

Urinary Tract Infections.

If you are familiar with urinary tract infections (UTI), you have probably had multiple experiences. UTIs are infections along the urinary tract. When the infection-causing bacteria find a welcome host, they may come back for several bouts of "hospitality". However, with proper intervention, it is possible to eradicate the bacteria and remain symptom free.



Tell Me More:

There are many different types of bacteria. Some are airborne. Others reside inside the human body. Some are helpful for animals and harmful to humans, and others are beneficial for mankind but pose a danger to the animal kingdom.

Then there are the "good" bacteria that play a major part in a person's overall health. But even the good bacteria are only good if they remain balanced and reside where they are meant to be. Many good bacteria live in the gut. When intestinal bacteria leave the body in a bowel movement some may get stuck along the way and cause a UTI. This is the primary reason women are cautioned to "wipe front to back", so as not to introduce any rectal bacteria into the urinary tract. A UTI can also be caused by external bacteria, if they enter the urinary tract.

UTIs are the cause of about 8 million doctors' visits each year. Although it is not a serious illness, UTIs can be quite uncomfortable and very painful. Complications can also include kidney infections and long-term damage to the kidneys.

Infections are much more common in women than men, but both can be affected by it. It is estimated that as much as 50% of all women will experience a UTI at least once in a lifetime; a third will have one before age 24.

At times, the body can fight these bacteria without additional intervention. However, this can be a slow and long process. See below for different options to fight UTIs, and more important, how to prevent them in the first place.

Symptoms:

The following symptoms are common in urinary tract infections:

- Burning sensation during urination
- Frequent need to urinate, but with little urine each time
- Pain or pressure in the lower back or abdomen.
- Fatigue and weakness
- Dark or bloody urine, sometimes with a foul odor

These signs may indicate the infection has spread to the kidneys:

- Fever
- Pain in the back or side, (flank), higher up than that experienced during UTIs.
- Usually felt only on one side

Healthful and Helpful:

UTI Revolution is a vitamin that was created with the goal of preventing and avoiding UTIs.

It is comprised of the most well-known UTI fighters and may be as effective as anti-biotics, without any of the side effects. Additionally, RevolutIon may help prevent recurrence of infection. Some ingredients in RevolutIon include D-Mannose, probiotics, prebiotics, and cranberry, which can help fight infection and make you feel better quicker. Vitamin C and other anti-oxidants are also helpful in preventing recurring infections.

Anything Else?

To avoid urinary tract infections, it is important to urinate as soon as you feel an urge. It is also important to try to empty your bladder each time you go. These two steps can ensure that bacteria in the urine do not stay in the body long enough to multiply, fortify, and cause infection.

Drinking large amounts of water can also be helpful. It helps cleanse the body and causes bacteria to flow out in frequent urination. Also, it can dilute the urine, thereby weakening bacteria concentration.

Showering instead of bathing may help prevent reinfection, as a bath can allow bacteria to reenter the body. For your comfort, make sure soaps and other detergents are natural, as chemicals can be painful.

Use underwear that is 100% cotton, and are not tight fitting. Allowing your organs to breathe can help them stay healthy.

Cranberries in any form have tannins that can help you fight against the bacteria that causes UTIs. According to one study, ingesting cranberries twice a day can cut your chances of infection by 40%.

Be well!

Superior formulas. Only take it if it works.



Interesting facts:

Cranberries are used in over 1,000 different food products •

Cranberries are almost 90% water •

To check if a cranberry is ripe, see if it will bounce. A ripe cranberry is full of air • which allows it to bounce and to float in water •

America uses about 400 million pound of cranberries every year •

1 lb. = 450 cranberries, 1 gallon = 4400 cranberries •