



How's Your Internal "Plumbing" Working?

If Urinary Problems Are Draining Your Health, Natural Remedies Can Help

"When ya gotta go, ya gotta go!" But sometimes the "going" isn't easy because your internal pipes are clogged and corroded from frequent urinary tract infections (UTIs), cystitis, urethritis, kidney stones or other urinary tract problems. If you have these types of "plumbing" problems, you're not alone—about 13 million Americans have trouble "going" because of urinary tract disorders.

When it comes to health, people don't think as much about their urinary system as they do about their heart or brain, but their two bean-shaped kidneys are just as critical to their life and health. The body is about 60-70% water, and the urinary system has to filter every ounce of it. This job is so critical that if your kidneys shut down you'd be dead in just a few days, if you weren't put on a dialysis machine.

The process of burning food for energy creates acid waste, which would poison our body if it wasn't removed. Fortunately, the kidneys filter this metabolic waste from our blood.

However, the kidneys are much more than filters. They also help regulate blood pressure and maintain fluid and mineral balance. In Chinese medicine, the kidneys are the home of "jing" or life essence. In other words, their function is an essential foundation to good health.

Kidneys, Bones and Blood Pressure

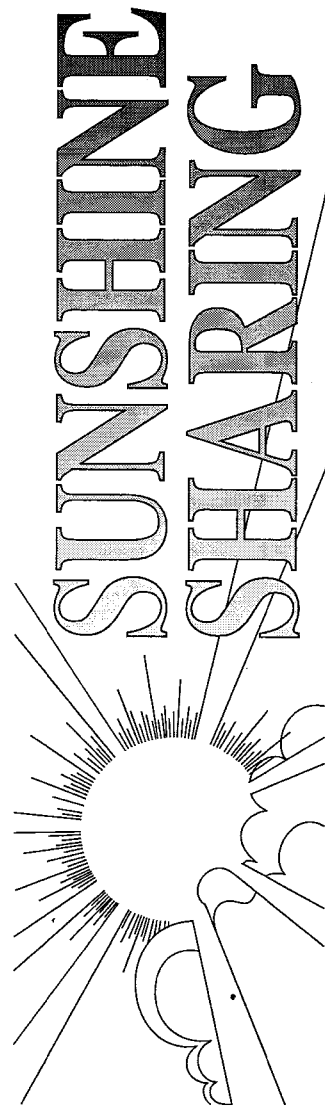
Chinese medicine also sees a big connection between the kidneys and the bones. Weakness of the kidney chi (energy) is seen as an underlying cause of back pain, weakness of the knees and ankles, arthritis and osteoporosis. This connection between the kidneys and the structural system is due to the kidney's role in maintaining a balance of minerals like calcium and magnesium in the blood. It is also related to their role in removing waste acid from the system.

To keep us healthy, the pH of the blood must be kept very stable. So, if kidneys fail to filter waste acids properly, the rest of the body has to buffer these acids to keep blood pH stable. It does this by drawing alkalizing minerals like calcium out of bones and other tissues, which weakens the structural system. Hence, there is truth in the Chinese idea that the kidneys help to build the bones.

The kidneys also play a crucial role in regulating blood pressure. By selectively reabsorbing water, mineral salts, and glucose back into the blood stream, the kidneys help control the circulating levels of these substances. Too much water can produce high blood pressure or water retention. Too little water can cause fainting or dehydration.

In this issue of Sunshine Sharing, we'll give you tips for solving common urinary tract problems, so you can keep your kidneys "going" and maintain good health.

Look inside to learn natural ways of keeping your "plumbing" healthy...



Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Managing Editor/Writer: Steven Horne
Editor: David Horne
Associate Editors:
Carolyn & Hugh Hughes, Leslie Lechner

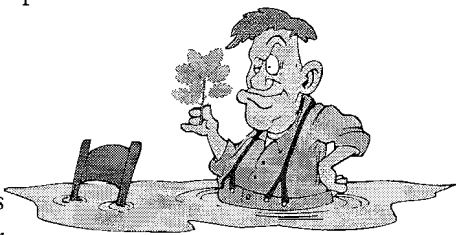
Natural Solutions to Urinary Problems

Before we provide you with suggestions for natural aids to specific urinary tract problems, we need to stress the importance of water to kidney function. Most urinary problems can be aided by drinking more purified water. (See below.) So, hydrate yourself first, then use some of the following remedies for specific urinary tract problems.

Edema – Water Retention

One of the problems that can arise from poor kidney function is water retention, also called edema. The symptoms of edema are fairly obvious—swollen ankles, feet, and hands and puffiness under the eyes. If you suffer from chronic edema, first get a medical checkup to determine the cause, as water retention can be a sign of congestive heart failure and other serious diseases.

Diuretics are remedies that promote the flow of urine and are used with edema. Unfortunately, many people use diuretic drugs that also deplete the body of potassium, an important mineral needed for kidney function. Fortunately, herbal diuretics are often rich in potassium, and can actually make the kidneys stronger when taken over time.



Kidney Activator and **Chinese Kidney Activator** are excellent herbal diuretic formulas, which can be used to reduce fluid retention. They may also be used for urinary tract infections, bladder irritation and other urinary tract disorders when taken with plenty of water to flush the urinary passages.

Urinary Tract Infections (UTIs)

We think of urine as being unsanitary, but the truth is that urine is sterile, that is, free of bacteria. In order to get a bacterial infection in the bladder or urethra, bacteria have to enter the urethra and travel upwards into the urinary system. Women are five times more prone to UTIs than men because they have much shorter urethra. In fact, according to the Kidney and Urology Foundation of America, one in five women will have problems with UTIs in her lifetime.

UTIs usually involve bacteria from the colon such as *E. coli* and are typically treated with antibiotics. Unfortunately, frequent use of antibiotics disrupts the friendly bacteria in the colon, contributing to yeast overgrowth. This can weaken the immune system and make one more prone to future UTIs. One can also get a UTI from a yeast infection.

Research shows that cranberries have the ability to inhibit bacteria from adhering to urinary passages, which helps prevent bladder infections. So, if you're prone to frequent UTIs, drinking



For Better Health, Drink More Water

Most people in America don't drink enough water. They drink coffee, tea, soda, energy drinks, fruit juice, alcohol, milk and just about everything except water.

However, when it comes to good health, and especially when it comes to the health of the urinary system, nothing takes the place of pure water. For starters, many of the aforementioned beverages, including coffee, tea, caffeinated sodas and alcohol are diuretics. This means they flush water from the body and actually contribute to dehydration.

When we don't drink enough water, the kidneys have to strain harder to eliminate waste. The waste also becomes more concentrated in the urine, which irritates the urinary passages and bladder. This can make a person more susceptible to urinary tract infections, urethritis, cystitis and kidney stones, but it also contributes to stress, constipation, headaches, stiffness and many other health problems.

While being held as a political prisoner in Iran Dr. F. Batmaghelidj discovered that water alone can help to heal many chronic ailments. Having no medicines to work with, he learned

that peptic ulcers could be healed with water alone. Following his release from prison, he continued his research on the healing power of water. In his book, *Your Body's Many Cries for Water*, he claims that the body signals its water shortage by producing pain. He also explains that drinking more water can heal numerous diseases including asthma, arthritis, hypertension, angina, adult-onset diabetes, lupus and multiple sclerosis.

Dr. Batmaghelidj says that thirst is not a reliable indicator of dehydration. His message is, "You are not sick, you are thirsty. Don't treat thirst with medication."

Proper hydration helps the body detoxify, helps clear excess mucus from the lungs and reduces constipation. It increases energy, improves immune function, reduces pain, helps to balance blood sugar, reduce blood pressure, increases mental clarity, reduces anxiety and depression, improves sleep and even helps with weight loss.

Most people need about two to three quarts of water each day. A good rule of thumb is one half ounce of water per day per pound of body weight. Furthermore, this should be purified water so that chlorine, fluoride, heavy metals and other contaminants have been removed. Purified water tastes better, too, which encourages you to drink more.

unsweetened cranberry juice or taking **Cranberry and Buchu** combination *daily* can help to prevent infections. Cranberry is not helpful, however, for getting rid of an active infection in the urinary tract.

If you have a UTI, drink lots of water and take an herbal diuretic formula to flush the urinary passages. **JP-X** is a good diuretic formula for UTIs because it contains uva ursi and goldenseal, two herbs that help to fight infection in the urinary tract, although **Kidney Activator** and **Chinese Kidney Activator** can also be used.

Along with the herbal diuretic, take a good infection-fighting remedy like **Echinacea and Goldenseal**, **Olive Leaf Extract** or **Silver Shield**. **Uva ursi** is a very good single herb for disinfecting the urinary tract, especially when made into a tea.

Cystitis, Urethritis and Urinary Inflammation

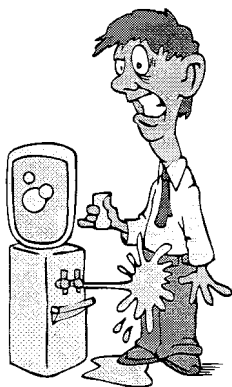
Cystitis is inflammation of the urinary bladder and urethritis is inflammation of the urethra, the tube that drains the urine from the bladder. The kidneys and bladder can also become inflamed. While this is often due to infection, it can also be caused by toxins being flushed through the urinary system.

When inflammation is present in the urinary system, it can cause burning or scalding pain. It can also cause the need for frequent urination because the toxins in the urine are so strong they irritate the bladder. Unfortunately, the frequent urge to urinate prompts many people to drink less water, when what is really needed is more water to dilute the toxins.

Taking soothing urinary remedies like **cornsilk** and **marshmallow** will help, but other herbal diuretics should usually be avoided. If there is pain when urinating **kava kava** is a good remedy. It has analgesic properties, in addition to helping fight UTIs.

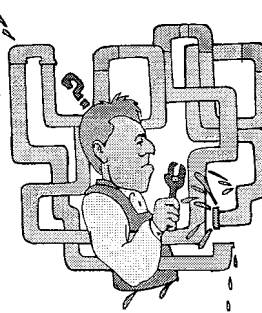
Urinary Incontinence

When the sphincter muscle at the bottom of the bladder is unable to retain urine, it may leak from the bladder. This problem is due to a lack of muscle tone in the sphincter muscle. An astringent, such as **uva ursi**, may be helpful. It works best when it is made into a tea. Other remedies that may be beneficial include **KB-C** and **Urinary Maintenance**.



Bed-wetting and Urinating at Night

Young children also have trouble controlling urination because the sphincter muscle is not fully developed. This problem normally resolves itself as they grow older. When adults get stressed or have blood sugar imbalances they may have to wake up several times a night to urinate, but children who tend to sleep deeper will just wet the bed.



Nervous Fatigue Formula or **Adrenal Support** helps adults and children reduce the urge to urinate at night by balancing blood sugar, reducing stress and supporting adrenal function. With young children, use **Licorice Root** extract to build the adrenals and balance blood sugar. It also helps the body hold onto water.

Magnesium Complex may also help.

When the problem is blood sugar related, it may also be helpful to eat a small protein snack before bedtime. Good choices include a couple of ounces of almond butter, organic cheese or cottage cheese.

It may also help to drink plenty of water during the day and less water at bedtime. A diuretic, taken during the day, will also help encourage urination during the day. **Cornsilk** is a good choice for young children, **Chinese Kidney Activator** is a good remedy for older children and adults.

Kidney Stones

Passing kidney stones can be excruciatingly painful, so it's best to avoid them by good prevention. People in primitive societies rarely develop kidney stones, so why should we? Most kidney stones are formed from calcium oxalate and result from an over concentration of minerals in the urine. Drinking plenty of clean water will help to keep minerals in solution.

If you are prone to kidney stones, it may also help to avoid foods that significantly increase urinary oxalate including nuts, chocolate, tea, and peanuts. Caffeine and carbonated beverages both increase the risk of forming kidney stones.

Magnesium and **vitamin B6** are good supplements to take to prevent kidney stones. When stones have formed you can help them to pass by using hydrangea and lemon water. Mix the juice of four lemons in a gallon of distilled water and drink this while fasting. Take four capsules of hydrangea every two to four hours. **Lobelia** or **kava kava** can be used to relax urinary passages, aid passing and ease pain. **Marshmallow** soothes urinary membranes and may also be helpful.

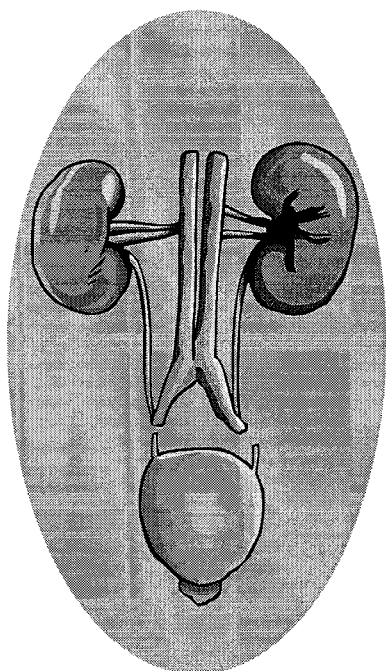
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Additional Help and Information

For more information about solving urinary health problems with natural remedies, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Steven Horne

Your Body's Many Cries for Water by Dr. F. Batmaghelidj



Is Your Body's "Plumbing" Working?

Or is your body suffering from corroded "pipes,"
"leaks" and "clogged drainage"?

We all enjoy the convenience of modern plumbing. So, if the pipes corrode and start to leak or the drains plug up, we get our plumbing fixed right away.

Unfortunately, many people have internal "plumbing" problems that aren't getting properly fixed. We're talking about signs of "corrosion" in the urinary system, such as frequent urinary tract infections, incontinence, kidney stones, cystitis and edema. This issue of Sunshine Sharing focuses on natural solutions to problems with the urinary system, the body's internal "plumbing" system.

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Kidney Weakness

In Chinese medicine, a deficiency of the chi or energy of the kidneys results in a weakening of the structural system. Arthritis, osteoporosis, low back pain and weakness in the lower extremities are all signs of kidney chi deficiency.

KB-C is ideal for building kidney chi, especially in older persons whose bones are becoming more fragile. It helps the kidneys function better and become more efficient at eliminating waste acids from the system. It can ease low back pain from kidney stress, relieve gouty arthritis, help prevent kidney stones (when taken with plenty of water) and strengthen the urinary system to prevent chronic UTIs. KB-C may also help frequent urination and urinary incontinence.

Prostatitis and BPH

In the male "plumbing" system, the prostate sits just under the urinary bladder, surrounding the urethra. If the prostate becomes inflamed, it will swell, making urination difficult, a condition known as prostatitis. The prostate can also enlarge due to overstimulation of estrogens, a condition is known as benign prostate hyperplasia (BPH).

Remedies that reduce prostate swelling or help to shrink the prostate can improve urinary function in men. These include **PS II**, a good remedy for prostatitis, and **Men's Formula**, which helps BPH.

For more information about solving urinary problems, talk to the person who gave you this newsletter.