

# Drink or Get Stoned

By Bryan Wood

I know, I did go to school in the 70's, but this isn't what you're thinking (unless we have another summer like last year, then go ahead). What I'm talking about are "Kidney Stones".

It's amazing how many people in our industry have had Kidney stones. As anyone who knows me will testify, I do love to eat. That is what started my kidney stone problems several years ago.

The scenario goes like this.... As I traveled, I would eat snacks all day long. Then in the evening, I would eat a good meal and return to my motel for the night. Since I love Mexican, Italian, Chinese, and almost all spicy foods, I would pop 6-8 Tums and go to bed. All this Calcium in my kidneys bound with the acids and formed a "stone". That brings me back to what I said originally, "drink or get stoned". If I had consumed enough water to keep the "flow" going through my kidneys (with those massive quantities of calcium in there), I probably would never have had any of my three stones over a five-year period. I haven't had any Tums or kidney stones since.

After changing urologist (I found one that wasn't just concerned with taking my money and buying another new Porsche), I learned of this valuable information: I was told that during the summertime, is when these doctors really get busy. I was in for a check up after a week of 100-degree weather, and it was standing room only in the doctor's office. When I mentioned to the doctor that I'd never seen his office this busy, he shrugged his shoulders and said "That hundred degree weather will bring on the stones every time". He said that most of the wintertime kidney stones are brought on by the stomach flew. People get dehydrated and get stones. You can be drinking a lot of liquid, but if you're sweating it out and not going to the bathroom, you're still not drinking enough!

Now I'm not a doctor, nor do I play one on TV, but I do know **now** how to prevent the most common kidney stones. Drink, drink, drink!