URINARY TRACT INFECTIONS (cystitis)

Micro organisms can infect the urethra (urethritis); bladder (cystitis); or kidneys (pyelonephritis). It can even progress from an infection in the colon.
Symptoms can include:

- **wanting to urinate more frequently (may only pee a few drops)**
- **burning or scalding sensation when urinating or just at the end**
- **you feel the bladder is still full even though you have urinated**
- **you feel pain above the public bone**
- **there is blood in the urine**
- **if infection gets into the kidneys you can have chills, fever, lower abdominal pain and back pain.**

1. **Drink lots of water to flush out the bacteria.**
2. **Wear loose clothing. You don't want to put any pressure on the area. Wear cotton underwear.**
3. **Apply heat to area with heating pad or sit in nice hot bath can give some relief.**
4. **Avoid foods that irritate the bladder: Alcohol, Spicy Food, Caffeine, Pop, Artificial Sweeteners, Chocolate, Citrus, Nicotine, Meat, Fast foods. The citrus increases the acidity of the urine, making it more painful to pee, stick to water. Eat a low protein diet. Get the protein from peas, beans,, lentils, mushrooms, asparagus. Eat lots of garlic, potatoes, parsley, watercress, celery, cucumbers, papaya, bananas. Asparagus conditions the bladder and kidney, eat it often. Eating melons eg. Watermelon is a good way to flush, soothe, cool and heal the kidneys and bladder.**
5. **Make lots of bathroom trips to empty the bladder, don't hold on to it.**
6. **Drink cranberry juice (unsweetened). Some people find this helps, others say it does nothing. How do you drink something so sour? Dilute it with lots and lots of water.**
7. **Drink 1 tsp baking soda in 8 oz water first thing in the morning for one week.**
8. **Drink cool parsley tea. Boil a cup of water, add 2 Tbsp dried parsley or 1 cup fresh chopped parsley and steep for 10-15 minutes. Strain, cook and drink. This acts as a diuretic helping the kidneys to excrete sodium into the urine, taking pressure off the arteries and flushing out bacteria and helping sodium levels stay low to prevent reabsorption.**
9. **Celery seeds also act as a diuretic because of the celery oil (butylphthalide). You can do this instead of the parsley tea by chewing a handful of celery seeds once or twice a day right after a meal.**
10. **Take 2 Tbsp apple cider vinegar in a glass of water. You can add lemon juice, and you can also sweeten it with honey. Drink twice a day for a few days to help alkalanize the body.**
11. **If you have access to herbal tincture (5:1 = 5 parts water to 1 part plant), mix 4 parts lavender, 1 part eucalyptus, 2 parts pine needle tincture. Take 1 ml (40 drops in 1/4 to 1/2 cup water 10-15 minutes before each meal or 3 times a day). You can also do this with aromatherapy by mixing the formula and taking 2 drops**

in water three times a day.

12. **Mix 2 drops sandalwood essential oil with 2 drops juniper essential oil together - massage into abdominal area near the bladder.**
13. **Best foods to eat: cucumbers, blueberries.**
14. **Best herbs: uva ursi, goldenrod, cornsilk, marshmallow root, buchu, horsetail.**
15. **Make a tea out of watermelon seeds.**
16. **Cantharis homeopathic if you can get it. This really helps if it gets excruciating or if there is bleeding present..**
17. **D Manoose (1,000 mg three times a day) if you can get it. D Manoose is a naturally occurring sugar found in certain plants, like cranberries.**
18. **Take probiotics for healthy bacteria introduction if you can obtain it. Morning and evening, best taken on empty stomach.**
19. **Avoid sex which can irritate the area.**
20. **Add a drop of lemon essential oil to each glass of water that you drink.**
21. **If you have a kidney and/or bladder infection – drink 8+ glasses of water throughout the day. Eat a lean diet of vegetables, grains, protein. Take cantharis homeopathic if the infection is strong. Take D manoose daily to help the surface of the kidney-bladder to remain slippery so bacteria can't adhere.**
22. **Emergency Attack: If you have an acute attack, you can help the pain ease by immediately:**
    - dissolve one level teaspoon of bicarbonate of soda (baking soda) in half a pint of water. Take every hour for three hours. Note. this is not something to continue doing, it is only if you have an acute attack.
    - sip unchilled water frequently, have some parsley tea hourly.
    no eating while attack is acute
    - curling up with a hot water bottle on the tummy for 5 minutes, then alternating with a cold wet towel will promote relief
23. **if you have a fever (over 100F/37.8C) apply cold compresses or packs. Prepare piece of cotton long enough to go once around your waist and about 8" deep. Rinse in cold water, wring it out, shake it out and lay it on a warm woolly muffler, shawl or blanket. Have a couple of large safety pins ready to hold it in position. Get really warm by either taking a hot bath or lots of bedclothes, quickly uncover yourself, wrap compress around middle, fasten it and dive under the bedclothes. Compress should become hot in 5-10 minutes. If it cools, take it off (it must be too wet or you are too cold). This will also help you sleep.**
24. **Softly rinse genital area after urination. You may apply a little vitamin E or calendula cream to the skin in the area to soothe it and discourage infection.**
25. **As discomfort eases, cut down on your liquid intake. Continued heavy drinking can upset electrolyte balance.**
26. **Cystitis is often caused when the Bacteria E. Coli that normally reside in the bowel and colon, cross over the perineum to the vagina. This bacteria dislikes an acid environment so the best way of combating it is to increase the acidity.**
27. **Women: do not use tampons.**

Here is a cleansing Diet: Follow for 3-7 days.

Breakfast: 1/4 lb (100g) grapes, apple or grape juice
Mid-Morning: Cup of lemon tea
Lunch: Mixed fruit salad with some nuts, yogurt

Mid-afternoon: Cup of lemon tea or cool parsley tea
Supper: mixed salad (no cheese, meat, fish or mayonnaise)
apple cider vinegar and sunflower oil for dressing
non-citrus fruit, fruit juice
At bedtime: cup of peppermint or chamomile tea