and insulin insensitivity lead to a condition known as hypercalciuria and thus place you at high risk for kidney stones.
- According to Adelle Davis,

the fundamental chemical cause of kidney stones is a deficiency in magnesium, B-6 and zinc.


Indeed this is just a brief summation. However, in the next article we will cover how you may be able to pass these jewels by taking a few herbs. So never again do I want to hear those immortal words: “Look out, man giving birth!!!!”

Annual Mothers of Multiples Convention to be Held in Key Largo

Local resident Marlene Day is the organizer for this year's Mothers of Multiples convention, to be held at the Key Largo Grande on October 18, 19, and 20. Marlene is the mother of twin 11 year-old boys, and since she had a lot of spare time (hah!), she took on the task of putting on this year's gathering of moms of twins, triplets, and more.

This conference is held yearly in a different area of Florida, and part of the purpose is to show families good places to go on vacation. Between 100 and 200 participants will gather to network and enjoy the Keys atmosphere. The conference will begin on Thursday with a trip on the Key Largo Princess glass bottom boat out to Molasses Reef. On Friday night, the group will have a luau. Saturday will be the business meeting, with guest speaker Jackie Harder, President of the Key Largo Chamber of Commerce.

For more information, go to <http://fomotc.org/>



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