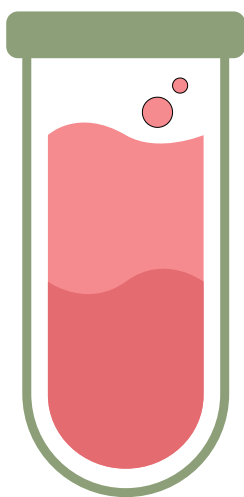


5 STEPS TO happy bladder

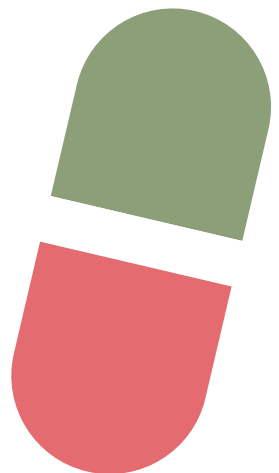


A HEALTHY MICROBIOME

- Take a probiotic by mouth that contains *Lactobacillus rhamnosus* & *Lactobacillus reuterii* twice daily (Beerepoot & Geerlings, 2016)
- Take a vaginal probiotic that contains *Lactobacillus crispatus* once daily for 5 days (Czaja et al, 2007)
- Just say no to unnecessary antibiotics
- No need for antibacterial body soaps. We love our bacteria.

TAKE BLADDER LOVING SUPPLEMENTS

- D- Mannos: 2 gm in 200ml of water daily (De Nunzio et al, 2021)
- Vitamin C 500mg every 2 hours (Pizzorno et al, 2016)
- Zinc 30mg daily (Pizzorno et al, 2016)
- Bioflavonoids 1000mg daily (Pizzorno et al, 2016)
- Vitamin A 25,000iu daily (<10,000iu daily if pregnant) (Pizzorno et al, 2016).
- Choline 1000mg daily (Pizzorno et al, 2016)
- Uva ursi 1.5-4gm in tea three times daily (Pizzorno et al, 2016)
- Goldenseal dried root in tea 1-2g three times daily (Pizzorno et al, 2016)



SELF CARE

- Always urinate after sex or after a workout in tight clothes
- Stay away from harsh chemicals and detergents and clean your body with water or goldenseal tea and your clothing with unscented soaps (Pizzorno et al, 2016)
- Let your lady parts breath- take breaks from thong underwear and spandex shorts.
- Take time to go to the bathroom once an hour. Even if you don't urinate, you deserve a moment away from your busy life.

EAT HEALTHY

- increase urinary alkalinizing foods like fruits and vegetables: To make an environment that pathogenic bacteria do not flourish in (Pizzorno et al, 2016)
- unsweetened cranberry juice (16 oz daily): decreases adherence of bacteria to bladder wall (Pizzorno et al, 2016)
- avoid simple sugars: to support healthy microbiome (Pizzorno et al, 2016)
- increase water intake : 2+ Liters of water a day to flush out bacterial overgrowth (Pizzorno et al, 2016)
- consume garlic & onions: to support a healthy microbiome (Pizzorno et al, 2016)
- food allergy testing/elimination, as appropriate: to rule out inflammatory causes of urinary discomfort like interstitial cystitis (Pizzorno et al, 2016)



REDUCE STRESS



- Bladder problems can be physical manifestations of self limiting beliefs including anxiety, holding on to old ideas, fear of letting go, anger (Hay, 2012).
- Meditate on the mantra, " I comfortably and easily release the old and welcome the new in my life. I am safe" (Hay, 2012)
- Stress has been shown to increase the perception of pain and bladder sensitivity (Rothrock et al, 2001).

RESOURCES

PODCAST:

- Aviva Romm: Treating a UTI the natural way
- <https://avivaromm.libsyn.com/53-uti-the-natural-approach>



SEE A HEALTH CARE PROVIDER IF:

- Fever
- Worsening pelvic pain
- Nausea/Vomiting
- Blood in your urine
- Back pain
- Symptoms do not improve in 3 days.

HELPFUL APPS

- Water Reminder: Sends you notifications to your watch and phone to stop and drink some water
- Healthy Bladder: Voiding Diary: See how often you urinate and track your bladder patterns
- Calm: Sleep & Meditation

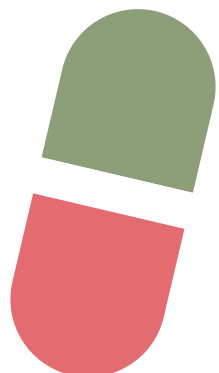


WHERE TO BUY HERBS?

- Mountain Rose Herbs
- Starwest Botanicals

WHERE TO BUY SUPPLEMENTS?

<https://us.fullscript.com/protocols/dwilliams1630213345-happy-bladder>



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