

# Waves of Pain

By Dr. Derek Conte

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It began for Paul one afternoon during the intermission of a play he and his wife attended one Sunday. In the restroom he saw a dark-orange stream of urine flow into the urinal, like tea. He was alarmed but had no pain at all. He had never experienced anything like this before. What could it be, he wondered? This continued until the next morning when at 9:15am he bent over to tie his shoes. He felt an ache in his back on the left side which gradually extended to the left groin and then the left testicle. The pain grew much worse, coming and going in waves. He had a hunch he should visit an urologist and made an appointment for several hours later. In the meantime he went to a naturopath who gave him Hydrangea root and an herbal activator for the kidneys. Then he went to his chiropractor who checked his spine for increased activity in the spleen (which would suggest infection) and got a much needed adjustment. The pain persisted and increased, possibly suggesting a positive bodily response to cleanse itself. While at the chiropractor he also did a 30-minute ion detoxification.

Later, in the urologist's office, he waited - and waited. Oh, the pain. At about 3:30 pm he fell asleep in the waiting room for 30 minutes. When he awoke the pain was gone. Then a nurse took a urine sample from Paul. It was no longer tea-colored, it was yellow again. The urologist took a history and said it sounded like a classic case of kidney stones, gave Paul an exam and sent him for x-rays. The tested urine did show trace amounts of blood. Pain medication was prescribed. In the days that followed, there was no pain and no further discoloration of the urine. If the X-rays showed large stones that could not be passed, lithotripsy (sound waves to break up the stones) or surgery might have been recommended.

Paul is following this protocol now: increased filtered water intake, avoiding chocolate, celery, grapes, bell peppers, beans, strawberries, spinach, asparagus, beets, black tea, salt, vitamin D and calcium supplements, all of which can raise levels of calcium oxalate, the most common type of kidney stone. Sardines, anchovies, brewer's yeast and organ meats increase uric acid levels and should be avoided. Increasing vitamin B6 helps lower calcium oxalate. Perhaps Paul's multifaceted approach helped reduce his suffering. When it comes to your health, you should use every weapon at your disposal.

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