

The UTI Report

**Bladder Infection Home Remedy
Proven to Work Within 12 Hours**

Or Less!



Urinary Tract Infection Report - 2nd Edition

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While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type, and the specifics of the actual urinary tract infections, successes will vary.

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Relieve Your Pain And Discomfort With Our Step-By-Step, Hourly Guidance For The Best Possible Relief Within 12 Hours

Welcome to the Step-By-Step 12-Hour Emergency Action Plan for UTI Sufferers!

Are you one of the 8-12 million people who will develop a Urinary Tract Infection (UTI) in the next year? As one of the most common infections among men and women alike, UTIs are responsible for a variety of uncomfortable symptoms and sometimes dangerous affects, including pain and burning in the bladder and abdomen when urinating, chills and fever, and—in extreme cases—severe kidney damage.

The good news is you can begin curing your UTI at home without antibiotics in just 12 hours or less using our incredible new plan. In addition, you can learn how to best prevent re-occurrences. Imagine that—living UTI-free for the rest of your life! If that sounds appealing, read on.

Before we outline the CURE, let's talk about what typically causes urinary tract infections, UTI symptoms, who's most at risk, and traditional forms of treatment. Then, we'll move on to the Step-By-Step 12-Hour Emergency Action Plan for UTI Sufferers!

Urinary Tract Infection Overview

What causes a UTI?: Common Causes

In many cases, UTIs are a result of bacteria, such as E. Coli, that get into the bladder or other areas of your urinary tract and begin multiplying. Your urinary tract typically can fight off the “bad” bacteria, but at certain times—when immunity is lower—the bacteria can proliferate and a UTI is the result.



In addition, UTIs, specifically urethritis, are a result of contact with sexually-transmitted diseases, such as herpes simplex virus, gonorrhea, and Chlamydia, as well as simply being transmitted between healthy sexual partners during intercourse.

Who's at Risk?

Are you unsure whether you are at risk or not? There are a number of conditions that will place you in a higher risk group for getting a UTI. These conditions and factors include:

- Being a woman—primarily due to the shortened urethra (as compared to men) which cuts down the distance the bacteria need to travel to reach and infect the bladder
- Incomplete bladder emptying resulting from physical problems, including kidney stones or injury
- Congenital abnormalities of the urinary tract
- Suppressed immune system due to such chronic illnesses as diabetes
- Poor hygiene
- Prolonged urinary catheterization
- Sexually-Transmitted Diseases (STDs)
- Pregnant women and children are also at high risk

UTI Symptoms

As with any physical ailment, UTI symptoms vary from person to person. However, there are a number of common symptoms that UTI sufferers experience. The most frequent symptoms include an urgent need to urinate—whether or not the bladder is full—and pain and extreme soreness upon urination. Other symptoms may include:

- Diarrhea
- Fever
- Nausea
- Lower back pain
- Small amounts of urine despite urge to urinate
- Painful urination
- Cloudy urination
- Blood in urine
- Chills
- Pain in upper abdomen

Note: If you notice blood in your urine, have excessive pain in your lower back or side, or have extended fever, nausea, or vomiting, contact your primary care physician immediately.

Traditional Medicinal Treatments for UTI

In most cases a visit to your primary care physician for UTI will result in the prescription of antibiotics to address the infectious bacteria and cure the UTI.



Whereas antibiotics definitely have their place in medicinal treatments, there is growing concern about the frequent use of antibiotics for chronic UTI sufferers. Specifically, with frequent antibiotic usage, bacteria begin to develop a resistance to the antibiotic itself. This resistance actually makes antibiotics less effective over time as a treatment.

In addition, frequent antibiotic use can also have a negative affect on the natural functioning of your immune system. Strengthening your immune system with a course of natural remedies and proper diet and hygiene can have an intensely positive impact on whether or not you will have UTIs in the future.

But, if you're in pain right now, you just want the healing to begin. So, read on, and begin your **STEP-BY-STEP ACTION PLAN FOR ELIMINATING UTI PAIN AND DISCOMFORT!**

Step-By-Step 12-Hour Emergency Action Plan for UTI Sufferers

- You're uncomfortable.
- You're in pain.
- And, you're searching for a way to eliminate your UTI discomfort...NOW!

To start on the path to feeling better, begin following your step-by-step plan to relieve your pain and symptoms in just 12 hours or less. Most of the remedies below will help relieve the pain and burning you experience upon urination. A number of the remedies will also work to flush the bacteria out of your body and completely eliminate your infection. All of the remedies provided below have been tried and tested successfully by individuals suffering with Urinary Tract Infections.

Follow the hour-by-hour guidelines to achieve the maximum benefits.

HOOR ONE

1. Begin your 12-hour journey to health by taking two (2) cranberry tablets with one 8-ounce glass of water. In most cases, you should be able to find a bottle of cranberry tablets at your local grocery or health food store for less than \$10.
2. Wait 30 minutes. Then, mix 1 Tsp. baking soda with 8-ounces of water and drink.

Why This Works: The cranberry tablets are acidic and create a hostile urinary environment for the bacteria and helps to flush the bacteria from your system. On the other hand, the baking soda acts to neutralize the acids that contribute to the burning sensation you feel upon urinating.



Note: Do not take the baking soda with cranberry juice, use water instead. Baking soda and cranberry will actually neutralize each other.

HOURL TWO

1. Boil 1 cup of water
2. Add 1 Tsp. parsley (can be fresh or dried leaves)
3. Allow mixture to steep for 10 minutes
4. Strain parsley from water. Then, drink.



Why This Works: Parsley is not just a favorite garnish, it also provides the urinary system with *apiol*—a volatile oil that acts as a urinary tract antiseptic. You should notice relief from the discomfort and pain you feel in your bladder for several hours. This remedy should start working within 20 minutes.

HOOR THREE

1. Drink 1 glass of unsweetened cranberry juice
2. Take a two capsules of acidophilus with bifidus. These capsules can be found at most local grocery stores, too; at a cost of between \$8-20 per bottle.



Why This Works: As we have seen, the unsweetened cranberry juice helps flush your system and acidify your urine to help kill bacteria. The acidophilus and bifidus helps restore a normal pH balance in the system by helping regenerate the “good” bacteria that populates and defends your digestive and urinary tracts.

HOURL FOUR

You are one-third of the way through your 12-hour treatment. How are you feeling? This next detoxifying flush will greatly aid you in your quest to be free of UTI pain and discomfort.

Begin by drinking 1 8-ounce glass of water mixed with a packet of Alka-Seltzer.

Then, combine the ingredients below in a large container to create a detoxifying flush.



- ¼ cup potato peelings
- ¼ cup carrot peelings
- 1/3 cup chopped beets
- ¼ cup chopped onion
- ¼ cup chopped spinach
- ¼ cup parsley
- 2 hot peppers
- 1 gallon water.

Simmer on low for 2 hours. Then, strain vegetables and drink the broth. You will likely be unable to drink the entire gallon in one hour, and that's perfectly fine. Drink as much as you feel able, and continue sipping the broth for the remainder of the day.

Why This Works: The Alka-Seltzer helps relieve pain and burning and helps maintain the pH of the urinary system. The detoxifying broth will help offset any imbalance in your pH and help flush out your infection. In addition, many of the vegetables are high in vitamin C. Also known as ascorbic acid, vitamin C both makes urine more acidic and therefore more hostile to bacteria and it also strengthens the immune system which will help you fight your UTI more effectively.

HOOR FIVE

1. Combine 1 Tbs. apple cider vinegar with one 8-ounce glass of warm water.
2. Stir well. Then, drink.
3. Wait 30 minutes and take 2 cranberry tablets.



Why This Works: In addition to the affect of the cranberry tablets, the apple cider vinegar is rich in enzymes and potassium, as well as many other trace minerals. In addition, apple cider vinegar is a natural antibiotic and will help attack the “bad” bacteria of the infection. The combination will help flush bacteria from the body. You can repeat up to three times per day to help prevent future infections as well.

HOURL SIX

You should be proud of yourself—you're half way through your 12-hour program. Renewed health and diminished pain is just around the corner!

1. Combine 1 Tsp. olive oil with 1 Tsp. pure garlic juice
2. Mix with 1 glass warm water and drink

Why This Works: Pure garlic juice helps kill the bacteria that cause Urinary Tract Infections. Garlic itself is often considered the “heavy weight” of all herbal remedies because it has such inherently strong antibacterial properties.



HOUR SEVEN

If the garlic juice was a little difficult for you to swallow, be thankful. In Hour Seven you simply need to drink a cup of juice.

1. Drink 1 8-ounce glass of unsweetened cranberry juice

Why This Works: As we have seen, cranberry tablets keep bacteria from clinging to the walls of the urinary tract (flushing out “bad bacteria”) and, because of its high vitamin C levels, cranberry acidifies the urine. Cranberries also help to deodorize urine.

HOURL EIGHT

If you were missing the taste of apple cider vinegar, it's your lucky hour.

1. Combine 1 Tbs. apple cider vinegar with 1 8-ounce glass of warm water
2. Drink.

HOURL NINE

1. Mix 1 Tsp. baking soda with 8 ounces of water
2. Drink.

Why This Works: Remember, baking soda helps alleviate residual pain and burning upon urinating.



HOURL TEN

You are in the home stretch to finding success against your UTI. The end is near!

1. Combine 1 Tsp. olive oil with 1 Tsp. pure garlic juice
2. Mix with 1 8-ounce glass of warm water and drink

HOURL ELEVEN

To begin your eleventh hour, simply pour yourself a tall glass of unsweetened cranberry juice.

1. Drink 1 8-ounce glass of unsweetened cranberry juice

HOOR TWELVE

In your final hour, congratulate yourself for following the step-by-step program to the end and conclude with the following steps.

2. Take 1 8-ounce glass of water with 1 packet Alka-Seltzer
3. Drink another bowl of detoxifying flush remedy (see [Hour Four](#))

HOORAY!

If you completed all of these steps, you should notice a significant reduction in your pain and discomfort in just these 12 short hours or less.

If you are serious about preventing UTI in the future, there are a number of additional steps that you should consider taking to improve your chances of remaining UTI-free for life. Specifically, these steps ask you to pay special attention to the foods you eat and the supplements you take as well as to maintaining good hygiene.

Establishing a healthy, strong, and clean body with an equally sturdy immune system is one key to preventing any further UTIs!

Your Diet Makes the Difference

In addition to the 12-hour step-by-step remedy above, you should also pay close attention to the foods you eat within the first 12-24 hours of a urinary tract infection. Your diet is very important in determining whether you are to remain UTI-free.

The reason for watching your foods is simple: Certain foods are more likely to contribute to the cause and severity of UTIs while other foods actually can help cure and prevent UTIs.

That said, your plan of action should be quite basic:

Eliminate the foods that contribute to causes of UTIs and include the foods that foster a healthy environment to avoid and overcome UTIs.

Eliminate “Bad” Foods

The first step is identifying and eliminating potential trigger foods from your diet to help alleviate your symptoms and stop the rapid growth of bacteria. How do you do this?

During your 12-hour regimen, be sure you eliminate all the foods in your diet that are contributing to your urinary tract infection. For the best results you should continue to do so for no less than 1-3 days. Yes, believe it or not, certain foods can make your symptoms worse and make recurring infections more likely.

If one of your favorite foods is on the “bad” list, don’t worry. You don’t need to eliminate these foods permanently from your diet. You are just removing them long enough for your symptoms to go away and your body to fight back the infection and regain its optimum health.

Foods That Can Irritate Urinary Infections

Foods that have a high acid content will often make your symptoms worse, so you need to cut these foods out of your diet immediately when you discover you have a UTI. You don't need to give up these foods forever, but you'll realize drastic improvements if you cut them out for a few days.

Foods to Eliminate during the first 12-24 Hour Window of a UTI:

Coffee

Corn

Tea

Eggs

Chocolate

Sour cream

Cola

Guava

Oranges

Pineapples

Strawberries

Tomatoes

Wine, particularly red

Carbonated beverages

Chicken livers

Corned beef

Chicken

Steak

Foods that Can Help Restore Bodily Health

After you've been sure to eliminate any potentially toxic foods from your diet, you'll want to invest in some foods that will help restore a healthy pH in your urinary tract and that help your body flush the "bad" bacteria away. Now go to the store and fill your grocery cart with the kinds of foods that are going to help balance out your body's acid to base ratio and make you feel better!

During your 12-hour step-by-step remedy, you can enjoy as much of any of these foods as you like.

Foods to Incorporate into the first 12-24 Hour Window of a UTI:

- Kale
- Spinach
- Potatoes
- Yams
- Zucchini
- Carrot
- Squash
- Onion
- Mineral water
- Broccoli
- Mustard greens
- Beet greens
- Eggplant
- Green beans
- Avocado
- Grape
- Pear
- Apple

Remember you won't have to eat these foods forever, but it will help if you at least consume them during the initial 12-hour period of UTI symptoms. The more you

incorporate into your diet on a regular basis, the more likely your body will be able to ward off future infections.

The best way to prevent recurring UTIs is to eat a high fiber diet that is properly balanced. In the future, make every attempt to balance out your diet as much as possible to help prevent recurring infections.

Additional Ways to Cure and Prevent Urinary Tract Infections

After following the 12-hour program outlined above and modifying your diet to achieve the best health possible, you are well on your way to being UTI-free for life.

To continue helping you on your way, we've identified a number of additional ways that you can take care of your body and prevent future UTIs.

In the following pages, you will learn about:

- **Supplementation**
- **Herbs and their Properties that directly affect UTI symptoms and sufferers**
- **Homeopathic remedies**
- **Essential Oils and Aromatherapy**
- **Reflexology**
- **Preventing Future occurrences of UTI**
- **Related Resources**

Supplementation

Once you have undertaken the 12-hour regimen to relieve your immediate pain and discomfort, you might consider some nutritional supplements that will help with any residual infection and may also prevent recurring infections. Just a few supplements used in combination with the right diet can help to eliminate all the bad bacteria in your system. All of the ingredients below can be found at your local grocery or health foods store, so take note.

List of Herbs and Vitamins Essential for Good Urinary Tract Health

The following list of herbs and vitamins is meant to be suggestive of the enormous possibilities available to you when you take responsibility for your urinary tract health. Taken alone or in combination with recommended others, these herbs and vitamins have been shown to have a tremendously positive impact on urinary tract health, as well as your entire body.

Alfalfa

Did you know that healthy kidney function is vitally important in the fight to prevent UTIs. An alfalfa juice concentrate can dramatically improve the kidney function. Increase kidney function helps to rid the body of toxins and increases the flow of urine. If you include cranberry fruit tablets with the alfalfa juice concentrate you'll get the UTI fighting benefits of both.

Blueberry (Bilberry)

The dried berries and leaves of the bilberry (Blueberry) plant have been shown to be successful in curing and preventing urinary tract infections. Acting as an anti-inflammatory, blueberry extracts can eliminate and/or inhibit the spread of UTI bacteria.

Echinacea

Echinacea is often referred to as the “wonder drug” of herbs. Used to treat everything from the common cold to the flu, this herb also helps fight off urinary tract infections. Echinacea helps strengthen the immune system and fight off bacterial infections.

In addition, when you take Echinacea combined with goldenseal, you actually can super charge your immune system to fight off your UTI! If you take as a tea, you will simultaneously increase your fluid intake and output—which helps flush your system of harmful bacteria. You can generally take 2 caplets of this combination if you buy in pill form 3X per day.

Goldenseal Root

Goldenseal is the standard for treating bacterial and viral infections. It can be taken several times per day in the form of a tea or in capsule or tincture form. If you can find the tea in your grocery store take it, it's advisable to get it. The combination of herb and tea can act as a natural flush and remove bacteria from your system with greater expediency. This herb has antimicrobial and anti-viral properties and will help soothe inflamed tissues and allow your body to quickly start fighting the bacteria causing your UTI.

Note: Because it can cause premature contractions of the uterus, Goldenseal is NOT recommended for women who are pregnant.

Nettle

Drinking one cup of nettle leaf tea up to six times per day can help to flush your system and help relieve the symptoms of a urinary tract infection. Nettle acts as an anti-inflammatory and can help reduce pain and swelling that often accompanies a urinary tract infection. It also works as a diuretic, so it increases the flow of urine helping to flush out bad bacteria. It also helps reduce bloating. Nettle is also rich in minerals which naturally help combat UTIs. Often used by people in European countries to fight lower urinary tract infections, nettle is also thought to also work well in combination with Echinacea and other immune-boosting herbs.

Uva Ursi (Bearberry)

Uva ursi is an herb with antiseptic and diuretic properties that helps soothe the urinary tract as well as strengthens it. Uva ursi is also considered to be a natural anti-inflammatory, so it helps relieve the pain associated with a Urinary Tract Infection. Specifically, uva ursi helps make the urine alkaline. It can also be ingested in the form of a tea several times per day. Uva ursi is generally a very mild herb with few side effects. Uva ursi can be taken in tincture form—usually the dose is 1 to 2 Tsp. 2x per day or in a capsule dose of 500mg. If using as a tincture, mix with your goldenseal/Echinacea tea or take with a glass of water.

Note: Taking uva ursi together with vitamin C and/or cranberry is not recommended because the combination will weaken the effect of both.

Zinc

Zinc helps boost your immune system and, when combined with vitamin C, can help you fight off a UTI infection quickly and efficiently. In many locations, you will be able to find zinc lozenge form. Follow the directions on the package or have one lozenge 3x the first day of your symptoms, and then 1 per day thereafter.

Additional herbs

Additional herbs key to urinary tract health because of their anti-inflammatory and antiseptic qualities include:

- Asparagus
- Buchu
- Celery seed
- Cleavers (also goosegrass)
- Corn Silk
- Garlic
- Horsetail
- Hydrangea root
- Juniper berries
- Marshmallow root
- Parsley

Homeopathic Remedies

A large list of homeopathic remedies exist to treat the symptoms of UTI as well as to help prevent UTI recurrence. We have compiled a short list of homeopathic remedies for your review. As with all remedies, consult your physician or a professional naturopath before beginning any new regimen.



Apis mellifica

Use is indicated when symptoms include:

- urgent need to urinate, but can only pass small quantities of highly-colored fluid
- urinating causes stinging and burning
- your symptoms worsen with exposure to heat and touch

Suggested dosage: Begin with 6c every hour up to six times per day. Then, reduce to three to four times per day and continue to reduce upon improvement.

Belladonna

Use is indicated when symptoms include:

- urgency to urinate
- urinating causes burning
- urine is dark colored
- headaches are experienced

Suggested dosage: Begin with 6c every two hours one dose every two hours up to six doses in a day. Then, reduce to three to four doses per day and continue to reduce upon improvement.

Cantharis

Use is indicated when symptoms include:

- frequent or constant urge to urinate
- passing small quantities of urine
- burning sensation upon urination

Suggested Dosage: Begin with 30c three times per day for two days. Discontinue use when significant improvement is noted.

Nux vomica

Use is indicated when symptoms include:

- burning pain in the bladder area, especially at night
- burning and itching when urinating
- constant urgency to urinate
- passing small quantities of urine

Suggested Dosage: Begin with 6c every two hours up to six doses per day. Then reduce to three to four doses per day and continue to reduce upon improvement.

Sepia

Use is indicated when symptoms include:

- urine has a strong odor
- pain in the urethra after urinating

Suggested Dosage: Begin with 30c taken three times per day for two days. Discontinue use when significant improvement is noted.

Staphysagria

Use is indicated when symptoms include:

- a sensation that a drop of urine is running through the urethra
- constant burning sensation

Suggested Dosage: Begin with 12c taken three times for day for two days.

Discontinue use when significant improvement is noted.

Aromatherapy

Aromatherapy—the use of essential oils to stimulate health—is thought to provide some beneficial assistance to the symptoms of UTI sufferers. Either by creating a massage oil to be applied to the your lower abdomen, pubic bone, and kidney region or adding essential oils to a hot bath, at the very least, aromatherapy and essential oil techniques are sure to leave you feeling invigorated and well-scented.



Suggested essential oils for UTI use include:

- bergamot
- cajeput
- cedarwood
- chamomile
- eucalyptus
- fennel oils
- juniper
- niaouli
- pine
- sandalwood
- tea tree

Reflexology

Long used by other cultures, reflexology—and acupressure—are gaining popularity in the United States. The techniques of reflexology and acupressure employ the use of trigger point therapy.

For example, acupressure—a form of acupuncture in which fingers and thumbs rather than needles are used to press points on the surface of the body—not only relieves muscular tension, which enables more blood—and therefore more oxygen and nutrients—to be carried to tissue throughout the body, but also aids in healing by removing waste products from the body.



Having an expert work the bladder and kidney points on the bottoms of your feet can have a positive impact on healing your UTI. In addition, you can learn how to use common household items, such as a golf ball, to self-administer reflexology to points on your hands and feet.

Preventing Future Occurrences of UTI

Now that you are well-equipped to help cure UTIs, finally arm yourself with these important tips to help you prevent future UTI occurrences.

- Drink plenty of fluid to flush bacteria from your system regularly. You should drink a minimum of 8 glasses of water per day. This will help your body purge and eliminate harmful toxins and keep the balance of healthy bacteria in your body.
- Take supplemental vitamin C from 250-1000mg per day. You should also regularly incorporate foods rich in vitamin C in your diet, such as fruits and dark green, leafy vegetables.
- Drink unsweetened cranberry juice regularly to prohibit bacteria from clinging to your urinary and digestive tracts. During an active infection, you can drink from 4-6 glasses per day. At other times, one or two glasses is sufficient.
- Urinate frequently whenever you have the urge, don't hold it in. When you hold your bladder and it gets too full, bacteria flourish and your chances for a recurring infection increase significantly.



- Urinate after sexual intercourse. This will help flush bad bacteria from your body and maintain a healthy urinary tract.
- After using the bathroom, be sure wipe from front to back. This will prevent bacteria from accidentally being carried into more infection-prone areas.
- Use loose fitting undergarments and cotton underwear to prevent irritation. Tight garments can cause discomfort and irritation and also allow bacteria to transfer to unwelcome areas.
- Avoid eating a diet high in acidic foods, including alcohol and coffee.
- Routinely supplement with acidophilus or eat yogurt several times per week to encourage a healthy supply of “good” bacteria in your digestive and urinary systems.
- Avoid feminine hygiene sprays and scented douches—these can irritate the urinary tract.
- If you are using spermicidal birth control containing nonoxynol-9, consider changing to another form of birth control as the nonoxynol-9 tends to disturb the bacterial balance in the vagina.

Get UTI-free Today

If you are prepared to change your life by taking these positive steps toward better health, you are assuring yourself of an improved chance to remain UTI-free for life.

Of course, results will vary from person to person. However, one truth is for certain: If you engage the step-by-step 12-hour regimen as well as incorporate these additional tips into your daily life, you are assured of a healthier, happier, more well-rounded health. Best of luck on your road to recovery. We wish you a UTI-free future!

Additional Resources

For you to learn more about Urinary Tract Infections, including additional natural remedies for curing and preventing future occurrences, we have collected a selection of quality Web sites for you. Please remember that we are not responsible for information contained on sites external to ours and discretion should be employed when reviewing the claims and content of other sites.

Urinary Tract Infections Explained

For an excellent overview of urinary tract infections, see the [What I Need to Know about Urinary Tract Infections Web site](#) from the National Kidney and Urologic Diseases Information Clearinghouse.

For a comprehensive article on causes and preventative measures, visit the [Urinary Tract Infection page](#) brought to you by the Mayo Clinic.

To learn more about UTI, visit the [National Women's Health Information Center](#) online.

For a brief, yet concise explanation of Urinary Tract Infections, visit [The Cleveland Clinic](#).

Natural Remedies for UTI

For a review of homeopathic remedies, visit the [Homeopathic Remedies for UTI Web site](#).

For an interactive tool that helps you align your symptoms with particular homeopathic remedies, visit the [ABC Homeopathy Web site](#).

To learn more naturopathic techniques for treating UTIs, visit the [Women's Health Channel Web site](#)

For a variety of natural UTI remedies, check out the [Home Remedy UTI Web site](#).

Learn about traditional and alternative treatments for UTI, at the [Women's Health section](#) of About.com.