

Title:
Bladder Infections

Word Count:
1174

Summary:
Using the Six Steps of Healing, Wise Woman Susun Weed offers ways to deal with bladder infections.

Keywords:
susun, susan, weed, herb, empowerment, tired, fatigue, energy, disease, breast, cancer, hrt, e

Article Body:

<I>^If you let that fiery wise blood just sit there in your belly, great granddaughter,~ admonish me.
^So I'll say it once more: circulate your wise blood, granddaughter. Spiral it around and up to your head.

Step 1: Collect Information

Bladder infections are also known as cystitis, urethritis, and UTIs (urinary tract infections).

Bacteria enter the bladder in three primary ways: when feces are spread to the bladder opening.

The thinning and shrinking of reproductive and bladder tissues that may occur in the post-menopausal years.

Sometimes tiny ulcerations appear in the wall of the bladder; this is called interstitial cystitis.

These remedies are substantially the same ones that delighted and aided the readers of my first book.

Step 2: Engage the Energy

 Flow, flow, flow. Head off that bladder infection by drinking a glass of water every hour.

 Urine is ideally neutral to slightly acidic (pH 5.8~pH 7). Very acidic urine (below pH 5) is irritating.

 Cantharis is a homeopathic remedy for scalding urine.

Step 3: Nourish and Tonify

 Cranberries (<I>Vaccinium macrocarpon</I>) contain substances that kill bacteria.

Drink freely, at least a glass a day, up to a quart/liter a day for acute infections unless you have kidney stones.

 Pelvic floor exercises help prevent and relieve bladder infections too! Try this one:

 An overgrowth of vaginal yeast may be irritating your bladder or urethra. Eat one cup of yogurt daily.

Step 4: Stimulate/Sedate

 Uva Ursi (<I>Arctostaphylos uva ursi</I>) is an old favorite for strengthening the bladder.

 Yarrow is a urinary disinfectant with a powerful antibacterial action and an astringent.

 In my experience, <I>Echinacea purpurea</I> and <I>E. augustifolia</I> are as effective as antibiotics.

 Women who wash their vulva with soap and water are four times more likely to get vaginal infections.

 Known bladder irritants include: alcohol, black tea, coffee, sodas, citrus juices, chocolate, and spicy foods.

 Urinating after love play flushes out bacteria and cuts down on UTIs. Urinating before

Step 5a: Use Supplements

 Ascorbic acid wrings the kidneys, flushes the bladder, and raises urinary pH.

 Be careful about taking calcium supplements if you are prone to bladder infections. Ca

Step 5b: Use Drugs

Antibiotics are the standard medical treatment for women with bladder infections. But taking a

Step 6: Break and Enter

Dilation of the urethra is expensive, painful, and causes tiny scars on the urethra, which may

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<U>Legal Disclaimer</U>: This content is not intended to replace conventional medical treatment
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