



# **The Ultimate Guide to Urinary Tract Infections**

- Take the test, what do your results mean?
- Causes , risks and symptoms of UTI's
- Home remedies for UTI's and how to prevent them

## **How to use the test strips and important notes:**

### **Test Urine:**

Briefly place the strip in the urine mid-stream (making sure all pads are covered) or dip in fresh urine sample in a clean container and shake off any excess fluid. Hold strip horizontally (60 seconds for nitrite and pH and 2 minutes for leukocytes readings) and compare against color chart

### **Best practices:**

It is best to test your first morning urine as it will have the most bacteria in it if a UTI is present. Test when you believe to have any symptoms of a UTI to check to treat it as early as possible.

You have a urinary tract infection when you see a positive test result for both leukocytes and nitrite. Your pH will also be 6.0 or less when you have a uti.

**Leukocytes** – If you are positive this means your urinary system has inflammation indicating a possible uti. If you get a trace reading and or have any symptoms of a UTI we recommend testing the next day.

**Nitrites** – A positive result is a sign of a UTI but does not necessarily mean you have one.

**pH** – The ideal reading is 6.5 – 7.5. Less than 6.0 means your bodily ph system is acidic and prone to infections such as a urinary tract infection.

### **Test strips are very sensitive so please store them properly to ensure their long term accuracy by:**

- Never removing the desiccant packet
- Keeping the strips away from light and moisture
- Keeping the cap on tight between each use
- Storing well sealed in a cool dry place (especially not in bathroom or by water source)

If you believe the test strips to be defective or they have all turned one color please contact us and we will help you fix the problem.



FIRST OF ALL, **thank you so much for choosing our urinary tract infection test strips.** We hope you get the results you were looking for and that this product and ebook makes your life easier and healthier!

As with many businesses, product reviews are very important for us in spreading the word about us and our products. If you have a minute we would love it if you could [please leave us a review on Amazon](#). Thank you so much in advance for your support! – If you have any other questions or concerns, you can contact us at [support@jnwdirect.com](mailto:support@jnwdirect.com).

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# THE ULTIMATE GUIDE TO UTI'S

## What is a urinary tract infection (UTI)?

A UTI is an infection anywhere in the urinary tract.\* Your urinary tract includes the organs that collect and store urine and release it from your body. They are:

- Kidneys: Your kidneys collect wastes and extra water from your blood to make urine.
- Ureter: The ureters carry the urine from your kidneys to your bladder.
- Bladder: Your bladder stores the urine and squeezes it out when full.
- Urethra: The urethra carries the urine out of your bladder when you urinate.
- Prostate: The prostate adds fluid to semen.

## What causes a UTI?

Usually, a UTI is caused by bacteria that can also live in the digestive tract, in the vagina, or around the urethra, which is at the entrance to the urinary tract. Most often these bacteria enter the urethra and travel to the bladder and kidneys. Usually, your body removes the bacteria, and you have no symptoms. However, some people seem to be prone to infection, including women and older people. Normal urine is sterile. It contains fluids, salts, and waste products, but it is free of bacteria, viruses, and fungi. An infection occurs when microorganisms, usually bacteria from the digestive tract, cling to the opening of the urethra and begin to multiply. Most infections arise from one type of bacteria, *Escherichia coli* (*E. coli*), which normally lives in the colon. In most cases, bacteria first begin growing in the urethra. An infection limited to the urethra is called urethritis. From there bacteria often move on to the bladder, causing a bladder infection (cystitis). If the infection is not treated promptly, bacteria may then group the ureters to infect the kidneys (pyelonephritis).

Microorganisms called *Chlamydia* and *Mycoplasma* may also cause UTIs in both men and women, but these infections tend to remain limited to the urethra and reproductive system. Unlike *E. coli*, *Chlamydia* and *Mycoplasma* may be sexually transmitted, and infections require treatment of both partners. The urinary system is structured in a way that helps ward off infection. The ureters and bladder normally prevent urine from backing up toward the kidneys, and the flow of urine from the bladder helps wash bacteria out of the body. In men, the prostate gland produces secretions that slow bacterial growth. In both sexes, immune defenses also prevent infection. But despite these safeguards, infections still occur. Women are more likely to get UTIs than men are. Will UTIs come back? Sometimes. Most healthy women don't have repeat infections. However, about one out of every five women who get a UTI will get another one. Some women get three or more UTIs a year. Men frequently get repeat infections. Anyone who has diabetes or a problem that makes it difficult to urinate may get repeat infections.

## Urinary Tract Infection Risk Factors

Urinary tract infections are considered to be the third most common medical complaint in the United States. This type of infection follows influenza and the cold that millions of individuals suffer from annually. It has been established that women that are in the reproductive years of their life suffer from urinary tract infections more than any other group in the population.

Based on statistics, it has been established that most women will experience a minimum of one infection of the urinary tract during their lifetime and many of the women that experience at least one infection will suffer from reoccurring infections over the course of their lifetime. In this medical guide, you will learn about the various risk factors associated with these infections.

**Risk Factors Specific to Women** - There are many urinary tract infection risk factors that are specific to women. As stated previously, women in their child bearing years suffer more from infections of the urinary tract than any other group in the general population. One of the main culprits of this type of infection relates to the general structure of the urethra. In women, the average urethra is less than two inches in length but in men, the average is approximately eight inches.

It has been established that fecal matter may invade the area of the urethra. When this happens, bacterium is transferred from the fecal waste to the urethra opening. In addition to urethra length and structure, it has been established that many women suffer from infections in the urinary tract as a result of sexual intercourse. Other risk factors in women include but are not limited to the following:

- The use of antibiotics.
- Becoming pregnant or during the course of a pregnancy.
- Many experience urinary tract infections immediately following menopause.
- Many will experience infections of these infections by using certain types of contraceptives.
- Allergies are also considered to be a culprit for urinary tract infections.

**Risk Factors Specific to Men** - Men have their own risk factors for developing urinary tract infections. Most men over the age of fifty have an increased chance of an infection occurring. If a man begins to experience complications with their prostate, it is likely that they will experience these types of infections.

This is especially true if the prostate becomes enlarged for one reason or another. While women experience these infections more frequently than men, it is quite likely that when a man develops this type of infection that they may be hospitalized.

**General Risk Factors** - There are many general risk factors that are not gender specific when it comes to the development of urinary tract infections. These general risk factors include all of the following:

If an individual has to stay in a type of institution, they may be subjected to bacterium that could result in a UTI. Many that have to experience a catheterization will develop a UTI.

If a person suffers from complications associated with the immune system, they may develop a urinary tract infection.

Certain medical conditions make an individual more susceptible to urinary tract infections. These include but are not limited to: kidney issues, diabetes, certain types of anemia, HIV, AIDS, pelvic inflammatory disease, and even issues with the bladder such as neurogenic bladder.

There are many effective treatments for a urinary tract infection. If you feel as if you may have this type of infection, and you've confirmed it, you can use our natural methods to eradicate them.

### Menopause and Urinary Infections

The urinary tract is more susceptible to infections during menopause due to reduction in hormonal support. Find out what to do so you don't get this tract infection.

Urinary infections, also known as infections of the urinary tract, are one of the most common bacterial infections in women. The urinary tract is more susceptible to infections during menopause due to reduction in hormonal support. This tract, being a system for the removal of the body's fluid wastes, is more vulnerable to multiplication of bacteria, leading to infection. Though not very serious, the urinary infections are painful. The symptoms disappear quickly after treatment with antibiotics.

Most women would experience infections of the urinary tract, at least once in their lifetimes, though many would have them repeatedly. Menopause and Urinary Infections - Their Causes Factors leading to increased risks of urinary infections in women are pregnancy, urinary infections as a child, diabetes and menopause. The bacteria, around the rectum or the vagina, which enter the urinary tract cause urinary infections in women. The female anatomy is prone to urinary infections as the very act, and sexual intercourse massages the bacteria into the urethra.

A weak bladder could be the cause of urinary infections. The bladder stretches to hold urine and relaxes when it is emptied of urine. When, at times, you wait a long time to empty your bladder, the bladder is overstretched and the bladder muscle becomes weak. In this state, it does not completely empty the bladder and retains some urine, which increases the risk of infection.

When you have urinary infections, you have a strong urge to urinate. The act of urination is followed by sharp pain and a burning sensation in the urethra. Sometimes, even when the urge is great, very little urine is released. This frequent urge to urinate is one of the symptoms of urinary infections. It is advisable to have proper diagnosis done, since during menopause similar symptoms could cause vaginal or vulva-related infections.

Ways to Prevent Urinary Infections during Menopause - the usual treatment is a course of antibiotics. Antibiotics need to be taken as prescribed and continued until the full treatment is complete. There are certain ways that you can prevent urinary infections from occurring: First and foremost is to practice good personal hygiene.

After bowel movement and urination, wash the area around the rectum and the vagina thoroughly and ensure it is dried properly.

Washing before and after sexual intercourse is a way of preventing urinary infections. Some doctors recommend urinating before and after a sexual intercourse to flush out bacteria. Drink plenty of water to ensure flushing out of bacteria from the urinary tract. Do not accumulate urine in the bladder, and empty it out at the earliest to reduce the risk of infections.

Cotton panties, or panties with a cotton crotch, is recommended as cotton allows moisture to evaporate. Moist environment is a breeding ground for bacteria.

Sexually active women can change sexual positions to cause less friction on the urethra. Women who tend to have frequent urinary infections are advised to take antibiotics after sexual intercourse.

#### Burning Manhood Diagnosis – Signs and Symptoms of a Male UTI

While more common in women, men may also develop unpleasant urinary tract infections. Following some common-sense cleanliness rules can help prevent a burning manhood sensation and urinary frequency.

Urinary tract infections are one of those diseases that seem to affect women more often than men, but guys are certainly not immune. Having a male UTI is a nasty business that can result in a burning manhood and pain on urination. While there is no fool-proof prevention for this unpleasant occurrence, knowing how and why they happen can save men a lot of hurt that can last for days. Some simple suggestions for manhood care can also help men to reduce their risk of contracting a UTI.

What are the symptoms?

A UTI is characterized by:

- A burning sensation in the urethra
- Frequent need to urinate (often with little urine produced)
- Manhood pain on urination - Back and/or abdominal pain
- Fever (in some cases)

If any of these symptoms are present, a urinalysis may be necessary.

General symptoms for UTI's

- Chills, fever and achy feelings - especially in the back.
- Frequent urination, sometimes repeatedly during the night.
- Sudden and severe urge to urinate.
- Pain or burning sensation during urination.
- Smaller volume of urine than usual. - Blood or pus in the urine.
- Urine may be cloudy with an unpleasant odor.

All problems of the urinary system should be diagnosed by a physician; particularly if there is abdominal pain, blood in the urine, vomiting or if a fever is present.

### What Tests Can Be Done for Urinary Tract Infections (UTIs)?

1. UTI test strips - They work much like a pregnancy test: Each kit comes with testing strips. You wet a test strip by holding it in your urine stream for a few seconds. Or, you can collect urine in a clean cup and dip the strip into the sample. Wait 1 to 2 minutes for the color of the test strip to change. Check the chart on the home test kit to find out if you've tested positive for a UTI.

Home test kits is very useful, most especially if you have UTIs that keep coming back. They check for white blood cells and bacteria in the urine.

2. Examination of urine - It is one of the most important tests, and it should not be taken casually. It indicates whether the patient is suffering from UTI or not especially, when symptoms of cystitis/pyelonephritis are not marked, or happen to be completely absent. The urine specimen for test in laboratory should be very carefully collected, keeping the following steps strictly in view:

- (i) The specimen should be from midstream. The patient must pass some urine outside, before passing the urine in a sterilized container.
- (ii) Before giving the sample of urine, wash the whole area properly so that there is no contamination of E. coli, especially in women.
- (iii) The specimen should be given in laboratory as urine sample often gets spoiled, on the way to the laboratory.
- (iv) Second morning sample is always preferred. In the first morning sample, some changes are likely to occur due to overnight standing of urine, in the urinary bladder.

3. Urine for culture and sensitivity - If the examination of urine shows the presence of pus cells, the urine should be given in the laboratory for culture and sensitivity. It may be noted that 0-5 pus cells and 0-1 RBC (a little more in females, and markedly if a woman is in menses) per high power field may be normally present in urine, especially when there is no associated/ contributing factor to UTI. The report of culture and sensitivity is usually available after 48-72 hours, and it guides the physician regarding the administration of antibiotics in a particular case.



The treatment of a UTI may not be possible without this test, and the entire course of treatment depends upon the report of this test. Therefore, it should be carried out by an experienced laboratory technician and the urine must be collected under strict aseptic conditions.

Besides the examination of pus cells, as well as of the culture and sensitivity of the urine, a complete detailed routine examination of the urine must be carried out so that any other abnormality, if present, can also be considered while treating the case. Many a time one finds in the urine analysis report, traces of albumin, although there is no apparent cause of passing albumin in urine in the concerned case. Traces of albumin in urine could be due to the contamination of the urine sample by vaginal secretion/ semen of the previous night's intercourse. Hence the importance of proper washing of the whole area, especially in women, before giving the sample, is again emphasised. And, if still, in spite of all such precautions, traces of albumin in the urine persist, the albumin should be measured in 24-hour urine, and normally it should be less than 3.0 g per day. However, presence of albumin in urine is an important finding for kidney damage, not only due to pyelonephritis, but also due to other diseases of the kidneys. It tells us that the patient is passing into the chronic stage, although he/she may remain asymptomatic. Hence a periodical examination of urine is an important factor to assess the extent of kidney damage.

4. Blood urea and serum creatinine tests - Normal levels of blood urea range from 15-35 mg/dl with an average of 25 mg/dl. Normal serum creatinine levels range from 0.8 to 1.4 mg/dl, the average being 1.00 mg/dl. Both these tests should be carried out in order to be on the safe side, although blood urea is a simple test and serum creatinine a little more difficult to carry out - serum creatinine is more sensitive than blood urea. If the levels of serum creatinine are 1.5 mg/dl, although the kidneys may be fairly damaged, it is still considered early. When levels of serum creatinine are raised to the extent of 3.5 to 5.5 mg/dl, the kidneys may still be said to be moderately damaged and one should not lose time in initiating the necessary tests and treatment. But if levels of serum creatinine rise above 8 mg/dl, it means that the kidneys are severely affected, leading to renal failure, requiring urgent dialysis.

5. 24-hour creatinine clearance - It is much more reliable than the serum creatinine test. But it is somewhat cumbersome as in this test, a 24-hour collection of urine is required. It may be carried out to diagnose very early cases, wherever facilities exist.

6. Ultrasonographic examination - It must be carried out in each and every case of UTI. It is a non-invasive test and usually gives valuable information regarding occult causes of UTI. For example, there may be an asymptomatic stone lying in the urinary tract, or there may be some congenital abnormality of the kidneys causing obstruction in the urinary tract, or there may be an early enlargement of the prostate, in the case of males.

7. Plain X-ray abdomen, intravenous pyelography - These may be required depending upon the case.

8. Renal/kidney biopsy - It may be indicated to know about the exact nature of pathology causing renal damage.

### Maintaining Urological Health



Urology is the study of the urinary tracts in men and women, as well as the reproductive organs of men. Urology is not simply urinary tract infections. Medical experts in this field are knowledgeable about the kidneys, the bladder, and even the adrenal glands. Your local central Florida urology specialist can provide you with answers to your questions and any necessary surgical procedures you may require.

There are many reasons a person may need professional urology medical services. Most people think of urinary tract infections at first, but there are far more circumstances that may require the services of your local central Florida urology specialist. Professionalism, education, and experience are crucial factors in any medical professional and many medical professionals can provide this and the discretion and approachability needed to discuss the conditions associated with the urinary tract system or the male reproductive system.

A urologist is trained in the diagnosis, treatment, management, and surgical procedures related to disorders associated with the kidneys, bladder, urethra, and ureters. They are also knowledgeable in erectile dysfunction, male infertility, overactive bladder, cancers of the testicles, prostate, penis, bladder, kidneys, and the adrenal gland. Knowing what to look for and what to ask a urologist can help you maintain urological health.

### How Does It Work?

The urological system consists of kidneys, which filter out waste products from your blood stream, ureters that transport liquid waste products to the bladder. There are millions of

nerves, dozens of muscles, sphincters, and supporting ligaments all working together to remove these wastes from your body. Illness, old age, and injuries can cause weakening or damage to the urological system, leading to the need for medical assessment and treatment.

The first test used to determine urological health is a urinalysis. This test merely requires that urine is collected in a cup and then sent to a lab where it is tested. A urodynamic test may be called for, in which a small tube, called a catheter, is inserted into the urethra to allow for further, visual examination.

Common Disorders - Common conditions that require medical attention include an enlarged prostate, painful bladder syndrome, kidney stones, urinary incontinence, urinary tract infections, stress incontinence, and urinary retention. Each of these conditions requires highly trained urology medical services. The Old Wives tale of drinking cranberry juice to cure a full-blown urinary tract infection works only rarely and even then, the underlying causes are not resolved, leaving the patient open to future infections and further complications.

Specialized urology medical services include both surgical and nonsurgical procedures. This field of medicine covers so many body systems and specialties that many specialists go into subdisciplines to better help resolve your particular condition. These sub disciplines include:

- Endourology- a field of least-invasive surgery that uses the urinary tract as an access point for many procedures
- Oncology - cancers of the urological system
- Neurourology - neurological causes of abnormal urination
- Pediatric - disorders in children
- Andrology - the male reproductive system
- Reconstructive urology - corrects, repairs, and augments aspects of the genito-urinary tract
- Female urology - focuses on overactive bladder, incontinence, and prolapsed pelvic organs

The urological system is complex and requires specialized urology medical services to operate properly and maintain optimum health and well-being. The best way to maintain your urological health is to make regular appointments with your central Florida urology specialist today and drink plenty of fresh, clean water.

#### How to Properly Clean Urinary Catheters

A urinary catheter that is not properly cleaned can cause kidney and urinary tract infections. Two out of five urinary tract infections are attributed to the improper care and cleaning of urinary catheter

A urinary catheter should be cleaned after it has been drained a total of three times. Thoroughly cleaning a urinary catheter system involves cleaning and sanitizing the drainage bag, tubing and insertion site.

Wash your hands and the insertion site. Proper hand washing techniques are the number one way to prevent infection and complications for people who wear urinary catheters because our hands carry bacteria that could get into the catheter system and cause an infection. Catheter wearers and their caregivers should always wash their hands with soap and warm water prior to touching the catheter tubing, drainage bag or the catheter insertion site. Always wear medical gloves if you are changing your catheter or disconnecting the drainage bag.

Cleaning the catheter insertion site is also important in preventing infection. Clean the insertion site with soap, warm water and a towel in a circular motion prior to handling the catheter system. Rinse the insertion site with warm water and pat the area dry with a clean towel.

Empty the Urine Bag - You must drain the urine bag prior to cleaning any part of the catheter system. You do not want any urine moving back up into the tubing and into your bladder while you handle the catheter.

Disconnect the catheter tube from the drainage tube at the connection valve. Swab the opening of the catheter tube with one alcohol pad, and swab the opening of a new drainage bag with another alcohol pad. Connect the new bag to the catheter tube.

Open the valve on the drainage spout at the end of the old drainage bag and allow it to drain into the toilet or a bed pan. Do not allow the open valve to touch anything, including your hands. After the old bag has drained, clean the valve with an alcohol wipe before closing it.

Clean the Drainage Bag - Pour a solution of soapy hot water into the old drainage bag. Work the solution into all four corners of the bag then allow it to drain through the drainage valve. Pour a solution of one part vinegar, three parts hot water into the drainage bag. Allow this solution to sit for 20 to 30 minutes, then drain and rinse the bag a final time and hang it to dry with the valve open. Wash your hands a final time after you complete the cleaning process.

How to Prevent UTI's for the Future



From the foregoing information on UTI, one should realize that the best course is to follow, strictly, the preventive measures, which are very simple, mostly relating to routine hygiene, rather than being on long-term prophylactic antibiotics; or, in neglected cases, developing terminal kidney disease, i.e. kidney failure, which may, require repeated dialysis, or even kidney transplant, depending on the case.

Various guidelines are mentioned below, and all individuals, irrespective of age and sex, are required to carefully follow them in their everyday life.

(i) Perineal hygiene - The perineum is the area where the openings of the anus, the urethra and the vagina are situated (of course, the scrotum and the penis in the male). It is the most dangerous area, especially in females, as all the three openings are lying close together, and there is always a threat of infection to the urinary tract from anal-faecal organisms, which invade the urinary tract through the urethral opening. Hence if proper hygiene is maintained after each defecation, the infection from the anus to the urethra can be stopped/prevented since UTI is caused mostly by *E. coli* organisms present in the faeces. Of course, the various predisposing/associated factors responsible for UTI, if present, have to be simultaneously investigated and treated.

A simple cleansing with water, and preferably with soap and water after passing stools, and urine in the case of females, is strongly recommended at all ages, more so in children, girls, and women. However, those using toilet-paper, after passing stools, should be more careful, and see that the area has been thoroughly cleaned, especially in the case of females. Hence, it is of the utmost importance to always keep the perineal area clean, and thus it has been rightly said that 'cleanliness is next to godliness.'

(ii) Passing of urine after sexual intercourse (postcoital voiding). Since during sexual activity, the organisms may gain entry through the urethral opening into the urinary bladder, it is advisable for all women to pass urine after each sexual intercourse, so that the bacteria, in case they have entered the urinary bladder, are washed out. It is safer if urine is also passed before sexual intercourse.

Further, women who are more prone to UTI, or get recurrences of UTI as a result of intercourse, are advised to take a single dose of prophylactic broad-spectrum antibiotic like norfloxacin, ciprofloxacin, lomefloxacin or ofloxacin, etc., after sexual intercourse/ coitus.

This is an important step in the prevention of UTI in such patients, and has shown promising results.

The above step for the prevention of UTI is very important and calls for an urgent need to impart sex education at the appropriate age. Physicians / obstetricians / gynecologists / pediatricians can also guide their patients as and when an opportunity arises. Mothers can also advise their children in this matter.

(iii) Passing of urine frequently - All persons, and especially those who are more prone to UTI, should pass urine frequently, say every 3-4 hours, so that the urinary bladder is constantly washed out, and the bacteria, if any, are pushed out in the urine. If the bladder is not evacuated frequently, the bacteria will get more time to increase in number in the urine collected in the urinary bladder. Hence, frequent urination is an essential step towards the prevention of UTI, which should be observed by everyone. In any case, urination should not be postponed, as this will increase the rise of UTI.

(iv) Passing of urine at bedtime - Similarly, urine must be passed at bedtime, so that the minimum quantity of urine remains in the urinary bladder during the night. Since the duration of the night is long, there should be as little urine as possible in the bladder, and one should pass urine even during the night, if he or she happens to wake up.

(v) Plenty of fluids - It is obvious that the intake of plenty of fluids is required, so that there is frequent urination, and the bladder is constantly kept clean. At least about three litres of water/fluids must be taken daily to achieve the desired results. Ideally, the habit of frequent urination or bladder training, including cleanliness, should be instilled right from childhood, especially in the case of female children. Above all, once the subject is made clear to the sufferers/others, it becomes routine.

(vi) Immediate treatment of predisposing factors - As soon as some predisposing/ obstructive lesions happen to occur, e.g. urinary stones, benign enlargement of prostate, etc., immediate attention should be paid, and surgery, if required, should not be delayed, so that UTI does not develop at all, and there is absolute prevention.

(vii) Control of high blood pressure and diabetes - Control of high blood pressure and diabetes is an essential requirement to prevent the kidneys from contracting an infection,

since a damaged kidney, as a result of high blood pressure and/or high blood sugar, is always prone to get infection. The infection in such kidneys can only be avoided/ prevented if it is protected from damage by these diseases. That is, a strict control of both high blood pressure and diabetes is required. This aspect has also been emphasized earlier.

#### Hints for prevention for men

1. Keep the manhood and surrounding area clean. Washing the genital area carefully can help to eliminate any traces of fecal matter or other bacteria-laden substances that may trigger an infection.
2. Wash hands before handling the goods. Washing the hands before and after handling the package can also prevent the urethra from coming in contact with harmful bacteria.
3. Keep the short hairs short. Microorganisms love warm, moist, dark areas, and the pelvic hairs provide a perfect environment, especially in the presence of stale urine, droplets of seed, and other bodily effusions that are often trapped in long, thick hair. Keeping these short, or shaving them off altogether, means less chance that a bacterial colony will be able to establish itself.
4. Choose partners wisely. In general, partner-transmitted infections are a matter of greater concern than a UTI, but it pays to be careful about whom one chooses to share a romantic evening in any event. Even though it may take some of the heat out of the moment, an honest conversation about past medical conditions, as well as hygiene habits, can help to prevent a range of unpleasant problems. A partner who is less-than-vigilant about keeping him- or herself clean can provide a source of contamination that may lead to a variety of different infections.
5. Use protection. With that said, even if a partner seems up to snuff, it is always the better part of caution to use protection for every encounter.
6. Moisturize and nourish. Given the nature of the surrounding environment, even the most hygienic of men are likely to harbor some bacteria and other microbes in the pelvic area. One way to help make the under-drawers a bit less hospitable for these microorganisms is to make sure the manhood skin itself is intact, without any cracks and fissures in the surface that can allow invaders to penetrate.
7. Consuming diuretic foods like watermelon, cranberries, cucumbers, parsley and asparagus is sure to flush toxins out of your body to help keep your kidneys, bladder and urinary tract healthy warding off cloudy urine causes.
8. Promptly change from a wet swimming suit to a dry one, since wearing a wet bikini even in a hot weather can lower body's immune response and trigger a urinary tract infection.
9. Certain acidic or spicy foods like radishes, lemons, raw onions, garlic, mustard and horseradish can significantly irritate bladder and make it vulnerable against developing UTI's.
10. Alcohol is considered a strong irritant and stimulant that can be too taxing for urinary system organs previously weakened by repeat bouts of inflammation.
11. Your favorite pair of thongs may be the culprit for transferring fecal bacteria from the anus area towards your genitals making it possible to trigger a urinary tract infection. Additionally, take care to wipe from front to back to keep urinary tract opening free of contaminants.

12. Try not to use any scented personal hygiene products like pads, wipes or douche sprays since the chemicals and perfumes that most of these products contain can irritate delicate area and subsequently lead to inflammation.
13. Raise your body's immune response to protect it against chronic bouts of urinary tract infections by taking cranberry and vitamin C supplements that are very well known for their beneficial properties.

### Keeping Children From a Urinary Tract Infection

Germs and bacteria that come in contact with sensitive parts of the body cause Urinary Tract Infection, or UTI. The UTI, is a painful sickness, especially for children. Pain can be experienced in the lower parts of the body. It is most intense when urinating. Infected children find urinating a traumatic necessity. It is as if the bathroom has become a torturous place for them. The infection also brings out a foul odor in urine.

Several body organs comprise the urinary tract. They include the bladder, two kidneys, the urethra and two ureters. The kidneys purify the blood by flushing out wastes like toxins and excess liquid from it. This waste drains into the bladder and becomes urine. When filled, the bladder looks like an inflated balloon. It can contain up to two liters of urine. As the bladder expands with urine, it alerts the brain to let us know that it is time to seek the bathroom. When we are set to pee, the muscles at the end of the bladder loosen up, allowing urine to drain from it; urine rushes through the urethra, and squirts out of the body through the genitals. Parents may come to notice the signs of UTI affliction in their children, such as when they urinate more often than usual, or when they frequently get up at night to seek the bathroom. But because no one except the patients themselves can feel and keep track of the UTI when it attacks, children experiencing its symptoms should bring the matter up with their parents or guardians. Symptoms of UTI include throbbing sensation around the bladder, urethra and kidney areas. Pain in the lower rib sections indicates kidney infection. A child may also contract fever and experience chilling. In any case urine smells foul and more repulsive than usual; its color looks murky. In more serious cases, urine is mixed with traces of blood. At the sign of infection, or when the symptoms of the infection begin to make themselves manifest, taking the child to the doctor should be a priority course of action. Doctors examine the infection by testing urine samples. The child, with help of parents, must put the urine sample in a clean or sterilized plastic cup to ensure that germs not associated with the urine will not show up during examination. Germs found in the sample, unlike the millions of other germs that are known to habitate the outer parts of the body, indicate infection. Doctors determine infection by dipping a specially-treated paper stick into the sample. This stick affirms infection when its color changes. Laboratory examination of the sample can also be conducted to further establish or validate the initial findings.

Doctors will be guided by these examination results when they prescribe medicines, including drugs intended to put down bacteria in case of bladder infection. Kidney infection will require hospitalization for a number of days, and for which medical treatment may include administering drugs through intravenous injection. The infected child is expected to fully recover from the disease a few days after taking medication. But as a precautionary



step, taking in solid or liquid food that contains caffeine must be avoided as this substance can aggravate bladder irritation. It can make the child feel uncomfortable.

Orienting the child with proper hygiene procedures is important to prevent recurrence of UTI. The basic steps include maintaining cleanliness, increasing fluid intake, and proper clothing. Cleanliness requires taking a bath everyday and washing of private parts, using wipes after urinating, and avoiding physical contact with contaminated urine. However, bubble baths can irritate the child's urethra and should be shunned.

Cranberry juice and water are useful fluids. Water flushes out bacteria from the body while cranberry juice wards off recurrence of bacterial infection. Choose clothing that absorbs sweat and body moisture well, such as cotton, for they help stunt bacterial growth. Children need to change their underwear daily.

## Home remedies for UTI symptoms - Why You Can Cure Your UTI with Home Remedies

Why would you want to use a home remedy over antibiotics? Antibiotics can cause harm on both good and bad bacteria in your body. It is a fact that over 25% of urinary tract infections will redevelop within the next 6 months.

Many natural health experts believe that a urinary tract infection is one of the simplest infections to cure naturally. In fact, most UTIs can be cured in no more than 24 hours.

The reason why urinary tract infections can be cured so easily is because of 2 reasons. The first reason is because urinary tract infections are caused by a bacteria called E coli. The E coli bacterium is a very sensitive bacteria that can be flushed from the urinary tract using a simple compound found in a certain fruit.

Secondly, acidic remedies can easily make their way to the urinary tract because of your liver. As you probably know, your liver is your body's filter which is responsible for filtering everything you consume. However, your liver does not regulate acid and bases which will allow acids to get to the bladder which can therefore kill the bacterium that is clinging to the walls.

Let's get started with your home treatment now!

### 5 Secrets to Cure Your Urinary Tract Infection

1. The first tip would be to continue to flush your body as regularly as possible. You can do this with drinking plenty of water throughout the day. We recommend 16 ounces (2 cups) of water for every 2 hours you are awake. And we also suggest urinating as much as possible and never holding it.
2. Secondly, we also recommend giving your immune system a boost. Most Americans have a sub-par immune system. One simple way to boost your immunity is to supplement vitamin

C daily. We recommend 2000 mg daily. A strong immunity will help fight and destroy the infection.

3. You should also supplement zinc lozenges. Zinc will naturally help your body absorb the vitamin C (ascorbic acid) you are supplementing. You can find zinc lozenges at any health store or pharmacy.

4. One fruit that is essential for your cure is cranberries. Cranberries contain a compound that will actually naturally de-cling the bacteria from your urinary tract lining. Though cranberries will not completely cure your infection, it will greatly decrease your attacks. 5. Lastly, we also recommend you try a simple urinary tract infection remedy that uses cranberry juice and tablets. A step by step remedy can decling, kill and flush the infection in a matter of hours if performed correctly. Learn more at [Urinary Infection Home Treatment](#).



## Guide To UTI Herbal Remedies

If you suffer from recurrent urinary tract infections, you are hardly alone. Millions of people the world over, especially women have these minor, but very painful and uncomfortable infections with alarming regularity.

In fact, these infections are the second most common type of infection worldwide - and if you've never had a tract infection before, the fact is that you probably will at some point in your life.

Because of this, there are a lot of people who are looking for effective, safe UTI herbal remedies as an alternative to the over the counter and prescription treatments which can cause side effects and as often as not, really don't work all that well to begin with.

If you'd like to learn more about using natural treatments for these problem, then you've come to the right place. Keep reading for an introduction to some of the UTI herbal remedies which have worked for thousands of other people to find relief from this painful problem.

## Gentle, Natural Treatments Vs. Prescription Medications

As you may know, most urinary tract infections are caused by the common bacteria E coli. Since most UTIs are bacterial infections, this means that doctors will generally prescribe antibiotics to patients who complain of a urinary tract infection. While in some cases

antibiotics can work to clear up the infection, they leave you vulnerable to contracting another infection shortly after you cease the treatment.

Why is this? Antibiotics are good at what they do - killing bacteria. What they're not so good at is distinguishing the bacteria which cause urinary tract infections from the bacteria which are normally present in your body which are actually beneficial to your health.

Normally, these "good" bacteria keep "bad" bacteria like E coli in check; so after completing a course of antibiotic treatment, you can be even more vulnerable to another urinary tract infection, which isn't the case when you choose UTI herbal remedies instead.

Some of the better natural treatments for urinary tract infections are available at your local health food store or online and can do a lot to clear up your infection. Blueberry and bilberry extracts are naturally antibiotic and anti-inflammatory, so they can relieve the pain and discomfort of urinary tract infection even as they fight the bacteria which cause the infection. Taking vitamins and minerals, especially vitamin C and zinc can be helpful, since they strengthen your immune system and help your body to fight off the urinary tract infection on its own.

Another of the best UTI herbal remedies is nettle tea. This plant contains natural antibiotic properties which can help you to fight off the bacteria causing your UTI while leaving the helpful bacteria in your urinary tract in place.

These are only a few of the many UTI herbal remedies you can try. If you suffer from this condition, there are safe and effective treatments available - you just need to seek them out.

### Nutritional Remedies For Urinary Tract Infections

A daily multivitamin-mineral supplement is recommended to compensate for the essential fluid intake that can flush water-soluble vitamins and minerals out of the system. Allergic reactions and yeast infections sometimes simulate UTI symptoms; other instigators are sexual contact, infected urine sent from the kidneys to the bladder, and, in men, an infected or enlarged prostate gland.

Although UTIs cause discomfort, they can usually be easily treated with a short course of antibiotics. The following supplements may be taken as complimentary medicine when taking a prescription antibiotic or to help prevent infections of the urinary tract.

### Helpful Supplements

- Acidophilus restores the population of "friendly" bacteria in the intestinal tract. Take 2 capsules three times daily.
- Garlic is a natural antibiotic. Take one to two doses of odorless garlic daily until symptoms subside.
- Cranberry juice prevents bacteria from adhering to the bladder walls. Instead, they are washed out of the body in the urine. The berries contain the chemical arbutin that has both

antibiotic and diuretic actions that are useful in combating UTIs. Drink 1 quart of cranberry juice daily. Purchase pure, unsweetened juice or if preferred, cranberry capsules can be substituted. Take as directed on label.

- Colloidal silver is a natural antibiotic. It destroys bacteria, viruses and fungi, and promotes healing. Take as directed on label.
- Vitamin A in the form of Beta carotene assists healing and maintains the health of the urinary tract. Take 25,000 IU daily.
- Vitamin B complex is necessary if antibiotics are used. Take 50 to 100 milligrams twice daily with meals.
- Vitamin C acidifies the urine, which helps eliminate the bacteria. Take 1,500 or 3,000 milligrams daily in divided doses. NOTE: If you are taking an antibiotic, check with your doctor before taking vitamin C, as it may interfere with the effectiveness of the antibiotic.
- Vitamin E combats infecting bacteria. Take 600 IU daily.
- Potassium is needed to replace the potassium lost as a result of frequent urination. Take 99 milligrams daily.
- Diuretics help to cleanse the system by promoting the release of fluids from the tissues and help to relieve the false sensations of urgency that are characteristics of bladder infection.
- The herbs birch leaves, dandelion root and hydrangea in combination, are often most effective in flushing the kidneys and aiding in reducing the urgent need to urinate.
- Birch leaves are a natural diuretic and reduce some of the pain associated with bladder infections.
- Dandelion root is a diuretic and liver cleanser, which aids in relieving bladder discomfort.
- Hydrangea is good for stimulating the kidneys and flushing them clean.
- Buchu leaf helps to relieve irritation of the bladder, kidneys and urethra, it is a urinary disinfectant traditionally used to flush out and cleanse the entire urinary tract system.
- Goldenseal prevents bacteria from adhering to the intestinal walls. It is good for bladder infections if there is bleeding. It is most effective as an herbal antimicrobial agent. Take 200 to 500 milligrams of standardized root in capsules or tablets 3 times daily. NOTE: Use only under a doctor's supervision.
- Juniper berry has been used in America for a couple of hundred years as a urinary antiseptic.
- Other herbs that may benefit those with urinary tract infections include: angelica, blue cohosh, burdock, chaparral, cinnamon, horsetail, licorice, saw palmetto, shepherd's purse and stinging nettle.

Other UTI home remedies include:

Baking soda - drink a glass of water with half a teaspoon of baking soda.

Apple cider vinegar - it contains some enzymes that fight the bacteria. The action of vinegar is similar with the action of most antibiotics.

Echinacea - you can either drink Echinacea tea or take two capsules three times a day.

Carrot seeds - make an infusion and consume it daily.

Along with the home remedies for UTI also increase the amount of Vitamin C in your diet because this vitamin destroys the harmful bacteria. In order to obtain relief from the

symptoms of the urinary tract infection, keep your abdominal area warm. You can stay in bed and place a bottle of hot water on your belly.



## Sources:

\*We compiled this information as an overview of urinary tract infections and surrounding topics. We gathered the info from various sources from the internet which we will link down below. If you want to know more, please do more research.

Thank you so much for reading, we hope you found this information helpful and if you would like to contact us for any reason regarding this e book or the test strips we provided, please email us: [support@jnwdirect.com](mailto:support@jnwdirect.com).

## Links:

[mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc20353447](http://mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc20353447)

[en.wikipedia.org/wiki/Urinary\\_tract\\_infection](http://en.wikipedia.org/wiki/Urinary_tract_infection)

[prevention.com/health/g20443011/urinary-tract-infection-symptoms/](http://prevention.com/health/g20443011/urinary-tract-infection-symptoms/)

[bmj.com/content/359/bmj.j5193](http://bmj.com/content/359/bmj.j5193)

[webmd.com/women/guide/your-guide-urinary-tract-infections#1](http://webmd.com/women/guide/your-guide-urinary-tract-infections#1)

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[healthline.com/nutrition/uti-home-remedies](http://healthline.com/nutrition/uti-home-remedies)

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[everydayhealth.com/urinary-tract-infections/helpful-home-remedies-for-urinary-tractinfections.aspx](http://everydayhealth.com/urinary-tract-infections/helpful-home-remedies-for-urinary-tractinfections.aspx)

[medicalnewstoday.com/articles/318048.php](http://medicalnewstoday.com/articles/318048.php)

[healthyline.com/home-remedies-for-uti/](https://www.healthline.com/home-remedies-for-uti/)

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