

## Everything You Need to Know About LAB Testing

Preventing and  
Treating UTIs  
Naturally **ntake**

Why You Need  
More Fiber

Tips for Food Preparation and  
Recipe Modification for Those  
with Type 2 Diabetes



# Home Cures That Work

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## AUTHORS



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Most often when we get blood tests done, if all is normal, we never hear another thing about it. But is there really such a thing as normal? The blood test values are interpreted alongside many other patients in the lab from which the test was done. So what if every patient tested was sick? That would be “normal.” Knowledge about lab tests is power. Understanding where things are low or high is vitally important to health. Dr. Saunders reveals how to unpack all the amazing information in your health records and use it to support optimal wellness.

Urinary tract infections are an unfriendly reminder of that a part of you is unwell. Urinary tract infections happen when bacteria gets trapped in the bladder, urethra, or any other part of the urinary system. Left untreated, a UTI could easily spread to your kidneys and cause lasting damage. If you have a UTI, here are some easy natural remedies can help alleviate your symptoms and prevent UTIs in the future.

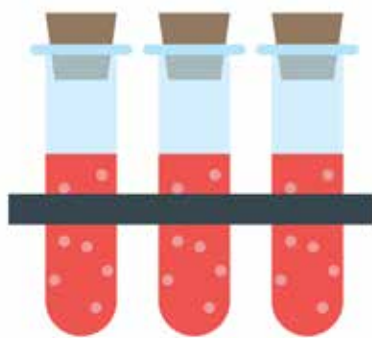
The World Health Organization recently revealed increased fiber intake is linked to reduced risk for stroke, heart disease, breast cancer, and diabetes. Pretty major! We recommend varying your source of fiber by consuming a balance of soluble and insoluble varieties. But what, exactly, does more fiber mean? These full-of-fiber recipes will keep you full, happy and healthy all day long.

Meal planning doesn't have to be your downfall — it can actually help you stick with your diabetes reversal plan. The winning combination will fill you up and digest slowly in your body, helping to keep your blood sugar levels steady. Read on to discover tasty, options that you can easily prepare so you'll always have a satisfying diabetes-friendly meal.

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For your health,

Cheryl Ravey  
Editor, Home Cures That Work



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## 04 EVERYTHING YOU NEED TO KNOW ABOUT LAB TESTING

One of the most important and empowering things we can do is learn to understand what our blood work means. Optimal health has nothing to do with ranges and recommendations. Knowing the littlest bit about such tests and how to read them empowers us to make our own decisions of what is “normal” and what is “healthy.”



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**W**HEN YOU HAVE blood, urine, stool, or laboratory tests, you are being compared to a lot of other people. The laboratory takes thousands of results like yours and plots them on a graph to produce some sort of a “bell curve.”

The result of your lab work is all about math. If you are in the green, then you’re normal. But if you are outside the green area, you are abnormal. We don’t know what your number is supposed to be, so we just compare you to others. Some are higher than you, some are lower than you, and so we’re just comparing you to the people who do tests. But, there are problems with this method of reading results.

What if only abnormal people do the test? Doctors may never order a test on someone who is normal so everyone who does it is abnormal. Thus, the “normal” for that test is abnormal.

What if the whole population is abnormal? Do you even think this is possible? Well, think again. Right now the average person in the United States is overweight or obese and has insulin resistance, or pre-diabetes. So, the average test is going to shift the curve up and tell us that it’s “normal” to have insulin resistance.

There are “normal” ranges and optimal ranges for most tests, and they aren’t the same. Most of the time “normal” is fine and is good, but you must be careful to know which

ones are not. The lab does not give the OPTIMAL range for many tests because the “science” of medicine only uses statistics.

Cholesterol tests are a special case because the “normal” ranges are not from a bell curve, but from marketing departments. Drug companies put together a panel of experts to determine what is best. Thus, almost everyone falls in the range of needing their drugs. Statistically, when total cholesterol is plotted against the death rate, low cholesterol is worse than high cholesterol levels. The optimal range, the lowest death rate, is between 180 and 220 mg/dl.[1] Again, the optimal range is different than the normal range.

Some tests are not on the bell curve, but rather on a disease state. For example, blood vitamin levels tested by a lab are given a number that is considered normal. But these numbers come from deficiency disease.

For example, vitamin B12 has a “normal” of about 200-300 ng/ml, depending on the lab.[2] What this means is that less than 5% of people will have symptoms of

vitamin B12 deficiency if they are above that level. Most people who are just over the line are told they are normal when they have a small chance that they are vitamin B12 deficient.

The OPTIMAL level of vitamin B12 is 500-1000 ng/ml. This amount is enough for all the body but not so that the vitamin limits cell function in any way.[3]

There is an optimal level for almost every test, and the lab may not give it.

am not able to give the optimal range for each of them. For each test I often search Google (I know, cheating) to look for reliable web sites such as the Linus Pauling Institute that provide optimal ranges for vitamin levels.

## Finding the cause

There are many reasons for a lab test to be abnormal. Sometimes a recent illness

It is essential that you don't base a diagnosis on a single test, but rather find out why the test is abnormal with more testing.

For nutrients there is a good web site that includes optimal testing at the Linus Pauling Institute.

Since there are thousands of lab tests, I

may produce high levels of liver enzymes that could wrongly be diagnosed as hepatitis. Most of the tests we do today tell us what is there, but not why. It is essential that you don't base a diagnosis on a

Laboratory Test		Notes	High Risk	Intermediate Risk
Lipids	Total Cholesterol (mg/dL)		248	
	LDL-C Direct (mg/dL)		164	
	HDL-C (mg/dL)			
	Triglycerides (mg/dL)			
	Non-HDL-C (mg/dL) (calculated)			59
apo B (mg/dL)		189	158	
-P (nmol/L)				
LDL-P (nmol/L)		122		

single test, but rather find out why the test is abnormal with more testing.

In the case of Hepatitis, or elevated liver enzymes, there are many different causes, including infections, toxins, deficiencies, and metabolic abnormalities. Just saying you have hepatitis isn't useful at all – you need to know why! Most other tests are the same. Find the root cause; don't make the mistake of treating a number.

## Accuracy

The accuracy of lab tests varies. Most of the time, if there is an unexpected abnormal test it is best to repeat the test to be sure it wasn't aberrancy. I had one patient who was doing a test for heavy metals and his aluminum level was over 50 times higher than the toxic level. Since he wasn't completely debilitated, I decided to repeat the test and it came back normal. We believe that since he was using an underarm deodorant spray that contained aluminum some of the powder in the air settled in his open collection cup that he was using to collect his urine for the test. These tests are VERY sensitive.

Sometimes tests are abnormal but aren't relevant. There are normal variations that put people outside of the bell curve that don't have any health issues. I have had to calm many patients who have tests come back in the red. I explain that even though it is outside of the "normal" it isn't a problem. This is especially true with the Complete Blood Count (CBC) that measures the cells in the blood. Some people have smaller cells, some are larger. Some have fewer platelets that are larger. Variations are common. So, the other complication of doing testing is knowing which abnormal tests are important and need further testing.



## Cancer testing

The accuracy of tests is often dependent on the one who is doing it. This is a common problem in pathology. The pathologists are sitting around in the basement of a hospital looking under microscopes at cells. They look at thousands of cells looking for patterns. They ask each other if that seems more like a cancer cell, or an inflammatory cell. They confer and decide one way or the other. But their decision has a huge effect on the patient. If they decide it is cancer then the patient is given a death sentence and put through chemotherapy, radiation, surgery, and so forth. However, if they decide it is not cancer, then the patient goes home and lives a normal life. One New York Times article reported as many as 3% of samples are mixed-up or contaminated in the lab, causing false positive tests.[4]

I had a case of a high school student who came in with enlarged lymph nodes and a big spleen. He had a lymph node biopsied, which indicated he had lymphoma. A week before his first chemotherapy treatment, a classmate on his football team

came down with a classic case of mononucleosis. I told the pathologist about this and sent the "lymphoma" specimen for special staining at Stanford University. It turned-out he had Mono. Had his teammate not come in to my office, the boy would have had a lifetime of cancer treatment. OOPS!

Part of the problem with our system is if a pathologist says you have cancer and you don't, then you just get unnecessary treatment. But if the lab says you don't have cancer but you do, then they can get in a lot of trouble. To avoid liability for themselves, they will tend to err on the side of diagnosing cancer.

## Metabolic testing

I have had people tell me that they want to test for everything. This isn't possible, because there are so many tests that could not, or should not be done. The tests of metabolism, or all the chemical reactions in the body, are multiplying almost daily. We now can test almost every reaction or enzyme, but this is very impractical.

There is one test that is available worldwide that is very useful. People often ask me if they should take vitamins, and if so, which ones. Since everyone is different in their needs, I do a test of their metabolism.

Imagine the house next door sells and you're excited to meet the new neighbors, but you never see them. The garage opens and a car comes out with tinted windows, the garage door closes. Nobody answers when you knock – you don't know anything about them – is it one, or a family, male or female, old or young, black or white? Then one day after they leave you see the garbage in front of the house. You go through their garbage and find out a lot of things about them, shopping, eating, mail, and habits.

The organic acids test is like this. It is a urine test of what the body is getting rid of, the garbage. We can tell a lot about what is going on inside by what is being disposed-of in the urine. The one I use is called the NUTREVAL test by Genova Diagnostics. It is available worldwide and can be ordered by your physician. One caveat to this test is that it requires some interpretation skills. If your doctor isn't familiar with it, the lab has consultants available to discuss and help with the results.

Another metabolic test that I find very useful is the VERIDIA test. These tests are more familiar to most doctors, but they have more detailed testing that can uncover early potential problems. It also includes allergy testing, which I have found to be helpful.

## Other tests

For those with stomach and intestinal issues, there are other tests that can be performed. For irritable bowel, Crohn's disease, or other intestinal issues try the Genova stool test. It has been very useful. Most doctors don't look at the reasons why a patient has IBS or Inflammatory Bowel Disease, instead just treating the symptoms. If you know why, and remove the cause, then the condition can resolve and there is no need for further treatment.

I also recommend some genetic testing. Either 23-and-Me or Ancestry genetic tests can be entered into Livewello and tell you a great deal about your genetic weaknesses and strengths. It is very important that you don't fall into the same trap of treating a number. The presence of an abnormal DNA test is only about 20% of the issue. Genetic variants don't determine

what will happen to you, they only tell you of a possibility. The 80% that determines if that gene is expressed is called "epigenetics" and is determined by the environment – mostly by lifestyle. We have control over our genes and knowing where our weaknesses are can help us to choose a lifestyle that will assure we don't get genetic diseases.

Everyone does cholesterol testing, which most often leads to a prescription for "statin" drugs. To determine the need for these I don't just use cholesterol testing because it doesn't correlate well with atherosclerosis. People with high cholesterol often don't have artery disease, and most people with heart disease have normal cholesterol. The best tests to do if you have high cholesterol, before initiating treatment, are the Coronary Calcium Score, and an ultrasound of the arteries, which can be done at any radiology center that has a CT scanner and ultrasound machine. I often recommend the Lifeline Screening test for the ultrasound because it is convenient and less expensive.

## Cancer tests

The screening tests for cancer were discussed in a previous issue. Basically, there is only one screening test that is beneficial. I recommend a PAP smear every 3 years until age 70. This actually lowers the risk of cervical cancer.

Ideally, tests should be determined by the need. If you have no health issues, then most testing is unnecessary. A one-time genetic test to help you make choices of how to live your life is beneficial. There may be some value to a NUTREVAL test to check your overall metabolism. Even a Veridia test taken once to be sure there are no problems looming in the future can be beneficial. But the practice of testing every year for "everything" is not useful. Even the screening tests that are recommended every year aren't needed. If you have a problem, take care of it, and if you don't, annual screening is unlikely to find a new one.

There are many states in the United States that allow patients to order their own testing. If you already know what you need, and how to interpret the tests, that is fine. Otherwise, I think it's best to confer with a health practitioner who is knowledgeable in that specific testing. There is a lot of value in experience, knowing what to expect, and why.

Sources: [1][http://sphweb.bumc.bu.edu/otlt/MPH-Modules/PH/PH709\\_Heart/PH709\\_Heart5.htm](http://sphweb.bumc.bu.edu/otlt/MPH-Modules/PH/PH709_Heart/PH709_Heart5.htm) [2]<https://medlineplus.gov/ency/article/003705.htm> [3]<https://www.jillcarnahan.com/2014/07/07/vitamin-b12-deficiency/> [4]<https://www.nytimes.com/2017/06/26/health/the-lab-says-its-cancer-but-sometimes-the-lab-is-wrong.html>

# Tips for Food Preparation and Recipe Modification for Those with Type 2 Diabetes



**S**aturated fats and trans fats are generally considered “bad” because they increase the production of LDL cholesterol. They also cause plaque to form in the coronary arteries, narrowing them and forcing the heart to work harder than it should to pump blood, which raises the risk of stroke and heart attack. Some of the foods to avoid that contain them include things like lard, butter, and palm kernel oil.

Saturated fats and trans fats are generally considered “bad” because they increase the production of LDL cholesterol. They also cause plaque to form in the coronary arteries, narrowing them and forcing the heart to work harder than it should to pump blood, which raises the risk of stroke and heart attack. Some of the foods to avoid that contain them include things like lard, butter, and palm kernel oil.

People with diabetes have an increased risk of developing heart disease. In fact, three out of four diabetics die of some type of heart disease. It has been estimated that the risk for stroke is two to four times greater for diabetics than those that don't have the disease. That means it's important to limit less healthy fats, replacing them with “good” fats.

Omega-3 fatty acids, monounsaturated and polyunsaturated fats are the “good” fats, which help to rid the bloodstream of LDL cholesterol and lower your risk of developing a blockage.

Some liquid fats, such as coconut oil and olive oil, are actually

considered healthy. While coconut oil is high in saturated fat, it's considered a beneficial saturated fat due to its lauric acid content, which actually supports heart health.

Keep in mind that as some oils may impart a strong flavor, you may need to experiment a bit to find the right oil for a particular recipe.

## Modify your cooking technique

Trying new cooking techniques can make it a lot easier to adhere to a diabetic-friendly diet

- Instead of frying protein, try non-frying methods such as baking, broiling, grilling or roasting.
- Steam your vegetables in a minimal amount of water or an organic, low-sodium broth.
- Sauté vegetables in a little bit of olive oil for extra health benefits and flavor.

## Use spices and herbs liberally

Instead of reaching for the salt, try experimenting with various spices and herbs, many of which offer a wealth of health benefits in addition to adding flavor. Cinnamon, for



example, has been found to help lower blood sugar levels . By using spices and herbs, you can often cut out salt, or at least reduce the amount used. If you really want a more salty taste, just sprinkle on a little after it's already been cooked.

## Limit the use of sugar and avoid artificial sweeteners

As you probably already know, sugar raises your blood sugar. To keep your blood sugar in check, you can reduce the amount of sugar used in a recipe without significantly affecting its taste or texture. One exception is recipes that call for yeast because it requires sugar in order for the end result to come out properly. In bread, for example, the sugar helps to feed the yeast that provides leavening.

Avoid using artificial sweeteners like aspartame because they may actually be even worse than actual sugar for diabetics, according to a number of studies. A study published in PLoS One in 2012 showed that chronic lifetime exposure to aspartame produced changes in blood glucose parameters that adversely impacted spatial learning and memory in mice. It also decreased insulin sensitivity, as compared to controls.

Coconut sugar is a great sugar alternative and has a pleasant caramel taste. Considered a natural sweetener, it has a glycemic index of 35, and while making foods with it would not render them sugar-free, coconut sugar, which is

made up of sucrose along with small amounts of fructose and sucrose, is considered acceptable due to the way it breaks down in the body. It can typically be used on a 1:1 basis in recipes. Because coconut sugar is coarser than white or brown sugar, the result will have a more speckled look.

You don't need to avoid all sugar, all the time. You can enjoy some of your favorite treats, provided you plan properly. The key is to limit hidden sugars that are often found in processed and fast foods, including staples like cereals and bread, pasta sauce, frozen dinners, etc.

Sugar is disguised as many different forms: molasses, honey, agave nectar, corn sweetener, dextrose, evaporated cane juice, lactose, high fructose corn syrup, and many others. Play detective and learn to spot sugar on ingredient labels in all of its forms.

Desserts don't need to be completely off limits as long as they're a part of an overall healthy meal plan.

## Invest in a few good kitchen tools

Cooking healthy meals is much easier when you have the right tools, such as sharp knives. Invest in a good chef's knife as well as a small paring knife to make it easier to cut those fresh



vegetables. A julienne peeler is cheap and great for slicing up vegetables like squash into pasta-like noodles. Having a large cutting board and quality cookware like a cast iron pan, can also making cooking at home a lot easier.

## Plan out your meals for the week

Having a plan is a great way to stay on track with your diet and also helps you to avoid shopping when you're hungry. If you don't have a plan and hunger kicks in, you'll be more tempted to reach for anything, and often, that choice won't be the best one.

Get in the habit of sitting down once a week, planning out your meals, making a list for the grocery store and then sticking to it. Before you go to the market, have a least something small to eat to make resisting temptations easier.

## Keep your kitchen well-stocked

As we all know, life can get in the way of best-laid plans. If you can't get to the grocery store for some reason, having some "emergency" foods in your freezer and pantry can be a lifesaver. Stock up on low-sodium canned foods (preferably BPA-free cans) because they have a long shelf-life and are typically budget-friendly.

Canned vegetables and beans are already cooked, so all you'll have to do is open up the can and use them. If you buy canned fruit, avoid varieties with added sugar.

While most fresh vegetables won't keep for long, it's important to eat as many as often as you can. You can never have enough when you're following a healthy diet.

One trick is to buy veggies that can last a few days in the refrigerator before spoiling. Some examples are broccoli, kale, bell peppers, mushrooms and celery. They all tend to hold up well, add lots of flavor and nutrition to meals, and are low in carbs, too. Of course, you'll want to diversify by including plenty of others vegetables, too, like sweet potatoes, beets and spinach. The more naturally colorful your diet (and we're not talking Skittles), the better.

## Better shopping at the grocery store

Before you go to the store, there are a number of things you can do in addition to light eating that can help you stick to your list. Use the smallest shopping cart&nbsp;or a basket, as you won't have space for many extra items. Aim to shop the perimeter of the grocery store, where there are more fresh, whole foods like produce, eggs, and poultry. Avoid packaged items as they tend to be unhealthy and highly processed. Most of these are located in the aisles at the center of the store, with the exception of frozen fruits and vegetables.

## Prep foods ahead of time

After you get home from the grocery store, start prepping any food you can prepare ahead of time. This makes it easier and less time consuming to prepare healthy meals and snacks during the week. For example, you might slice up some celery or carrots into bite-size pieces so that you'll have something to munch on instead of chips.

On days when you don't have to work, consider cooking stews, casseroles and soups in large batches to make multiple meal servings. You could double a recipe so you have leftovers. Most will keep for a few days in the refrigerator, or you can freeze them to be eaten later. Try some of these fabulous recipes and stock your freezer with goodness.

- [Simple Roast Chicken](#)
- [French Onion Beef Tenderloin](#)
- [Grilled Pork Chops](#)

What if there was a way to reverse your Type 2 diabetes in as little as 45 days? What if that way was easy... really easy

[Click here how you can be diabetes free using this 100% scientifically-backed method!](#)

Sources: [http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp), <http://articles.mercola.com/sites/articles/archive/2010/10/22/coconut-oil-and-saturated-fats-can-make-you-healthy.aspx>, <http://care.diabetesjournals.org/content/26/12/3215>, <http://articles.mercola.com/sites/articles/archive/2012/08/09/artificial-sweeteners-worse-than-sugar.aspx>, <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0031570>, <http://burntapple.com/2013/02/26/how-to-bake-with-coconut-sugar/>



# WHY YOU NEED MORE FIBER

“ You need more fiber.” We’ve all heard it before, from the doctor, from a concerned friend. But they’ve all said it for good reason! Fiber is critical for your entire body to work properly. From digestion to blood sugar, your body needs it.

First and foremost, fiber is needed to regulate bowel movements, an important indicator of how well your body is running. It also lowers your risk of developing hemorrhoids and diverticulitis.

A diet full of fiber will help to maintain healthy blood cholesterol by lowering your bad cholesterol levels (LDL).

Fiber slows the absorption of sugar, improving your blood sugar levels, which in turn leads to a reduced risk of diabetes.

And, if that’s not enough, it’s a key player in maintaining your ideal weight because fibrous food gives you fewer calories, while making you feel fuller.



## Two Types of Fiber

Your body doesn't need just one kind of fiber. There are two types that work in different ways to improve everything your body does.

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### SOLUBLE

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This type of fiber helps lower your glucose and blood cholesterol levels. It attracts water and then turns into a gel-like substance, which slows down your digestion. This is a key reason why fiber is critical to weight control: a slower digestion makes you feel full longer. In addition, slower digestion improves your insulin sensitivity, which translates to a lower risk of diabetes.

Types of soluble fiber include:

- Blueberries
- Cucumbers
- Carrots

- Oatmeal
- Lentils
- Oranges
- Apples

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### INSOLUBLE

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This type of fiber is what helps your bowel movements stay regular. Unlike soluble fiber, insoluble fiber does not turn to gel, and thus moves quickly through the gastrointestinal track quickly moving food and waste through your gut. If you struggle with constipation, you may need more insoluble fiber.

Types of insoluble fiber include:

- Nuts
- Beans
- Cauliflower



## Quick Fiber Snacks:

- Sticks of celery
- Carrots
- Whole broccoli crowns
- Sliced pears
- Hummus

- Green beans
- Bulgur
- Grapes
- Raisins

## Get More Fiber

Knowing that you need more fiber isn't enough. First you have to consider how you can include more of it into your regular diet. Here are three recipes to help you get more fiber every day.

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### FIBER-LICIOUS FLAPJACKS

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Pancakes are a delicious weekend breakfast treat. But, on their own, they aren't very fibrous. To get your fill of fiber, simply change the basic pancake recipe just a bit.

#### Ingredients:

- ½ cup flour
- ½ whole wheat flour
- 1 tbsp. sugar
- ½ tsp. salt
- 1 egg, beaten
- 2 tbsp. coconut oil
- 1 cup milk
- 1 cup blueberries
- ½ cup chopped strawberries
- ½ cup crushed walnuts

Directions:

Mix your dry ingredients in one bowl, and the wet ingredients in another. Combine the two, stirring until the batter is smooth. After you pour batter onto the pan, add a few berries and a handful of nuts –if you add them to the mix they'll just fall to the bottom. Serve with Vermont maple syrup and a side of sliced apples.

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#### A FIBROUS SALAD

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Salad is a great option for any meal of the day, but a few greens, some creamy dressing and a handful of cheese is not only unhealthy but provides minimal fiber.

Instead, bulk up your salad for a satisfying and filling meal.

Ingredients:

- A handful of spring mix
- A handful of spinach
- 1/3 cup cucumbers
- 1/3 cup shredded carrots
- 2 tbsp. bulgar
- 10 almonds
- Drizzle of olive oil
- Drizzle of vinegar (choose from balsamic, apple cider, or sherry vinegar)

Directions:

This large, and filling, salad will keep you full longer and provide a handful of health benefits.

## A Few Fiber-friendly Combinations

- Omelet: 2 eggs, chopped cauliflower, shredded carrots, diced zucchini, and Swiss cheese. Serve with a side of whole grain toast.
- Bean Salad: White beans, cranberries, raisins, chopped spinach, halved cherry tomatoes, shredded Parmesan, olive oil, salt and pepper.
- Quick Snack: Sticks of celery and carrots, whole broccoli crowns, and sliced pears with original hummus.

Fiber should be a staple in everyone's diet. With regular bowel movements, lower blood pressure and a decreased risk of diabetes, it just makes sense. Try these recipes, or see how you can tweak your own to bulk up an otherwise "skimpy" meal. A few swaps are all you need to say, "More fiber? Trust me, I get plenty."

# Preventing and Treating UTIs Naturally

by Rob Fischer



In the 1964 comedy, *The Disorderly Orderly*, the hospital orderly Jerome Littlefield (played by Jerry Lewis) had a serious problem. Every day that he came to work at the hospital, sick people surrounded Jerome. His problem was that he suffered an extreme case of hypochondria!

So every time someone (usually an elderly person) described in detail the symptoms of their illness or condition, Jerome imagined himself contracting their ailments! At the time, only an uninhibited actor like Jerry Lewis could pull off such a hilarious role!

Why am I bringing up Jerome and his hypochondria? – Because we're about to discuss urinary tract infections (UTI). And I know from experience that we all have vivid imaginations with a bit of the hypochondria in us! So I encourage you to take a deep breath and read this article with an objective mind.

As it happens, UTIs are quite common in the US with about 8 to 10 million people developing them each year. Due primarily to anatomical reasons, women are most likely to contract a UTI (about 20 percent of women per year). About 20 percent of those who experience a UTI will also have a recurrence. UTIs are also common in children who are still in diapers.[1]

Urinary tract infections occur when bacteria enters the urethral opening. The most common form of bacteria found in UTIs is *E. coli*. Fortunately, most UTIs are confined to the lower urinary tract affecting the urethra and bladder.[2]

Unless treated, a UTI can spread to the upper urinary tract including the ureters (that carry urine from the kidneys to the bladder) and even to the kidneys.[3] A UTI in the kidneys can cause serious damage

and even death, so a UTI is not something to take lightly![4]

Symptoms of a UTI Include:

- Back pain
- Blood in the urine
- Cloudy urine
- Inability to urinate despite the urge
- Fever
- Frequent need to urinate
- General discomfort
- Painful urination

If you develop any of the above symptoms, you should seek medical attention right away.[5]

## 4 Natural Ways to Prevent and Treat UTIs

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1. FIRST, DRINK PLENTY OF FRESH WATER AND AVOID COFFEE, ALCOHOL AND SOFT DRINKS MADE WITH CITRIC ACID.

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Those other drinks may irritate an already painful infection. And water is one of the best cleansing agents and will help flush toxins from your system.[6]

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2. PRACTICE GOOD HYGIENE DAILY TO PREVENT BACTERIA FROM ENTERING THE URINARY TRACT.

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Shower instead of taking baths and avoid products that may irritate the urethra. For small children, change their soiled diapers promptly to avoid infection.[7]

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3. INCREASE THE PH OF YOUR URINARY TRACT.

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Historically, antibiotics are prescribed for a UTI.[8] However, some physicians suspect that antibiotics may actually increase the risk of recurring UTIs since the bacteria develop resistance to the antibiotics.[9]

There are some effective, more natural remedies for UTIs. Because of the potential seriousness of a UTI, always use these remedies under the care of a medical professional.

One great treatment is a magnesium citrate supplement. Remember, a UTI is a bacterial infection. Researchers have observed that creating an alkaline environment in the urinary tract inhibits the growth of these bacteria.[10]

The pH level in our urinary tract determines how favorable conditions are for the growth of bacteria. A pH of 7 or less is considered acidic and conducive to bacterial growth. A pH above 7 falls into the alkaline range and is more likely to inhibit bacterial growth.[11]

This is where the magnesium citrate supplement comes in as it can create that alkaline environment. According to the University of Maryland Medical Center, take five to 10 oz. of magnesium citrate daily for a maximum of one week, unless your doctor directs otherwise.[12] Again, it's best to take this supplement under the supervision of a physician.

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4. DRINK 16 OZ. OF PURE CRANBERRY OR BLUEBERRY JUICE EACH DAY.

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These juices have antiseptic (antibacterial) properties. They have been clinically shown to have both a preventative and therapeutic effect.[13]

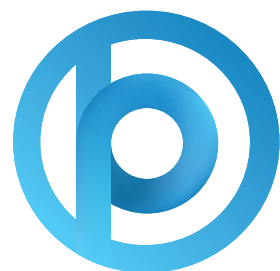
Certainly, after reading this article, the



hospital orderly Jerome Littlefield would be squirming in his chair! He would be convinced that he had an incurable urinary tract infection! I hope that's not the case with you! Instead, now you are aware of the causes, symptoms and some natural treatments for UTI.

[If you've tried everything to keep your UTIs under control with little or NO success—now try THIS...](#)

Sources: [1] Urologic Surgical Associates of Delaware, "Recurrent Urinary Tract Infections," 2009, [http://www.usadelaware.com/medical\\_briefs/female\\_urinary\\_tract\\_infections.htm](http://www.usadelaware.com/medical_briefs/female_urinary_tract_infections.htm). [2] Medicine Net, "Urinary Tract Infection," 2014, [http://www.medicinenet.com/urinary\\_tract\\_infection/page4.htm#when\\_should\\_people\\_seek\\_medical\\_care\\_for\\_a\\_uti](http://www.medicinenet.com/urinary_tract_infection/page4.htm#when_should_people_seek_medical_care_for_a_uti). [3] Urologic Surgical Associates of Delaware. [4] Live Strong.com, "Magnesium & Urinary Tract Infection," 2013, <http://www.livestrong.com/article/533272-magnesium-urinary-tract-infection/>. [5] Health Communities, "Urinary Tract Infection," 2011, <http://www.healthcommunities.com/urinary-tract-infection/symptoms.shtml>. [6] Kevin Rail, Live Strong, "How to Naturally Treat a Urinary Tract Infection," 2013, <http://www.livestrong.com/article/18189-naturally-treat-urinary-tract-infection/>. [7] Health Communities, "Urinary Tract Infection Prevention," <http://www.healthcommunities.com/urinary-tract-infection/prevention.shtml>. [8] Medicine Net, "Urinary Tract Infection," 2014, [http://www.medicinenet.com/urinary\\_tract\\_infection/page5.htm#what\\_is\\_the\\_treatment\\_for\\_a\\_urinary\\_tract\\_infection](http://www.medicinenet.com/urinary_tract_infection/page5.htm#what_is_the_treatment_for_a_urinary_tract_infection). [9] Tess Thompson, Native Remedies, "UTI Natural Remedies," <http://www.nativeremedies.com/articles/uti-natural-remedies.html>. [10] Tess Thompson, Native Remedies. [11] Tess Thompson, Native Remedies. [12] Live Strong, "How Often Can You Take Magnesium Citrate Safely?" 2011, <http://www.livestrong.com/article/485428-how-often-can-you-take-magnesiumcitrate-safely/>. [13] Health Communities, "Urinary Tract Infection Treatment," 2011, <http://www.healthcommunities.com/urinary-tract-infection/alternative-treatment.shtml>.



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