

URINARY TRACT INFECTION

A urinary tract infection (UTI) is most often due to a bacterial infection in the urinary system, often causing pain, discomfort, frequent urination, and a strong urge to urinate.

POSSIBLE CONTRIBUTING FACTORS



- Sexual intercourse: semen can alter vaginal pH & sexual friction can introduce infections
- Poor personal hygiene
- Contraceptives like diaphragms or spermicides
- Frequent or prolonged antibiotic use: alters balance of bacteria in urinary tract
- Gut dysbiosis & overgrowths
- Impaired immunity: low vit D, zinc, vitamin A
- Low estrogen / peri & post-menopause leading to vaginal/urinary tract changes (dryness, alkaline pH)
- Pregnancy / hormonal fluctuations
- Poor hydration
- Urinary obstruction or incomplete bladder emptying / kidney stones
- Sensitivity to chemical irritants: feminine hygiene products, toilet paper
- Synthetic fabrics like nylon underwear
- Catheterization or medical procedures involving urinary tract

DIETARY SUGGESTIONS



- Drink plenty of water to help flush out bacteria from urinary tract. Aim for light/pale color urine
- Add cranberries to smoothies or drink unsweetened cranberry juice (most are highly sweetened)
- Temporarily eliminate anything acidic like: sugar/artificial sweeteners, alcohol, caffeine, sweet beverages, dairy, grains, excess animal proteins, & vitamin C when using Uva Ursi anti-microbial
- Introduce fermented foods like sauerkraut, kefir, etc
- Both partners should clean genitals (wiping front to back) before and after intercourse
- Urinate after intercourse to flush out pathogens, especially females
- Don't postpone urination; holding it in can promote bacterial growth in the urinary tract
- Wear breathable cotton underwear; avoid tight pants or thongs that trap moisture
- Visit EWG.org to help replace personal care products to less toxic brands
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc
- Regular sun exposure to support immunity
- Focus on sleep hygiene to support immunity

SUPPLEMENT CONSIDERATIONS



- D-Mannose
- Uva ursi
- Cranberry extract
- Broad spectrum probiotic
- Immune support (vitamin D, vitamin A, zinc as needed)