

THE RELEVANCE OF URINE CRYSTALS AND THEIR NUTRITIONAL AND HOMEOPATHIC SIGNIFICANCE

EVARTS G. LOOMIS, M.D., California

It is practically routine to see reports of triple phosphate crystals, calcium oxalate, amorphous urates, etc., in urine, but what use has been made of this? I cannot recall any note being made of these findings in the medical literature except possibly with reference to urinary tract stones. Two or three years ago I made two visits to Dr. Henry Bieler and discussed with him some of his ideas on diet therapy. He explained the importance of the study of urine in determining the progress of his patients. I tried some of his ideas for a time and then largely got away from them.

Two months ago, Scott Rigden, a fourth year medical student from the University of St. Louis, spent five weeks with me in a preceptorship program and I suggested to him that we make a real study of urine crystals of a hundred patients, making sure that for the previous day they had been eating their usual diet. One to two drops of urine were allowed to dry on a microscopic slide and the crystals were studied. He became quite proficient in identifying calcium, phosphorus, urates, cysteine, oxalates, leucine, tyrosine and cholesterol; also crystals of fruit acids which form beautiful crosses, as had been pointed out to me by Dr. Bieler, were identified. I frequently put some of the children I am seeing for hyperkinesis and autism on a diet of fruits and vegetables in the raw state and this surely indicates how well they are following the diet. Large amounts of urates are a good indication of unhealthy excesses of meats, coffee, etc. Cysteine, being the sulphur containing amino acid, would tend to indicate over use of foods high in sulphur. Large amounts of calcium crystals can suggest malabsorption problems. Tyrosine crystals call for an increased fruit intake, fresh vegetables, liver and possible consideration of B-12 or folic acid.

Wondering what correlation there would be between our findings and the homeopathic indications for calcium carb, calcium phosphate, calcium oxalate, cysteine (sulphur), phosphorus, etc., twenty recent charts were pulled from the series of a hundred where I had prescribed *Calcium carb.*, *Calcium phosphate*, *Phosphorus* or *Sulphur*. It was most interesting to find that out of nineteen such charts the corresponding crystals were found in fifteen instances or approximately 75% of the time. Is this not another instance of the operation of the law of similars? A large number of cysteine crystals will frequently call for homeopathic *Sulphur*. Calcium crystals in large amounts may indicate *Calcium carb.* In one or two instances both calcium and phosphorus crystals went along with the need for *Calcarea phos.*

—*The Pacific Coast Homoeopathic Bulletin, September 1973*