

Urinary Tract Infection Protocol

Objective:

Raise the pH of the urine and detach the bacteria from the bladder wall. UTIs are fairly easy to resolve without the use of antibiotics. When it involves the kidneys it may be a little harder and it becomes more serious.

Description:

Bacteria enter the urinary tract through the urethra and begin to multiply in the bladder. If left untreated it can move up into the kidneys.

Two types:

1. Cystitis: bladder infection
2. Urethritis: urethra infection

Symptoms from Mayo Clinic:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Urine that appears cloudy
- Urine that appears red, bright pink or cola-colored – a sign of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women – especially in the center of the pelvis and around the area of the pubic bone

Protocol:

(begin as soon as you notice any signs – allow 5-7 days to completely heal)

Begin Here – if in the early stages:

- Magnesium, potassium, or calcium citrate, 500mg every 2 hours
- Unsweetened cranberry juice – 8 ounces daily in divided doses

The Next Day Add In:

- UT Intensive Chewables, 2-4 tabs daily (DFH)
- UT Synergy: 3 caps with breakfast, lunch and dinner (DFH) for 3-4 days
- GI MicrobX: 2 caps 3x/day
- If pain or fever use: Meriva500 SF, 4 caps 2-3x/day

Heal Your Hormones

Ongoing support:

- Green drinks with lots of green leafy vegetables are helpful to increase the pH of the urine – add a dash of apple cider vinegar or baking soda to raise pH
- DHEA capsule, 5mg, inserted into the vagina before bedtime
- Lots of rest

Reduce Your Risk:

- Keep the vaginal area hormonally balanced (use low dose DHEA, Yoni Oil or Julva Cream to help).
- After urination or a bowel movement wipe from front to back to avoid urethra fecal contamination.
- After sexual intercourse, urinate to clean out the urethra.
- Keep the genital area dry – avoid constantly wet clothing like swimsuits.
- Improve adrenal health to balance hormones.
- You may need to use some bioidentical estrogen cream or insert a 5mg DHEA capsule into your vaginal at bedtime for a month or so to improve the hormone balance of the pelvic floor.