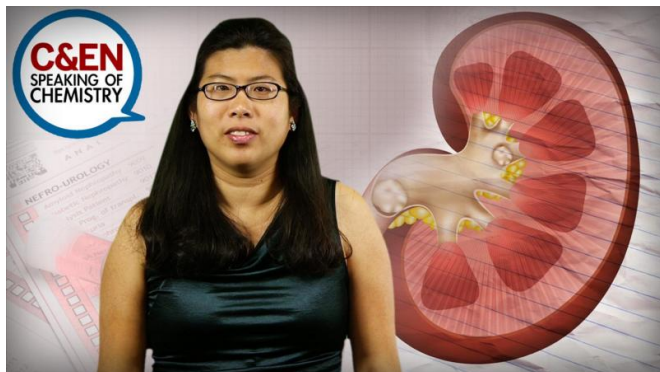


# Video: How to avoid kidney stones

1 October 2015



Credit: The American Chemical Society

They're a medical malady you wouldn't wish on your worst enemy: kidney stones. These little crystals can mean big trouble for your insides, so what can you do to make sure they never show up in your body?

On this week's Speaking of Chemistry, guest host Linda Wang explains the [chemistry](#) behind [kidney stones](#) and what you can do to prevent them.

Check it out here:

Provided by American Chemical Society

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