

Natural Urinary Tract Infection Treatments

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Safe, effective natural urinary tract infection treatments should be a part of everyone's home remedy collection. Also known as a UTI or a bladder infection, its painful and irritating symptoms often prompt people to desperately scour the web for tips on relieving the discomfort. Home remedies for urinary tract infections do exist and many times are able to offer the relief that individuals are hoping for. To better understand how natural urinary tract infection treatments work, it is best to begin with clearly defining what a UTI is, learning how to identify its symptoms and understanding what causes a urinary tract infection to begin with.

Definition

A urinary tract infection is characterized by bacterial overgrowth in the bladder, the urethra or the kidneys. While several types of bacteria can cause a urinary tract infection, it is most often caused by E. coli bacterium that originates in the colon. When this bacteria travels from the colon to the bladder, urethra or kidneys, symptoms of a urinary tract infection are triggered.

Urinary Tract Infection Symptoms

The most obvious sign of a urinary tract infection is frequent urination. Urination sometimes results a very slight flow and is accompanied with intense discomfort or pain. Other symptoms of a urinary tract infection include:

- Blood in urine
- A burning sensation
- Foul smelling urine
- Cloudy urine

Urinary Tract Infection Causes

Most times urinary tract infections are preventable. Once activities that cause the infection are clearly understood, they can be avoided and bacteria will no longer have access to these sensitive areas. Some of the causes of a UTI are as follows:

- Frequent sexual intercourse (most common in women)
- Wiping from a back to front direction after a bowel movement (most common in women)
- Kidney stones
- Menopause
- Pregnancy
- Poor water hydration

It should be noted that, while men and women can both experience UTIs, due to the proximity of the vagina to the rectum, women are more frequently affected by urinary tract infections than men are.

Natural Urinary Tract Infection Treatments

While antibiotics are the most commonly prescribed treatments for urinary tract infections, nature also provides very effective remedies. These remedies not only provide accurate relief from symptoms, but also can eliminate the bacterial source of the infection. Some of the best natural urinary tract infection treatments are as follows:

- **Cranberries** - Possibly the most commonly known of all natural urinary tract infection treatments is the cranberry. With a high vitamin C content, cranberries are also high in proanthocyanins. This particular ingredient prevents offending bacteria from attaching to the urinary tract's walls and, thus, allows urine to more effectively cleanse the bacteria by washing it away. However, it should be noted that several commercially sold cranberry juice drinks contain added sugar, which some believe helps fuel an infection. Also, many of these drinks are not made from pure cranberry juice, but are juice cocktails that may contain other ingredients, which enhance flavor, but do nothing to effectively fight a urinary tract infection. It is therefore suggested that anyone wishing to naturally cure a urinary tract infection with cranberry juice search for a pure, sugar-free product or drink homemade cranberry juice made from fresh or frozen cranberries, instead.
- **Blueberries** - Very similar to cranberries, blueberries are also known to have a cleansing effect on the urinary tract.
- **Water** - Many who are afflicted with a UTI will stop drinking water in order to avoid frequent urination. However, large amounts of water stimulate urination needed to create streams heavy enough and frequent enough to cleanse the walls of the urinary tract. As noted above, a lack of water hydration is actually one of the causes of a urinary tract infection, as bacterium is allowed to grow due to infrequent urination. Therefore, one of the best natural cures for a urinary tract infection is to drink at least eight to ten full glasses of water per day during an infection. To prevent a UTI from recurring, five to eight glasses of water per day are recommended.
- **A Raw Diet** - Helps strengthen the body with vital nutrients while fighting infection.
- **Uva Ursi Herb** - Uva Ursi has been used for generations to treat urinary tract infections. Also known as bearberry, mountain cranberry, wild cranberry or arberry, Uva Ursi can be boiled in a tea or used as a douche. Rich in compounds known as tannins (also found in tea), Uva Ursi has astringent and antiseptic properties to help cleanse bacteria. It should be noted, however, that Uva Ursi can be potentially harmful to the liver. Therefore, its use should be limited to two doses per day for no more than five days.
- **Buchu** - Also known as bucku, bookoo or bucco, buchu is a very potent herb useful for natural urinary tract infection treatments. Buchu can also be combined

with equal parts Uva Ursi to increase the effectiveness of both herbs. Buchu leaves, however, should not be boiled.

Other herbs useful for natural urinary tract infection treatments:

- Corn silk
- Marshmallow root
- Goldenseal
- Horsetail
- Fennel
- Slippery Elm
- Burdock
- Milkweed

Because of its painful and aggravating symptoms, rarely is a urinary tract infection left untreated. However, even when symptoms lessen or disappear, it is important to verify that the offending bacteria is completely cleansed. A failure to properly and completely treat a UTI can result in the infection spreading to the kidneys, which can cause serious damage to that organ. Some of the symptoms of a kidney infection are as follows:

- Fever
- Chills
- Nausea
- Vomiting
- Pain in the back, side or abdomen

If any of the above symptoms are noted, it is important that medical attention be sought immediately.

Preventing Future Urinary Tract Infections

As previously mentioned, most UTIs are completely preventable. Drinking adequate amounts of water on a daily basis, urinating regularly and engaging in proper bathroom hygiene are very important safety measures that help prevent future infections. For women, urinating after intercourse and wearing loose, breathable fabrics can help prevent infection. It is also advised that women avoid the use of douches, perfumed soaps and body moisturizers, as these tips can also help prevent a UTI.

Everyone should practice good urinary tract health on a regular basis. By adhering to the preventative measures detailed here, most people can avoid ever encountering an infection. However, if symptoms do occur, natural urinary tract infection treatments are effective and can help a person fully recover from the pain and aggravation of a UTI.