

## **UTI Prevention**

### **Hygiene for a healthy urinary tract**

**Drink a minimum of 1/2 your body weight in Oz's of Filtered water every day.**

- **It helps to drink 6 or 8 oz after each urination.**
- **Don't resist the urge to urinate! Urinate when you feel the need!**
- **Wipe front to back to prevent bacteria from entering the urethra.**
- **Take showers instead of hot tub baths. Hot tubs are full of bacteria, mold and chemicals that are hard on the female urinary system.**
- **Wash his & your genitals before & after sexual intercourse.**
- **Some chemicals in condoms may irritate the urethra. Use organic products only.**
- **Avoid using feminine hygiene sprays, which may irritate the urethra.**
- **Use organic unscented toilet paper to avoid potential toxic reactions.**
- **Drink unsweetened Cranberry juice; a couple oz daily helps.**

### **Herbs for UTI issues in tea capsules or tinctures.**

**Anti-microbials Pick 2-3 of these anti-microbials in equal parts to make up 1/2 the formula:**

**Bidens (beggars tick) top 3<sup>rd</sup> of plant**

**Goldenseal root**

**Barberry root bark**

**Oregon grape root bark**

**Usnea**

**Using the above anti-microbials with these herbs below will work every time.**

**Can use any combination of these demulcent herbs below:**

**2 parts Uva ursi**

**1-2 parts Couch grass**

**3 parts Cornsilk**

**1-2 parts Marshmallow root**