

Urinary Tract Infections

Harmony & Health

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Quality Products for Health

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The first sign of an urinary tract infection may be a slight burning at the end of urination to more intense pain, blood in the urine, a feeling of bladder fullness along with a possible inability to urinate, depending on severity of infection. If symptoms do not improve, consult your health care practitioner; prompt treatment is key to relieving symptoms and preventing possible complications. **Prevention is always the best step!**

Key lifestyle habits to help prevent include:

- Hydration- at least 64 oz daily, (more if you are sweating or working out) to flush out bladder and dilute uric acid concentration.
- Avoid excess sugar, caffeine and alcohol.
- Empty your bladder more often. Don't try to hold it for extended periods, listen to your body.
- Wiping from front to back to help reduce fecal bacteria contamination.
- Urinating immediately after intercourse can also help wash bacteria away.
- Avoid using products with dyes, fragrances and parabens, especially near private parts.
- Take cranberry concentrate (*no sugar*) at the first sign of an infection - Drink 8 ounces of 100% cranberry juice or the diluted concentrate (1 teaspoonful of conc to 8oz water) daily, increase frequency if symptoms are suspected, alternative is taking **Cranberry Buchu** capsules daily.
- Add lemon to water and/or increase Vitamin C to support the immune & urinary system.
- Increase probiotics to boost your good bacteria; eat more good yogurt, kefir, fermented vegetables and/or take Probiotic Eleven.

Herbs to help fight infections:

** We have dipstick tests at our store to help detect infection.*

- **Marshmallow** has large amounts of mucilage which soothes bladder lining & reduces irritation, also helps reduce Interstitial Cystitis (IC).
- **Cranberry & Buchu** helps keep bacteria from attaching to the bladder and overall urinary formula for preventing UTIs. Can be used along with anti-microbial products to fight infections
- **Uva Ursi** has mild diuretic and disinfectant effects, only recommended for short term use
- **D-mannose** is a monosaccharide (sugar molecule) that can inhibit bacterial adhesion to bladder
- **Silver Shield** has powerful antibacterial effects. Use liquid internally- 1 Tbsp every couple of hours when fighting a UTI. **Silver Gel** is available for those who feel the need to apply topical for irritation.
- **Probiotic Eleven**- important to rebuild the good bacteria in the gut to help prevent secondary infections, as well as boost the immune system.

Depending on the stage of infection, dosages & effectiveness will vary. If symptoms advance, then it is likely best to seek medical consultation and antibiotic to avoid serious infection & complications.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



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