

Incontinence

Possible Causes and Contributing Factors:

- Misaligned vertebrae
- Food allergies (irritate urinary tract)
- Obesity
- Feminine hygiene sprays, tampons, douches, bubble bath, etc. – irritating chemicals

Suggested Dietary Changes:

- Avoid alcohol, caffeine, carbonated beverages, coffee, chocolate, refined or processed foods, simple sugars, chemicals in food, impure water – all have adverse effect on the bladder

**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.*