

Natural Help 4...

Urinary Tract Infection



What is a Urinary Tract Infection?

A [urinary tract infection](#) (also referred to as a [UTI](#)) is a **bacterial infection affecting the urinary tract**. When bacteria from the rectal area enter the urinary tract via the urethra to the bladder and multiply in the urine, an infection occurs.

Diagnosing a Urinary Tract Infection

There are two main types of [urinary tract infections](#), namely **lower tract and upper tract infections**. An infection found in the lower tract typically spreads to the urethra or the bladder.

Bacteria that infects the urethra (tube that carries urine from the bladder) causes urethritis, while bacteria that infects the bladder causes cystitis (or a bladder infection). An infection found in the upper tract spreads through the bloodstream into the kidney. This is called pyelonephritis, and is a very serious condition.

UTI Symptoms and Signs

- Frequent urination
- Pain or burning during urination
- Pain in the lower back or abdomen
- Pain above the pubic bone
- Dark, foul-smelling urine
- Blood in the urine
- A feeling of shakiness and fatigue
- Mild fever

What Causes Urinary Tract Infections?

Urinary infections are usually **caused by the Escherichia coli (E. coli) bacteria**, while other contributing factors include a shorter urethra in women, an enlarged prostate in men, frequent sexual activity, sexually transmitted diseases, or medical conditions such as HIV or diabetes.

Help for Urinary Tract Infections

This type of infection is commonly **treated with antibiotics**. However, it is increasingly recognized that frequent treatment with antibiotics may contribute to recurring [UTI](#) infections and increased dependency on antibiotic use, thereby further weakening the immune system.

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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.

Natural Remedies for UTIs

Natural remedies and holistic therapy can be very effective and have been used for centuries to alleviate pain and discomfort as well as address the underlying symptoms. [Natural remedies for urinary tract infections](#) are safe and cause no side effects. They also **support one's physical, mental, and emotional health**, rather than simply treating [UTI symptoms](#).

Using herbal and homeopathic remedies for [urinary tract infections](#) is also **less likely to contribute to recurring infections**, and can therefore provide a safe and longer-lasting solution to this common yet distressing medical condition.

Commonly recommended herbs include *Agathosma betulina* (Buchu), *Arctostaphylos uva-ursi*, *Melissa officinalis* (Lemon balm), *Avena sativa*, *Hypericum perforatum* (St. John's Wort), *Vaccinium myrtillus* (Billberry) and *Echinacea angustifolia*, while specific homeopathic and [natural remedies for urinary tract infections](#) may be used depending on the [UTI symptoms](#) and physical composition of the individual.

An herbalist or homeopath will help you to incorporate the most suitable treatment into your lifestyle.

Tips for Preventing UTIs

- Drink at least 8 glasses of water a day to cleanse the system
- Cranberry juice has been shown to be effective in helping to prevent bladder and [urinary tract infections](#)
- Women should always wipe from front to back after urination
- Avoid resisting the urge to urinate
- Wash before and after sexual intercourse
- Urinate after sexual intercourse
- Change tampons and sanitary towels frequently during menstruation
- Avoid using products that may cause irritation of the vaginal area – for e.g. talc, bubble bath, or scented sprays
- Avoid wearing nylon underwear or wet swimsuits
- Shower instead of taking a bath, as bacteria accumulates in bath water
- While on medication, it is important to avoid caffeine, spicy foods, and sugar

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



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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.

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 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.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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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 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.



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Six Good Reasons to choose Native Remedies as your trusted suppliers of

herbal & homeopathic remedies:

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!](#)

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](#).



Read more about the Native Remedies Full Spectrum Approach™

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