

# How To Stop a UTIs & Yeast Infections Naturally, and How To Prevent Them From Reoccurring

The urinary tract includes the bladder, kidneys, ureters, and urethra. It's said that UTIs occur much more often in women and usually affect the bladder and urethra, though minor kidney infections are much more prevalent than people realize. Kidney infections often come and go with minor to major lower back pain and very slow, darker colored urination. Diarrhea is a sign of a more serious kidneys infection (fluids are forced out door #2). Gas, bloating, and a stiff lower back is a sign of slow kidney function which may be an indicator of more serious problems to come.

Women may be especially prone to bladder UTIs because they have shorter urethras, which allow bacteria easier access to the bladder, and the female anatomy makes UTI's and yeast infections easier to contract through sex.

Bladder infections are usually caused by a type of E. coli, a bacteria commonly found in the gastrointestinal (GI) tract. However, sometimes other microbes are responsible.

An unhealthy gut microbiome leads to most UTIs and yeast infections. If there isn't enough of a variety of beneficial bacteria, including lactobacillus, to balance the E. coli, the risk of UTIs increases. Minor kidney infections are also often caused or amplified slow kidney function due to swollen reproductive systems putting pressure on the kidneys (swollen prostates and PMS can cause this). Other common UTI and yeast infection risk factors and causes include:

- Dehydration

- Feminine products
- Antibiotics
- Sex
- Holding in urine for too long
- Hormone shifts
- High blood sugar or uncontrolled diabetes
- Kidney stones
- Contact with stool
- Contraception
- Soda
- Smoking
- Gluten
- Poor diet

## UTIs vs. Yeast Infections

We are avoiding using the V word so as not to trigger social media blocks, but when we are talking about yeast infections here we are speaking of v\_\_\_\_ infections. But, you can have a fungal infection anywhere in the urinary tract as well, and bacterial infections of the urinary tract are an indication of a gut with unhealthy microbiome and an abundance of Candida.

**Relayed: *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections***

UTIs and yeast infections are different infections. Their symptoms may be in the same general area, but they're distinct. Bladder infections can often lead to yeast infections, but so can conventional UTI treatments. UTI symptoms typically affect urination. They may cause darker, cloudy urine, slower urination, more frequent urination, and a burning sensation during urination. Yeast infections cause pain and itchiness in the affected area, and yeast infections typically produce a thick, milky discharge. Sometimes white patches or red hives can also coat the surrounding area.

# How To Eliminate A UTI

In a healthy gut, there are many kinds of bacteria that could become pathogenic if left to their own devices, but a healthy gut maintains homeostasis through diversity. The E. coli that reside in a healthy gut, the same ones that can cause a urinary tract infection, aren't the same E. coli that cause food poisoning. One key difference is that E. coli from factory farms are resistant to acidity, but our normal gut E. coli bacteria, as well as Candida and most other fungal infections, don't do well with acidity. This is one reason why cranberry juice is so high up on the following list. Cranberry juice also has tannins that kill urinary infections, and cranberry has anti-inflammatory properties. An infected urinary tract is inflamed, swollen, and constricted, and cranberry juice can help open up the system.

But even more important than cranberry juice is staying hydrated. Cut out the juices and sodas and drink lots of water. Most people who get regular urinary tract infections do not drink enough water.

## Diet To Prevent and Help Treat UTIs and Yeast Infections

Diet alone can eventually eliminate a UTI or yeast infection, but without cranberry juice or supplements it is likely to take considerable time. For most people, I recommend this recipe.

### Cranberry Lemonade

- 1 cup of organic cranberry juice, not from concentrate
- 3 organic fresh lemons, juiced
- Liquid Stevia (to taste)
- Cayenne (optional, to taste)

Mix the ingredients with a half gallon of water. For daily

drinking, I would double the water, but to eliminate UTIs I recommend more concentrated.

I also recommend Lakewood cranberry juice, which can be found at most health food stores and lots of grocery stores. Lemons should be organic if possible and freshly squeezed.

I do not recommend Trader Joes cranberry juice. There is something wrong with that juice. Also, don't be fooled by cranberry blends or sweetened cranberry juice – these will exacerbate the problem.

**Related: *Inexpensive, Easy Detox – The One Gallon Challenge***

## **Salads**

Not just any salad, this salad needs to be very diverse and big! Vegetables of at least 10 different kinds should be included, and be sure to throw in lots of garlic too. Eating these types of salads regularly will increase the beneficial bacterial diversification in the gut which will radically enhance immune system functionality. Here's a recipe.

## **Supplements For UTIs**

SF722 – This supplement is an acid that helps eliminate Candida in the gut, kills fungal infections fast, and can also help kill other pathogens that are susceptible to acidity, like the E. coli that commonly caused UTIs.

D-Mannose – D-Mannose is related to glucose and derived from cranberries, peaches, and other berries. It can enhance the effectiveness of cranberry juice.

Probiotic – For yeast infections, see the probiotic below that is specifically formulated for the v\_\_\_ area.

Berberine – This is a potent antimicrobial. Once you quit taking this, it's probably a good idea to keep taking probiotics for at least another week.

Vitamin C -Vitamin C enhances the immune system, improves liver function, and inhibits the growth of E. coli. Vitamin C also acidifies the urine, limiting bacteria growth. Vitamin C does come in supplement form, but, for most people, a better way to increase your vitamin C intake is with the aforementioned salads and cranberry lemonade.

## Supplements For Yeast Infections

SF722

Vitamin C

Undecyn – This has berberine, betaine hydrochloride, and calcium undecylenate, which help balance the body's flora.

Woman's Probiotic – Specifically formulated to help colonize the v\_\_\_\_ tract.

## Conclusion

If UTI's or yeast infections are common, or if antibiotics have been used recently, check out *How To Heal The Gut*. If urination is slow or difficult, or if lower back pain is present, or if diarrhea is present, I also recommend something that I once heard called a "kidney flush." If you have a partner for this, have them use a hand (the middle knuckles work well for this) to push on you about an inch below the belly button with approximately 15-35 pounds of pressure. You don't want to bruise the area, but you do want to force some of the stagnant fluid to move through the urinary tract. Do this for about a two to five minutes, several times a day. You can also, if tall enough, pull yourself against the corner of a kitchen counter, or use weights. This is my favorite technique. Lay down and put something heavy on your abdomen, an inch below the belly button, and use your arms to modulate the weight. My wife, who weighs 160 lbs, used a 25-pound barbell plate and I have used a 45-pound plate – I weigh 220

lbs. An inch below the belly button is approximate. Find the spot below the belly button where it is most sensitive, where you feel most bloated, and then apply pressure, gently at first, increasing gradually until you reach your ideal pressure, and then keep it there for about two to five minutes. You should feel the need to urinate soon after, followed with back-pain relief.