

# Hold Onto Your Bladder



## FRUITFUL ELEMENTS

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# SCI FACTS:

- UTI's one of most common & costly secondary health complication
- 80% experience them
- UTI & diseases of urinary system 5<sup>th</sup> overall cause of death for people with SCI



# Potential Side Effects

- Fatigue
- Fever
- Autonomic dysreflexia
- Sepsis
- Kidney failure



# Bladder Protocol

# 1. Boost Immune System

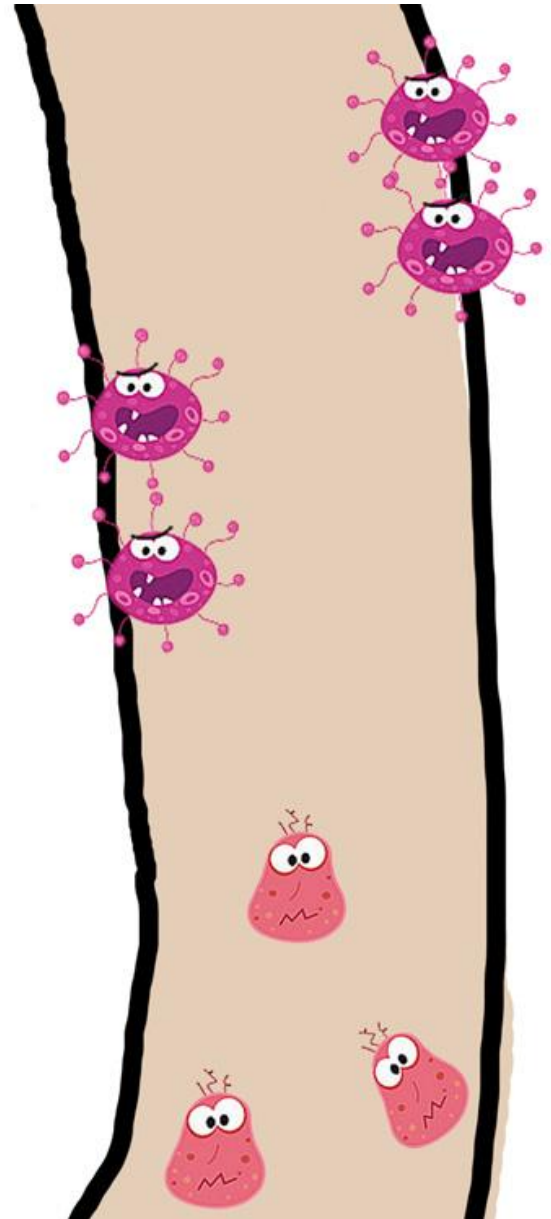
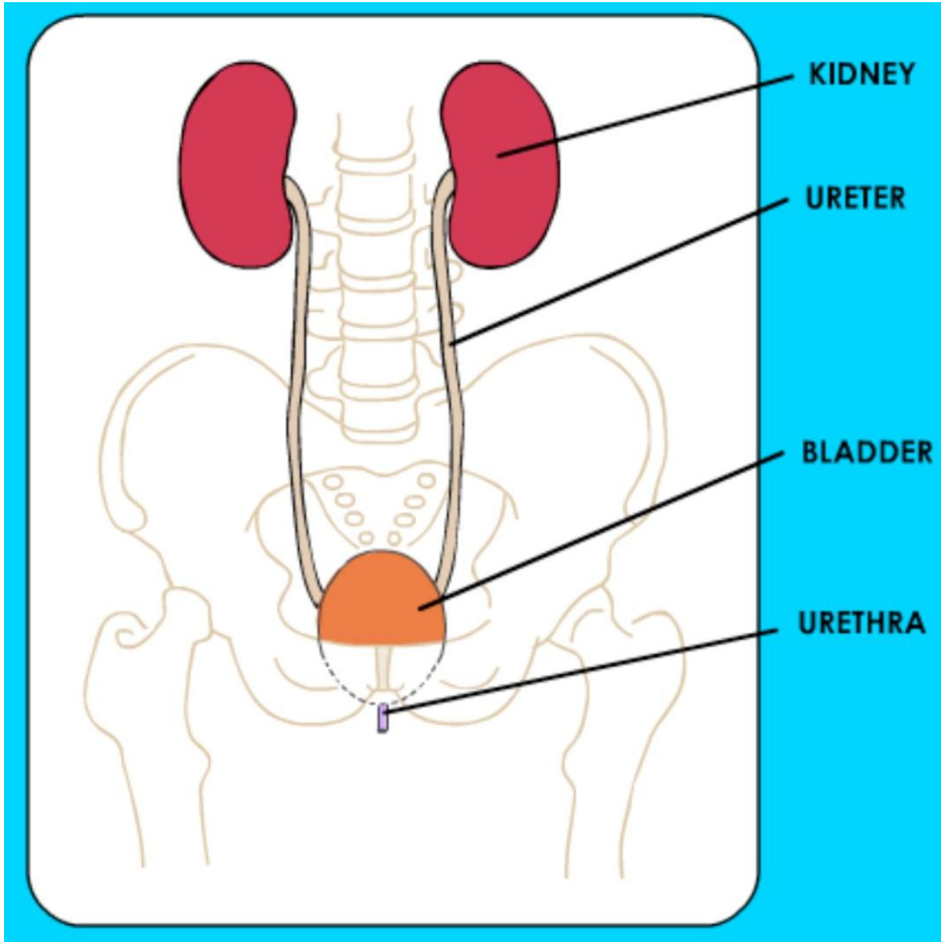
- Nutrient deficiency is the most common cause of low immune function
- UTI's occur more frequently when the body's immune system is low
- Eat lots of foods rich in Vitamins A & C
  - Citrus fruits
  - Red & green pepper
  - Yellow & orange vegetables
  - Sweet potato
  - **Vitamin A supplement (5-10 000 IU/d)**
  - **Vitamin C supplement (2-3000 mg/d)**



## 2. Cranberries

- **Hippuric acid** = creates unfriendly growth environment
- **Tannins** = prevent bacteria from attaching to cell wall of bladder
- Drink 16 oz. of ***unsweetened*** cranberry juice a day





# 3. Probiotics

- Good bacteria help keep bad bacteria at bay
- Boost immune system
- Eat fermented foods
  - Yogurt
  - Sauerkraut
  - Pickled foods
  - **Probiotic supplements**  
**(1-2/day)**





## 4. Alkalinize Urine

- Raising the pH balance of the urine creates an unfriendly environment for bacteria to live in
- **Citrate tablets (potassium or calcium):  
dose 125-250 mg 3 to 4 times/day**



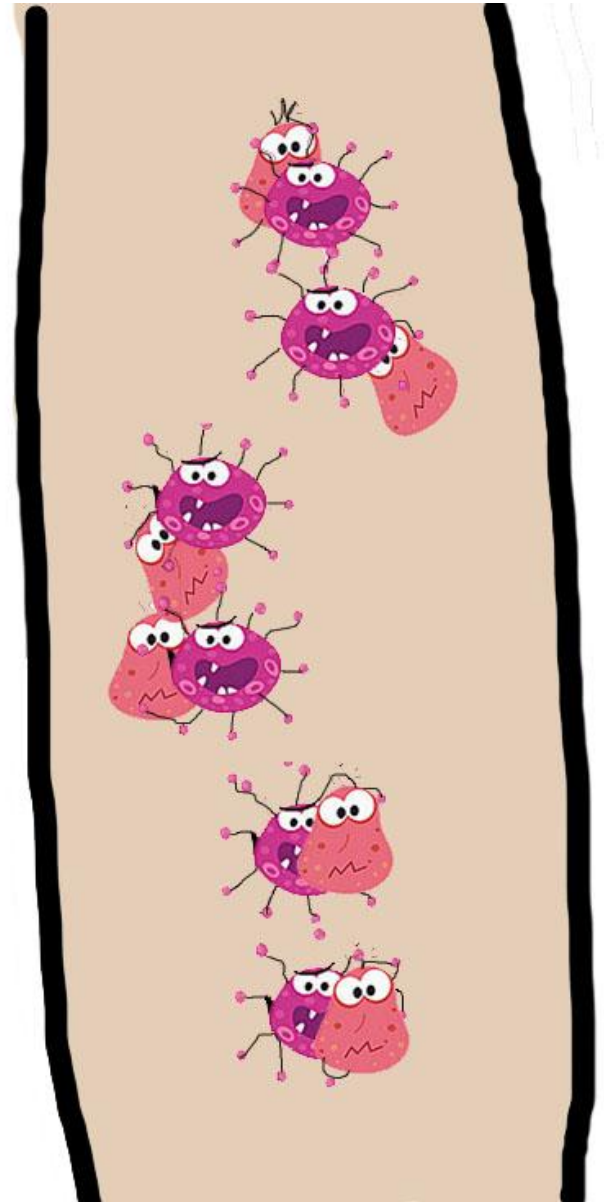
## 5. Uva Ursi

- Antiseptic herb
- Especially active against E. Coli
- Takes as a tea or in supplement form



## 6. D-Mannose

- Naturally occurring sugar
- E-coli prefer to adhere to D-mannose molecule instead of bladder wall – flushed out of bladder with D-mannose
- **1 tsp every 3-4 hrs until symptoms gone**



# 7. Drink

- 6-8 cups of liquid/day helps flush bladder
  - Water
  - Unsweetened cranberry juice
  - Herbal teas



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