

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## The Urinary Tract

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by Jo Francks, MH

The urinary tract consists of the kidneys, bladder, ureters and the urethra. The kidneys function is to remove waste from the blood and regulate fluid levels. The kidneys process about 200 quarts of water per day and excrete about 2 quarts of waste products and extra water through the bladder per day in the form of urine.

Urinary tract infections (UTIs) are the second most common type of infections in the body and account for over 8 million doctor visits per year. UTIs can happen anywhere in the urinary tract, but most common is the bladder. Women are more likely to develop a UTI than men. One in five women will suffer from a UTI and about 20% of those will likely have another bladder infection.

Symptoms of a urinary tract infection may include cloudy urine, foul smelling urine, a reddish color if blood is present, painful or burning sensation during urination, frequent urge to urinate, and a low grade fever.

If the infection reaches the kidneys, other symptoms may appear such as pain in the lower back or side, nausea and vomiting, chills or fever, tired or general ill feeling.

Herbal treatment for UTIs: In her book [Dr. Mom's Healthy Living](#), Sandra Ellis says she has never seen the following treatment fail: Take 2 capsules of Dr. Christopher's Kidney Formula with 1 capsule Solaray Cranactin 3 times a day and drink a gallon of distilled water per day.

Sandra says "There is an ingredient in cranberries that keeps the bacteria from adhering to the bladder wall, the kidney formula kills the infection, and the gallon of distilled water flushes it out."

Dr. Christopher's Infection formula can be added to the above treatment if necessary. Take 4 capsules 3 times a day. Other herbs that could help with a bladder infection include dandelion which acts as a diuretic and blood purifier; buchu which helps relieve the burning sensation; uva ursi which is a strong diuretic and helps to dissolve stones; marshmallow root to help soothe the irritation; astragalus to boost the immune system; garlic to fight infection and boost immune function; cranberry juice, rose hips, yarrow, couch grass, juniper berries, corn silk, and hydrangea root to dissolve stones.

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Prevention is the key – especially if a person has experienced a bladder infection in the past. Don't resist the urge to urinate, and make sure the bladder is completely empty each time. Wipe from front to back to prevent bacteria around the anus from entering the vagina or urethra. Take showers instead of baths. Drink a gallon of distilled water every day. Eliminate sodas, sugary drinks and processed foods. Eat more green foods (try a green smoothie) and fresh fruits and vegetables. Carrot juice, lemon juice and apple cider vinegar are all good to help change the Ph of the body to more alkaline. Disease can't grow in an alkaline environment.

If you are looking for the herbal remedies recommended in this article you can find herb shops we recommend on <http://www.christopherwebsites.com>.

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