

# Bladder Infection

Urinary tract infections or bladder infections are infections of the kidney, bladder, and urethra. They are generally triggered by bacteria, which tend to be more common with partial blockage of the urinary tract

## **Possible Causes and Contributing Factors:**

- Possibly allergies or yeast
- Poor diet
- Hormonal imbalance

## **Suggested Dietary Changes:**

- No coffee, caffeine, sugar, alcohol, chocolate, soda, refined or processed foods, citrus or pepper – chemicals in food, drugs & impure water have an adverse effect on the bladder
- Perform 1-3 day cleansing fast
- Plenty of fluids – 8 ounces steam distilled water every hour

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*