

~ A Healthier You ~

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When I surrender, the Universe moves.
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Parsley - Root and Leaves

Treating Kidney Infections Naturally

Women experience Urinary Tract Infections (UTI) much more frequently than men. It is the E. Coli bacterium that is most responsible for these infections. It is one of the most common bacteria of the colon and can travel more easily up the shorter urethra of women. To prevent the spread of E. Coli from the colon to the urinary tract, women should extra hygienic precautions. Individuals experiencing recurrent UTI may unknowingly be suffering from a systemic Candida infection. Candida albicans is a parasitic yeast-like fungus that is found in the mouth, skin, intestinal tract and vagina of all women. But, individuals with a weakened immune system may develop an overgrowth of this fungus throughout the body. This can result in; a myriad of health problems including frequent urinary tract infections.

To treat these UTI's naturally, you will want to use a product that contains some or all of the following herbs:

Parsley (*Petroselinum sativum*) - a bitter herb with mild diuretic properties. It is very healing to the kidneys. The leaves and roots are used.

Juniper berries- from the evergreen juniper shrub, which grows widely throughout the Northern Hemisphere. It also has healing, diuretic properties.

Golden seal root (*Hydrasitis canadensis*) - is a native N. American bitter herb with many health benefits including tonic, anti-fungal and anti-bacterial.

Hydrangea root (*Hydrangea arborescens*) - a bitter herb that has been traditionally used for bladder problems and kidney stones.

Marshmallow root (*Althaea officinalis*) - has high mucilage content, which makes it appropriate for soothing the urinary tract and helping stones/infections to pass more easily.

Uva ursi leaves (*Arctostaphylos uva ursi*) - also known as bearberry, it contains an antiseptic substance along with being diuretic and tonic. It reduces the accumulation of uric acid and has been used for a long time to treat chronic cystitis.

Corn silk (*Zea mays*) - highly valued for urinary system support and also for kidney, prostate, bladder problems and for bedwetting.