

URINARY TRACT/BLADDER INFECTION

(See also [KIDNEY DISORDERS](#))

Infections and inflammation of the urinary tract are caused by bacteria that travel up the urethra. This disorder is more common in women than men because of the woman's shorter urethra. If the infection travels up the ureters and reaches the kidneys, kidney infection can result.

Symptoms:

- Frequent urge to urinate with only a small amount of urine coming out
- Strong smelling urine
- Blood in urine
- Burning or stinging during urination

Bladder infection (known as cystitis or interstitial cystitis) is marked by the following symptoms:

- Tenderness or chronic pain in bladder and pelvic area
- Frequent urge to urinate
- Pain intensity fluctuates as bladder fills or empties
- Symptoms worsen during menstruation

Single Oils:

Oregano, mountain savory, tea tree, thyme, cistus, juniper, rosemary, clove

Blends:

Di-Tone, EndoFlex, R.C., Melrose, Purification, Inspiration, Thieves

EO Applications:

INGESTION:

CAPSULE, 0 size, 1 capsule 2 times daily

TOPICAL:

COMPRESS, warm, over bladder, 1-2 times daily

Dietary Supplementation:

K&B tincture, ImmuPro, AlkaLime

Use K&B tincture (2-3 droppers in distilled water) 3-6 times daily. K & B Tincture helps strengthen and tone weak bladder, kidneys, and urinary tract (see [KIDNEY DISORDERS](#)).

Take 1 tsp. of AlkaLime daily, in water only, 1 hour before or after meal.

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