Natural Help 4...

The Urinary System

What is the Urinary System?

The **human urinary system** consists of two kidneys, two ureters, a bladder, two sphincter muscles, and a urethra. These organs, tubes, and muscles **filter out excess fluids and waste products** from the bloodstream, which are then expelled as urine.

The human urinary system removes waste products known as urea from the blood. Proteins found in meat, poultry, and vegetables are broken down in the body into urea, which is then eliminated from the body via the urine.

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Diagnosing Problems with the Urinary System

If you are suspected of having an abnormality of the urinary system, your doctor may wish to perform a number of tests in order to **determine the presence of indicators in your urine or urinary tract system.**

Major Diagnostic Tests for the Urinary System

- **Urinalysis**

  Urinalysis is a test used to **check for abnormal substances** such as protein, white blood cells, nitrites, and glucose, as well as other **disorders of the urinary tract system** like a urinary tract infection or kidney disease.

- **Urodynamic tests**

  Urodynamic tests are used to **find out how the body stores and releases urine**. The aim of urodynamic testing is to measure how effectively the bladder can empty and fill itself up. It is used for patients experiencing painful urination, incontinence, recurrent urinary tract infections, frequent urinate, those who have difficulty starting a urine stream.

- **Cystoscopy**

  A cystourethroscopy involves inserting a scope with lenses and a light source into the urethra to **view the inside of the bladder and urinary tract system for abnormalities** such as tumors or stones.

- **Renal ultrasound**

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

A renal ultrasound is a non-invasive test that uses high-frequency sound waves which bounce off the kidney, transmitting a picture of it. It is used to **detect abnormalities** in the kidneys, ureters and bladder, and can also measure the size and shape of the kidney.

- **Renal angiography**

  This test is also referred to as a renal arteriography. A contrast dye is injected through a catheter into the bloodstream, followed by x-rays of the renal blood vessels. It is able to **determine signs of blockage or abnormalities** affecting the blood supply to the kidneys.

- **Prostatectomy**

  Prostatectomy is a surgical procedure which involves a part or entire removal of the prostate.

- **Prostate-specific antigen (PSA) blood test**

  Prostate-specific antigen blood tests are used to **determine prostate cancer** by measuring a substance called prostate-specific antigen produced by the prostate.

- **Dialysis**

  This medical procedure is performed to **remove wastes and additional fluid** from the blood after the kidneys have stopped functioning.

What Causes Problems with the Urinary System?

The human urinary system problem are most commonly associated with:

- **Aging**

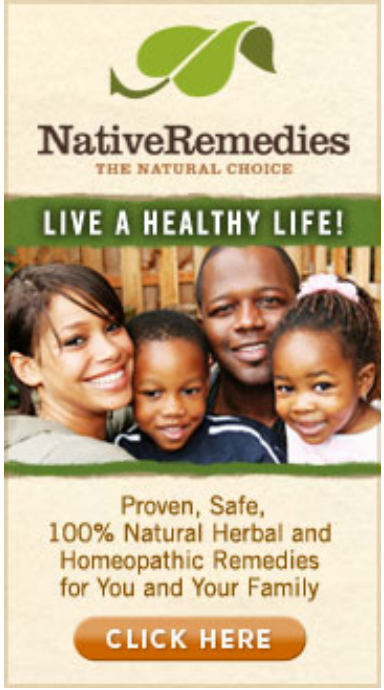
  As you grow older, the functioning of the kidneys may decline. The muscles of the ureters, bladder, and urethra may lose their strength, making you more prone to urinary infections because the **bladder muscles often do not tighten enough** to empty the bladder completely.

- **Illness and Injury**

  If you have been ill or injured, the passage of urine can become blocked and may prevent the kidneys from filtering the blood completely. In men, a swollen prostate gland can impede the flow of urine and increase vulnerability to urinary tract problems.

- **Toxicity**

  The kidneys may be damaged by certain substances such as medications and poisons.



Michele Carelse, Clinical Psychologist

All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

What disorders of the urinary system should I be worried about?

There are a wide variety of disorders of the urinary system. Some are easy to treat while others may need medical attention.

- **Cystitis**

  Cystitis is inflammation of the urinary bladder caused by a bacterial infection.

- **Urinary incontinence**

  Urinary incontinence is the loss of bladder control, causing involuntary urination.

- **Urinary tract infections**

  Urinary tract infection is a bacterial infection that affects any part of the urinary tract.

- **Urethritis**

  Urethritis is inflammation of the urethra caused by a bacterial infection.

- **Kidney stones**

  A kidney stone is large amount of calcium salt crystals from urine that may form in the kidneys.

- **Impotence/Erectile Dysfunction**

  Impotence, or erectile dysfunction, is the inability to achieve an erection, and/or dissatisfaction with the size, rigidity, and/or duration of erections.

- **Prostatitis**

  While the prostate gland is not actually a part of the urinary system, the two are closely positioned. Prostatitis is an inflamed condition of the prostate gland that may be accompanied by discomfort, pain, frequent or infrequent urination, and sometimes, fever.

- **Bladder Cancer**

  Bladder cancer occurs when there are abnormal, cancerous cells growing in the bladder.

- **Cystocele (Fallen Bladder)**

  Cystocele is a hernia-like disorder in women that occurs when the

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wall between the bladder and the vagina weakens, causing the bladder to sag into the vagina.

- **Hematuria (Blood in the urine)**

  Hematuria is the presence of red blood cells (RBCs) in the urine.

- **Renal failure**

  Renal failure is the condition in which the kidneys fail to function properly.

Help for Problems with the Urinary System

Treatments vary according to the type and cause of abnormality or condition of the urinary system.

Bacterial infections such as urinary tract infections and cystitis are common problems of the urinary system, and are usually recurring. Antibiotics are frequently prescribed to fight the infection. Kidney stones can be very painful, and treatment may involve a non-surgical procedure called lithotripsy or surgical removal of the stone.

Incontinence is often treated with drugs that help relax the bladder such oxybutynin and tolterodine.

For more serious disorders such as renal failure, treatment **may include drugs to address the underlying cause**. In more extreme cases, kidney dialysis, surgery and blood transfusions may be necessary. Kidney, prostate and bladder cancer is conventionally treated by removing cancerous tissue and using radiation therapy.

Is there a Drug-Free Approach to Treatment?

Conventional medical treatments for disorders of the urinary system consist of various drug therapies, dialysis, surgery, and radiation therapy. These treatments are often necessary, especially for life-threatening diseases. However, there are also **natural and alternative therapies that can be considered** which address the physical, mental, emotional, and spiritual needs of an individual. These include herbal medicines, acupuncture, and dietary modifications to promote healing.

Some herbal remedies commonly used to treat disorders of the urinary system include Equisetum arvense, Plantago major, Galium aparine, Arctostaphylos uva ursi, Thymus vulgari and Chimaphila umbellate. Furthermore, some natural remedies can be used year-round to support urinary tract health. **Alternative medicine uses a holistic approach** to treatment and the different therapies can be discussed with your doctor, a homeopath, or naturopath.

Some Helpful Hints

There are steps that we can take to maintain a healthy urinary system:

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- Ensure good hygiene habits
- Drink lots of water – at least eight glasses a day to flush the bladder
- Eat a calcium-rich diet, such as dairy products
- Urinate regularly - when you feel the need to, and do not fight the urge
- Get to know your family's medical history, especially if there have been cases of kidney disease
- Control your blood pressure
- Drink cranberry juice, as it fights bacterial infection
- Avoid long-term use of painkillers such as aspirin and ibuprofen, which can damage the kidneys

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email Ask Our Experts service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional One Year Money Back Guarantee.

symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

UTI-Clear™: Promotes bladder and urinary tract health.

UTI-Clear is a 100% safe, non-addictive, natural herbal remedy formulated by our

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team of natural health experts for urinary tract health. UTI-Clear can be used consistently to safely **promote health and systemic balance in the urinary system**.

UTI-Clear contains seven herbs selected for their supportive function in maintaining urinary tract health, normal urine flow, and sustained bladder health.

UTI-Clear supports the **healthy functioning of the urinary system**, thereby helping to maintain balanced urine flow, suitable pH in the bladder, consistent elimination of toxins, and routine, healthy performance.

UTI-Clear can make all the difference to urinary tract health, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Learn more about UTI-Clear

UT-Tonic™: For natural urinary tract and bladder support.

Triple Complex UT-Tonic is a **combination of three cellular-supporting tissue salts** selected for their positive effects on urinary tract and bladder health.

This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the urinary system** as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of minerals that occur naturally at a cellular level in our bodies and all organic matter on earth (plants, rocks, and soil).

In in the system of biochemistry, there have been **twelve essential tissue salts** identified as important components of all body cells. Without this combination, true health is unattainable, as each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Cell salts, or biochemic tissue salts help to maximize health efforts, and **enhance the bioavailability** of all **supplements, remedies, and nutrients** in your diet to ensure that all the cells of your body and urinary system are functioning effectively.

Our tissue salts are manufactured to ensure safe yet optimum potency, and they are safe to use for all ages, as well as during pregnancy and nursing.

Learn more about UT-Tonic

Immunity Plus™: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to

safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects,** to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Learn more about Immunity Plus

Read the testimonials for these quality products here!

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