BLADDER DIFFICULTIES

Incontinence

Many people as they age find if they sneeze or cough, some urine will splursh out. It is embarrassing, but there are many things you can do to help. The first is the obvious by wearing pads designed for this purpose. If you don't have the money for the pads, then every time you urinate, take some toilet paper, fold it so it is about 3 layers, and tuck in into your underwear to catch the dribbles.
The other thing you can do is pelvic tilt exercises to strengthen the muscles in the area. Lie on your back, draw your legs up, keeping your feet on the floor (or bed). Tuck your bum in, pressing your lower back to the floor, squeeze your anus muscles and hold for the count of 10 seconds. Release and repeat again. At first you may only be able to do this 2-3 times, but work your way up to 10 in the morning and 10 in the evening. Do this for 2 months to see a good improvement.

Infections - see Urinary Tract Infections

Bladder Dropped

Although an operation is often the answer here, doing slant board exercises may help. Get a board, put one end on the floor, the other end on the couch. Lie on the board, head towards the floor, bed your legs but keep the feet on the board. Gently do sit ups or as we can them 'crunches'. You don't have to sit all the way up, just enough to use your muscles. Gravity is helping the bladder come back into position and the sit ups are strengthening the muscles so it can stay in position. Work up to as many as you can on a daily basis.

Bladder Herbs

Orientals know that keeping the cornsilk from the corn cobs, makes a good remedy for bladder weakness. Make a tea from the silk and drink daily for a year or two. The taste was not objectionable. You can use it fresh, making it as a tea, or completely dry it and store it for when no fresh corn is available. One cup a day is used for prevention.
Cornsilk is a mild diuretic and soothes the urinary tract, helps reducing inflammation. It helps cleanse the area, and relieves irritation. It is high in potassium so if you are not allowed to have potassium, you won't be able to use this remedy. To make tea: handful of cornsilk, put in pot, cover with water (1-2 cups), bring to a boil, simmer covered for 10+ minutes, strain and drink.

Another good one for recurring bladder problems is goldenrod leaves and flowers. Blooms in September and you can store in for future use by drying and storing in jar in dark cupboard or making a tincture which will last for many years in a dark glass bottle. See handout for using herbs.

Bladder worms: see recipes for parasites

Bladder stones:

- **2 quarts water**
- **1 cup hulled barley**
- **2 lemons**
- **¼ cup honey**

Place water and barley into saucepan, cover, bring to a boil. Then decrease heat to low and simmer 30 minutes. While this is cooking, peel the lemons, avoid the white pith. Juice the lemons, place juice and peel into 3 quart pitcher, set aside.
After the 30 minutes of barley cooking, strain through a fine mesh, reserving the water and putting it with the lemon juice/peel.
Add honey, stir to combine. Refrigerate until chilled. Drink daily to keep all stones from forming in the body.
Just a note, if you have kidney and/or bladder stones, make sure you are not taking calcium supplements that use ground up rocks like calcium carbonate (in supplements, tums, rolaids). Switch to using herbs high in calcium and you shouldn't have a problem. See the information regarding calcium in this book.