

# **Webinar Action Guide**

## **The 3 Step Method to Prevent Kidney Stones**

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### **You're in the right place if...**

- Had kidney stones and are *sick and tired* of getting stone after stone
- Are living in *constant fear* of getting more stones
- Are *motivated* to learn and tweak your diet to prevent stones
- Are *frustrated* trying to figure out what to eat, getting *no (or useless) advice* from your doctor and getting conflicting information
- Are *scared to eat* and tired of Googling everything
- Value *evidence-based strategies* to prevent kidney stones
- Believe (or want to believe) that *it is possible to prevent kidney stones*

### **This masterclass is not for you if...**

- Are just here to throw tomatoes at me
- Want a quick fix – learning and changing your diet takes time, patience and willingness to learn
- Aren't open to a new approach to kidney stone prevention

### **My promise to you...**

- I will deliver as much value in this FREE 60 minute webinar
- Everything I teach is based on actual research and best practice
- Everything you'll learn here is exactly how I help people prevent kidney stones in my course, Kidney Stone Nutrition School

### **In return I ask...**

- That you keep an open mind about the new information you are going to learn today – even if it is very different than what you might have heard before
- You treat me and the other people on the webinar with respect
- You take plenty of notes so you can begin to implement what you learn today!

### **Tips for watching the webinar**

- Move to a quiet room and turn off your phone so you can devote your FULL attention to this webinar. You deserve it!
- Close other tabs or apps you have open to focus your attention. What is more important than your health? Those other things can wait.

**Mistake #1: Trying to be \_\_\_\_\_  
with your diet.**

**Mistake #2: Getting WAY bogged  
down in \_\_\_\_\_ (especially  
\_\_\_\_\_).**

**Mistake #3: Not focusing on what  
matters for \_\_\_\_\_.**

# The 3 Step Method to Prevent Kidney Stones

## Step #1: Identify

- Identify your \_\_\_\_\_ risk factors.
- These tell you the \_\_\_\_\_ of your kidney stones.

## Step #2: Prioritize

- Prioritize your \_\_\_\_\_ goals.

## Step #3: Integrate

- Integrate your goals into your \_\_\_\_\_, the \_\_\_\_\_ you love and other nutrition \_\_\_\_\_.

**My Notes:**

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