

# Urinary Tract Infection

## Harmony & Health

Your Natural Health Center  
220 East Chestnut St. Corydon, IN 47112  
(812)738-LIFE(5433)  
Quality Products for Health  
[www.harmony.mynsp.com](http://www.harmony.mynsp.com)  
[www.harmony4health.com](http://www.harmony4health.com)  
[www.facebook.com/harmony4health](http://www.facebook.com/harmony4health)

Cystitis, or urinary tract infections, tend to affect women more than men due to their shorter urethra. The first sign of an infection may be just a slight burning at the end of urination. More intense pain, blood in the urine and a feeling of bladder fullness; but inability to urinate, can indicate a serious infection. An untreated UTI can lead to a more serious kidney infection; so if symptoms do not improve, definitely consult your physician.

### Four steps to avoid UTI:

- Drink at least 8 glasses of water daily to flush out bladder and dilute uric acid concentration. Avoid excess sugar, spicy foods, caffeine and alcohol.
- Add cranberry concentrate (no sugar) at the first sign of an infection. Drink 8 ounces of the juice as well as more water - 8 ounces every hour.
- Add more Vitamin C to support the immune and urinary systems.
- Eat more good yogurt, kefir, fermented vegetables or take **Probiotic Eleven**.

### Some Herbs to use to fight infections:

- **Marshmallow** contains large amounts of mucilage which soothes the bladder lining.
- **Cranberry & Buchu** helps keep bacteria from attaching to bladder and is good overall for preventing UTI's.
- **Uva Ursi** has diuretic and disinfectant effects. (Works best in alkaline environment, so don't use Vitamin C at the same time.)
- **Silver Shield** has antibacterial effects. Use the liquid internally by taking a tablespoon every couple of hours when fighting a UTI. **Silver Gel** is available for topical application.
- **Probiotic Eleven** to rebuild the good bacteria in the gut and to help prevent other infections.

**Important:** The 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 treat-



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