Integrative Kidney Institute

Kidney Stone Prevention Workbook

A practical individualized guide from Integrative Kidney Institute



Understand your stone risk and build a practical food and fluid routine with your care team.

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For adults planning prevention after acute care. This workbook combines individualized assessment, practical examples and reusable worksheets. Children, pregnancy, kidney disease, heart failure and inherited stone disorders need tailored care.

START HERE

A useful plan begins with your story

You do not have to change everything at once. Start with what is known about your stones, then choose one or two changes that fit your daily life. A stone is not a personal failure, and prevention cannot guarantee that another stone will never form.

Choose your starting point

If you need…	Go to…
Safety and a clearer diagnosis	Pages 3–7
A practical food-and-fluid plan	Pages 8–12
Stone-specific care and whole-person assessment	Pages 13–16
Examples and a doable first month	Pages 17–19
Reusable pages to take to appointments	Pages 20–24
Evidence and optional resources	Pages 25–28

Six pillars in one coordinated plan

- Nutrition: enough calcium, sensible sodium, varied meals and a personalized fluid plan.
- Gut microbiome: recognize digestive disease; keep emerging claims separate from established care.
- Lifestyle: build routines around work, movement, rest and bathroom access.
- Pharmaceutical care: match treatment and monitoring to the reason stones form.
- Genetics / epigenetics: identify when inherited disease deserves evaluation; avoid unsupported “gene-reset” promises.
- Environmental health: plan for heat, safe water access and working conditions; skip detox claims.

First action: gather your stone analysis, imaging report, laboratory results and a complete medicine/supplement list. Mark questions rather than guessing at answers.

Read more [1] EAU prevention | [2] CARI nutrition | [5] EAU genetics | [13] CARI testing

Notes