

Dr. Foster's Essentials Stone Buster Formula – Four-Day Routine

Therapeutic Actions

Ingredients

What Will it Feel Like?

Instructions: Four-Day Routine

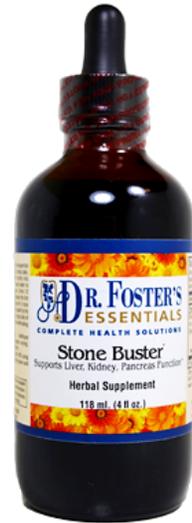
What you Should AVOID Eating and Drinking

What to Eat During This Cleanse

Healing Signs to Look For

What to Do After the Cleanse is Over

What if I Have a Reaction?



Therapeutic Actions:

This formula is famous for its action as a dissolvent for calculi. Used as directed, it can dissolve stones in the kidneys and entire urinary tract. It can also assist in the removal of gallbladder stones. It is soothing to inflamed tissues and assists smooth and painless release of the stones. How long it takes depends on how large the stones are and how many of them there are.



Product Seal: Your bottle of Stone Buster might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic “ring” that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. You will then hear the sound of the seal breaking.

Herbs in the Liquid Extract:

- Chanca piedra
- Hydrangea root
- Marshmallow root
- Gravel root

What Will it Feel Like?

This stone-dissolving process is mostly painless and most people are not aware of when they pass the stones until the urine stream suddenly becomes stronger (in the case of kidney stones dissolved) or using a colander to catch bowel movements and seeing dark green/red gallstones. You may have a temporary feeling of discomfort if the stone moves further down the ureter, but keep taking the formula if this happens and it should make its way all the way out. One of the reasons why this process is mostly

painless is because the marshmallow root acts as a soother. Technically, it's called a "demulcent." So, even if you have sharp edges from a stone, marshmallow root creates a soothing layer that protects the urinary tract and biliary tract (in your liver) so that you don't feel much discomfort.

However, people sometimes do this routine because a stone is stuck and they're already in pain. Most of the pain from a stuck stone is due to spasms in the ducts. Antispasmodic herbs (as found in the Peaceful Nerves Formula) can relieve these spasms and sometimes that's enough to pass a stuck stone. If not, then the stone can move back into position where you will have more time to dissolve it and shrink it down further.

The antispasmodic formula Peaceful Nerves is helpful in those cases where a stone is already stuck before beginning the routine. You can also use it during this routine, or as an added precaution for people who have very large stones.

If you have accumulated large or multiple stones in your body, they will release toxins as they are dissolving. These toxins are what the stones formed on and can consist of any pharmaceutical medication you've ever taken, pesticide residues, heavy metal residues or balls of cholesterol, trans-fats or other toxic fats. Because of these toxins inside the stones, people may not feel great when they dissolve the stones. If you break out in a rash or get a headache, you've definitely stimulated the release of these toxins. For the best stone-dissolving experience, use the entire Simplified Stone Cleanse as it contains additional formulas (Vibrant Colon and Colon Detox Caps) to help absorb the toxins that are being released from the stones into the gut and stimulate their elimination so that you don't get the headache or rash. If all you could afford was the Stone Buster, simply take a lower dose of it (such as 2 droppers full 3 times per day) for a longer number of days until the bottle has been finished.

If any symptom you've had in the past comes up, it is most likely a "healing crisis." It is a **positive sign of healing**. Your body prioritizes what toxins are most important for removal first. It may not be what you expect it to be, but it is guaranteed that they are the most important ones to remove. 99% of the time, you are NOT allergic to herbs – your body is healing! Keep going and you'll heal even more.

Stone Buster Instructions: This is a Four-Day Routine.

Day 1:

- You're going to make a batch to last for two days.
- Put the 2 oz bottle of Stone Buster into a one-quart sized container. Into this one-quart container, you will add the following:
 - 2 cups of Fresh Apple Juice (any type apple)
 - 2 cups of distilled or filtered water

This will make one quart and you will be adding 2 ounces of Stone Buster to this one quart. As written, the apple juice is diluted half and half with water to prevent blood sugar highs and lows. Ideally, this apple juice should be freshly extracted for best results, but an organic store-bought brand could be used in a pinch.

- The apple juice contains malic acid that is an additional aid to softening up stones. But if you have diabetes, candida overgrowth or otherwise cannot drink apple juice, mix this formula with filtered or distilled water instead of with the apple juice/water mixture. **If you cannot drink apple juice, it's OK to make this formula with just filtered or distilled water.**
- You're using up a 2 oz. bottle for this recipe and it will last for 2 days. The 2nd 2-oz. bottle will last for the next 2 days (Days 3 and 4.)
- Drink ½ of this quart of apple juice/stone buster mixture the first day. This comes out to 2 cups of the mixture. Try to space it out and drink throughout the day. Save the second half of this quart (2 cups) for tomorrow.
- Apple juice will last a few hours without refrigeration, but probably not all day. Refrigerate accordingly.

Day 2:

- Drink the rest of the quart on the 2nd day. Try to space it out and drink throughout the day.

Day 3:

- On the 3rd day, use the second 2 oz. bottle of Stone Buster) into a new quart of fresh apple juice/ water mixture (or filtered water).
- This batch will last for the final two days.
- Drink half of this quart of apple juice/stone buster mixture today, spacing it out throughout the day, and save the rest for tomorrow.

Day 4:

- Drink the rest of the quart today that you made yesterday. Sip on it often and space it out throughout the day.

On all four days, drink an additional 32 ounces of distilled water and 32 ounces of fresh juice if possible. Liquids consumed should be only distilled water and freshly squeezed juices during this program.

What You Should AVOID Eating and Drinking:

Absolutely no other liquids are allowed, especially the following:

- **Alcoholic beverages**
- **Soda pop/ soft drinks**
- Any **Carbonated beverages** (even the natural ones)
- **Black tea** or herb tea unless prescribed
- **Coffee** (decaf or regular) – the regular consumption of coffee dehydrates the body and increases the likelihood of kidney stones.
- **Dairy products** (no milk, buttermilk, yogurt, butter, cheese, etc.). Plant-based milks are completely fine (almond milk, rice milk, hemp seed milk, oat milk, sunflower seed milk, cashew milk, but you should not have any liquid in your body that came from an animal. No cow's milk, no goat's milk, etc.
- **NO synthetic minerals.** Minerals that occur naturally in foods and herbs are fine (Earth's Nutrition Formula and/or Bone, Tissue, Nerve Formula are fine), but SYNTHETIC minerals are NOT fine. If you look at your multi-vitamin and mineral supplement or calcium/ magnesium supplement and you can't find a food listed on there that was used to make the minerals, then you have a synthetic supplement in your hand. Synthetic mineral supplements can lead to kidney stones. If you're taking a supplement that you think is critical for your well-being, but it's synthetic, then you should go ahead and take it. If you absolutely can't be without a certain supplement, then keep taking it during this cleanse.
- Absolutely **NO SMOKING** is allowed during this cleanse. Smoking increases the inflammation in the liver, gallbladder, kidneys and bladder and can increase the risk of gallstones and kidney stones. And it can interfere with the actions of this formula.

What to Eat During This Cleanse:

- The diet should be animal-free (Vegan) and best if the person fasts on fresh juices for the entire 3-day period. If fasting is not done, then a raw food diet is suggested consisting of only fruits, fruit juices, vegetables, and vegetable juices.
- Best juices are orange, distilled water with lemon and/or lime juice, cranberry, watermelon, and vegetable combination (with carrot, parsley, garlic and ginger root.) Do not drink orange juice if you have diabetes, candida overgrowth or cancer.

Other Herbs:

- The K/B Herbal Tea or Stone Dissolve Tea may be drunk 2 to 6 cups a day, during this program.
- The Peaceful Nerves Formula may be taken to relax the smooth muscle in the bile ducts and the ureters – two common places where gallstones or kidney stones could be stuck. Take 1 to 2 droppers full 1 to 3 times daily or as needed for pain.

Healing Signs to Look For:

- Urine stream starts more easily
- Urine doesn't burn as much when urinating
- Urine stream is stronger
- Reduction in pain in gallbladder
- Reduction of pain in mid-back area
- Reduction of joint discomfort
- Reduction of inflammation in the body
- Feeling more energetic

What's to Do After the Cleanse is Over:

Usually only one time is necessary, but you may repeat this process until all stones are dissolved. Around 95% of all stones should be gone after 8 days of taking this formula consecutively. Remember, one large stone will dissolve more slowly than 20 small ones. In difficult cases, it may be necessary to repeat this routine 2 or 3 times. Don't give up! It's OK to take this formula over the long-term. I have some people with arthritis taking smaller doses each day, so if you have to repeat this cleanse multiple times, it's safe to do so. The herbs in this formula are very safe.

If you have gallstones and they were not completely dissolved, you can go ahead and do the Liver Regeneration Program with the "Stronger Liver Flush Option". Once you've softened up the stones and shrunk them down enough with the Stone Buster formula, you should be able to flush out what's left with the Liver Regeneration Program.

Remember to do an herbal cleanse (liver, kidney, stone, parasite cleanse) every 3 months to maintain your progress. And make sure to follow the Foster Method Diet (pH Balanced Diet) listed at drfostersessentials.com/store/ph_bal.php

Herings Law of Cure:

Healing Occurs

- From the Top Down
- From Within Out
- In the Reverse Order as the Symptoms First Appeared

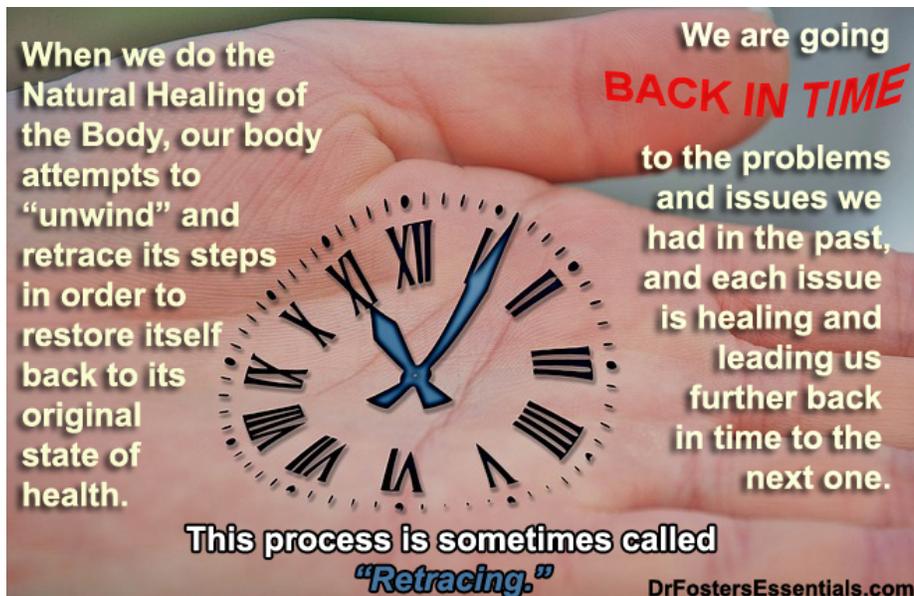
Explanation:

Head, Brain and Emotions Heal first, then healing descends downward.

Vital Internal Organs Heal First, Skin Heals Last. Body prioritizes most important systems for survival to heal first (Heart, Brain, etc.) Least important heals last.

Most recent health issue clears up first, longer-standing issues are the last to heal

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- **What If I Have a Reaction?** If you have stones, it means your body was VERY toxic. Your body covered those toxins with a layer of calcium TO PROTECT YOU. When you dissolve the layers of calcium, you're going to get into those toxins. Those toxins that were inside of the stone might make you feel sick, because, again, your body covered them with a calcium layer because it was toxic. Now the toxins are coming out and you may get a headache. But if you're doing the Intestinal Rejuvenation Program with this formula, you're probably not going to feel so badly, because the colon herbs are going to absorb these toxins and speed them out of your system right into the toilet. That is why it's so important not to consume any milk or other dairy products or eat junk food that could create additional mucus and slow down this process. So, you're not having an allergic reaction to the herbs – you're having a reaction to the toxins that have been inside of you for many years. It takes around a decade or longer to form a stone that is large enough to cause pain or blockage, so you might have a decade of toxins in your stones.
- This four-day routine is a powerful routine. It's STRONG, and it's designed that way to save your life because when someone has a stuck stone, it's sometimes an emergency and you need something to act FAST. If you act fast and you take these big doses over four days' time, it's sometimes uncomfortable, but it can save your life. If you have a stuck kidney stone, urine can back up into your kidneys, so you need to bust up that stone as quickly as possible to save your kidneys. If you have a stuck gallstone, the bile can back up into your pancreas and cause a serious case of pancreatitis that can land you in the hospital. **So, you choose** – saving your life and headache and some fatigue, or spending some time in the hospital, possible losing your gallbladder and never being able to eat fatty foods again.
- **If your body has accumulated a large amount of toxins, you might and you're SUPPOSED TO have reactions especially if your body is highly toxic and you take**

strong herbs and go through herbal detoxification and especially if you take more than one herbal formula. It's the way your body heals and it's the way OUT of your disease and the way to protect yourself from getting every other chronic health condition out there in the future. If you have an adverse reaction to ANY HERB, then you, more than anyone else, need to detoxify and get the toxins out of your body that were causing this problem.

- Your body can be highly toxic even if all your blood tests are normal and if you don't intervene now, you are at high risk to be one of those people who has a heart attack, stroke or cancer "out of the blue" for no explainable medical reason.

When you're highly toxic or very sick with disease, your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. You'll need to remove the "Muroid Plaque Layer" from your colon, flush out gallstones and pre-gallstones (these show up in people as young as their thirties), clean all of the heavy metals, excess cholesterol, pesticide residues, pharmaceutical medication residues and toxic oils out of your liver as well as from your kidneys. A ton of foul-smelling toxins can pour out of your body during a detox and yet, the week before that happens, your doctor just gave you a clean bill of health and told you everything was fine. This problem with toxicity easily escapes your doctor's lab tests.

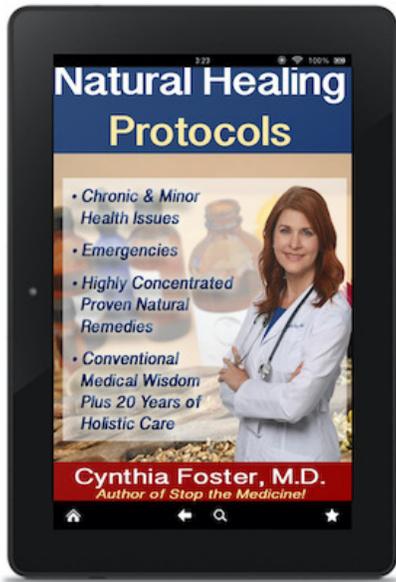
If you want to just "get by," and then find yourself randomly suffering from other health problems in the future because you didn't heal the root cause **NOW** when you had the opportunity, then follow your conventional MD's recommendations. If you want to actually **heal yourself permanently from something and avoid getting sick in the future**, then now's the time to learn how. **This "reaction" you had is a beautiful gift and a golden opportunity.**

When the heavy metals from your silver dental fillings that have been sitting in your liver for decades comes out because you're taking really strong herbs, those heavy metals might cause a headache, temporary fatigue, some sharp gas pains in your belly, or a slight rash on the way out of your body. That's **your dentist's fault** for putting those metallic fillings in there – not the herbs' fault. The herbs are helping you get it out. The same with residues from pharmaceutical medications, the pesticides and synthetic food additives on your food, the car exhaust and other toxic fumes and synthetic chemicals that have been deposited in your body's tissues for decades. The herbs are rooting them out, encouraging them to come up and out and **that's exactly what you want to happen so you can be healthy again.**

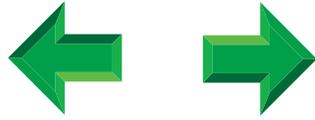
- Therapeutic herbs are very safe and they've been used safely for thousands of years. It's not the herbs' fault, **it's Big Agra's fault, the drug manufacturers' fault, the V\$accine Manufacturers' fault, and Corporate America's fault** for all the synthetic chemical toxins they pour into our environment that are in your tap water, your food, your medications, and in the air.

- When the toxins have been removed, you can take the **same herbal formula and feel completely fine**, so give your body time to remove these toxins so you can actually heal yourself from **everything** and have a bright future ahead without cancer, heart disease, strokes and other chronic diseases.
- **So, if you get a “reaction,” that you can’t handle, just lower your dose** until you arrive at a dose that’s comfortable for you and *go through this healing process more slowly*. It’ll be fine. Just slow down and drink more water and make sure your colon is moving. You can stop for a day if you need to and then start back up a day or so later at a lower dose if you got a headache.
- If you haven’t read the “How to Take Your Herbs Flyer, you need to do that **right now** because it explains these reactions in detail, the entire “Reversal Process” and **exactly what to do step-by-step if you have a reaction**. Please click here: [“How to Take Your Herbs” flyer](#). **Taking the colon cleanse formulas helps prevent most, if not all, of these reactions**. If you skipped the colon cleanse thinking the Stone Buster Formula was the only important formula for dissolving stones and you’ve completed ignored your liver as well, which is **absolutely** crucial for your blood sugar, cholesterol levels, energy levels, hormonal balance and brain function, I highly recommend you go through [that liver cleansing information now](#) because it could save your life and make a big difference in how your entire body functions.

Before you say anything, I’m going to tell you that **I have been doing this for over 20 years and I ALSO have the conventional medical training**. I guarantee your doctor has absolutely no clue what this is, what the “Four Stages of Disease” are, what “Hering’s Law of the Cure” is, what the “Reversal Process” is or how to help you with it. **You will need to be the one to learn about it and you will need to be the one who educates your doctor about it**. This is going to make the difference between saving your own life versus following your doctor’s advice to the grave because all the experts agreed that your condition was “incurable.” You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people’s lives with herbs for over 20 years. I’ve made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and I’ve written 10 books on natural healing. I’ve also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how each herb works and what each extract is supposed to look like and taste like. You can’t get this information anywhere else. You need to learn this!



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