



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Try **THIS** 2-Part Strategy for a **Leaky Bladder**



Leaky Bladder Solutions

“Given the fact that the bladder is wet and warm and that most people are not consuming enough water, it is a breeding ground for infection.”

A leaky bladder may not be sexy, but if yours is leaking, it's a big deal. My mother was 85, and she wouldn't take nutrients to increase her physical or mental health, but she specifically asked for supplements to support her bladder every day. Let's review a therapeutic strategy to address a leaky bladder.

Given the fact that the bladder is wet and warm and that most people are not consuming enough water, the bladder can be a breeding ground for infection. Bladder problems can be stubborn, especially if there's been serious trauma or injury during childbirth. So, before we go further, let's acknowledge the value of manual manipulation to support, or in some cases, correct muscular injuries

to the bladder. It's also beneficial to learn Kegel exercises and practice them daily to exercise pelvic floor muscles to prevent urine loss.

Your wellness clinician will usually implement a 2-part strategy for leaky bladder and stubborn UTI cases.

1. Treat for hidden infections
2. Increase muscle tonicity

Over the years, it's been clear that a urinary tract infection can be an underlying cause for unresponsive back pain, overall feelings of malaise, or strange mental, emotional symptoms. In fact, urinary tract infections (UTIs) are recognized as the second most common type of bodily infection. Recent findings suggest bladder problems in

the elderly may trigger a host of symptoms, even delirium.

Why are hidden infections the underlying cause of so many issues? When an infection is present, the body will trigger chemical messengers called cytokines to be released to fight the infection. That's a good thing, but a continual release or excessive cytokine stimulation can cause tissue damage as well.

Think about when we get the flu. We feel apathetic, experience brain fog, achy joints etc. Those symptoms come from the release of cytokines during the infection process. Sadly, the highly refined standard American diet puts most people, but especially the elderly, in a mild inflammatory state. Add

infection and the accompanying cytokines and systemic inflammation escalates. Knowing hidden infections often exist with a leaky bladder, many wellness clinicians turn to UT Complex from Biotics Research.

UT Complex was designed to support the body as it fights urinary tract infections of all kinds. However, the beauty of botanicals is that the herbs used in UT Complex have been found effective to restore healthy mucosal function throughout the body, which means other mucosal tissue will be supported, which includes sinus, lungs, and intestinal surfaces. It's nice to have side effects that support healthy tissue.

UT Complex contains chrysanthemum, cornsilk, Zhu Ling extract from the Grifola mushroom, Buchu, orthophosphoric acid, ammonium chloride, and zinc. This blend of botanicals from North America, South Africa, and the traditional Chinese medicine provides a unique product to support the urinary tract system, safely and effectively. The dose most clinicians use is 2 capsules, 3x a day.

For stubborn or chronic cases, many wellness clinicians add 2 tsp of IAG, 3x a day, mixed with juice. IAG is a long chain polysaccharide derived from the larch tree that has powerful immune modulating effects supporting the innate immune system. The innate part of the immune system is the active part that fights infection, cell to cell.

The innate immune system also keeps viruses and cancer cells in check.

The second part of our strategy is to increase muscle tone in the bladder and associated muscles. We do that by using Gammanol Forte with FRAC, 2 tablets, 3x a day. Dr. Brownstein found that 8 out of 10 women increased growth hormone by taking Gammanol Forte with FRAC. Growth hormone will increase muscle tone throughout the body including the bladder.

Other studies have shown that the combination of fat soluble gamma oryzanol and water-soluble ferulic acid both found in Gammanol Forte with FRAC increases lean muscle mass in general.

Another way to increase muscle tone is to assure phosphorylated thiamine is present. Many medications deplete thiamin. Thiamine is necessary for healthy muscle tone.

Bladder problems can be stubborn, but by combining an anti-inflammatory diet and the nutrients mentioned here, we're building immune competence and muscle tone for the whole body.

Talk to your wellness clinician about these and other strategies that increase your body's resilience to fight disease, and always remember, that this is your body, and it's up to you to take the ultimate responsibility for your health.