

# Kidney & Bladder health

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### The body's waterworks

A filter, pipes, a dam and an outlet. Filtering and Expelling waste material from the body. This system needs water to do its job properly.






Not fizzy drinks. Not juice. Not energy drinks. Not coffee nor tea or alcohol. You cannot wash your clothes or body with any of these. It will make you sticky! So, you can have these for a treat, but only for that.

-  A glass of water every hour will keep this system flowing (preferably lukewarm/body temperature).
-  It also needs basic nutrition - B vitamins, Vitamin C and Omega's.

### For infections:

-  **Cranberry extracts** acidify urine and inhibit bacteria.
-  **D mannose:** preventing UTI - 5ml once or twice a day - 5ml every 2-3 hours for treating an active UTI.
-  If no significant relief occurs within 12 - 48 hours, please consult your doctor.
-  **Colloidal Silver:** A natural anti-biotic - Destroys viruses, bacteria and fungi. Promotes healing.
-  **Buchu & Cornsilk** are helpful teas to drink.
-  **UriTect** Urinary and Kidney Support support the daily function of the kidneys and urinary tract system. UriTect Urinary and Kidney Support assist in urinary tract health. Combined with the antiviral, antifungal, antibacterial, anti-inflammatory & antioxidant fivefold power action of CHD-FA™



### SFERA BIOTICS!

-  Recurrent Urinary Tract Infections (UTIs) are usually caused by E.coli and treated with antibiotics.
-  Some studies suggested Lactobacilli probiotics are a good alternative to antibiotic therapy due to their ability to adhere to the uro-epithelial cells as well as producing inhibitors to pathogenic growth.
-  Adult Treatment dosages: Two squirts, twice a day after meals.
-  Maintenance dosages: Two squirts, once a day after a meal.
-  Children 1-12 years: One squirt, once a day after a meal. - Squirt into the mouth and take a small sip of water - to activate the bacteria in the mouth and to wash away the oily consistency of Biotic.  
Bacteria require Iron for growth. - If a bacterial infection is present, the body hides iron in the liver, spleen and bone marrow, in order to prevent further growth of bacteria.

**DO NOT DELAY EMPTYING THE BLADDER! IF YOU MUST GO, GO!**

- Retaining urine in the bladder for long periods, increase the risk of UTI and may increase the risk of bladder cancer.
- The reduction in the amount of oestrogen in the body can increase the tendency to develop a bladder infection Avoid Citrus fruits. - These produce alkaline urine that encourages bacterial growth.
- The kidneys function better if we protect them from getting cold. - If you must drink something cold in hot weather, sip on it and don't gulp it down. Keep your feet warm.
- Sugar and Salt must be reduced to a minimum.
- Cystone (Himalaya) is a great product for UTI and Kidney Stones. It might be a good idea to drink Cystone for prevention for some months, 1 twice a day. Kidney Stones: - 2 twice a day for 4-6 months or till the stones pass out.
- To prevent recurrence: - 1 tablet twice a day for 4-6 months every year, particularly during summer months.

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.

Please note: This information is to arouse intrest and awareness. Do your own research and empower yourself.