

Urinary Tract Infections

Urinary Tract Infections also called UTI's are a common infection that approximately 60% of women will experience and 12% of men. ¹

UTI's can cause a series of uncomfortable and unpleasant symptoms including but not limited to²:

- Burning while passing urine
- Increased urge to urinate
- Cloudy or pink streaked urine
- Not being able to pass urine when the urge presents
- Pain in the front of pelvis or pubic bone in woman

Typically Urinary Tract infections occur when a bacteria enters the urinary tract through the urethra and start to multiply in the bladder. ²

UTI Prevention: There are many lifestyle changes a person can make to prevent the likelihood of developing a UTI. ^{2,3}

- Urinate after intercourse
- Drink Plenty of water
- Wipe front to back if female
- Avoid douching and scented or irritating feminine products
- Wear cotton underwear.
- Avoid sitting in baths with Bath Bombs or bubble bath soap.

Some Herbal and Dietary preventative measures you can take:

- Eat blueberries, eggplant and leafy greens
- Add fresh dandelion leaves to salads or make into a tea
- Add Fresh parsley and other foods high in Vitamin C into your diet
- Reduce processed sugar and alcohol intake
- Drink Hibiscus or Rosehip tea for extra Vitamin C
- Drink Nettle Tea (*Urtica dioica*)

Herbal Treatment options: There are many herbal and natural treatment options for UTI's, Below is a list of just a few herbs and remedies used for treating UTI's. ³

Plantain Herb (Plantago Spp.) This can make a very soothing and healing tea to the urinary tract.

Juniper Berry (Juniperus communis) Made into a tea can work to clear a UTI's infections due to its volatile oils.

Corn Silk (Zea mays) Making a tea or simply chewing up and consuming a little silk from a fresh cob on the corn can

Slippery Elm Bark (Ulmus rubra) this herb can be taken in a capsule form or tea to soothe the urinary tract and reduce painful urination.

Marshmallow Root (Althaea) made into a tea is soothing and helps to speed up healing of the urinary tract.

D-Mannose- is a type of simple sugar found in many fruits. When taken orally it attaches to E. coli bacteria not allowing it to attach to the cells and cause infection..It can be taken during infection or as a preventative for re-occurring infections. ^{4, 5} D-mannose can be found in most health food stores sold in either capsule or powder. The powder is very sweet.

Urinary Tract support Tea.

This tea is a great way to keep your urinary tract healthy and help prevent infection.

½ tsp dried Nettle leaves

½ tsp dried dandelion leaves

½ tsp dried Horsetail

In 1 cup of boiling water, let steep for 10 minutes before drinking.

It is Important to properly treat UTI's and not ignore signs of a more serious infection developing.

Testing for a UTI's can be done with a simple urine test at most health care offices.

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1-<https://www.urologyhealth.org/urologic-conditions/urinary-tract-infections-in-adults>

2-<https://www.mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc-20353447>

3-<https://www.heartofherbs.com> (master herbalist program)

5-<https://www.healthline.com/health/d-mannose-for-uti#research>

6-<https://www.europeanreview.org/wp/wp-content/uploads/2920-2925-D-mannose-a-promising-support-for-acute-urinary-tract-infections-in-women.-A-pilot-study.pdf>