

The "Natural" Treatment for Bladder Infections

The common symptoms of bladder infections are burning urination, frequent urination, urgency, or abdominal pain. These symptoms can sometimes be caused by allergic reactions with the target organ being the bladder. Therefore, it is valuable to have a urine culture performed for every circumstance suggesting a bladder infection.

If, after performing a urine culture, an infection is present, then a short course of antibiotics will sometimes be effective, especially with the use of these holistic strategies:

- Double voiding (after emptying the bladder, stand up for a couple of minutes then sit down and try to void again)
- Increasing fluid intake
- Eating blueberries and drinking cranberry juice
- Taking as much vitamin C as often as the stomach can tolerate it

Also take, for one to two weeks:

Age	Echinacea/Goldenseal	Zinc	Vitamin A (Preformed)	Vitamin E
0-1 Year Old	-	10 mg	1500 IU	100 IU
1-4 Years Old	1 cap	10 mg	2000 IU	100 IU
4-10 Years Old	2 caps	20 mg	5000 IU	200 IU
10-15 Years Old	4 caps	30 mg	20,000 IU	400 IU
15 & Up	4 caps	40 mg	30,000 IU	800 IU

Although these dosages are two or more times the usual recommendations, taking them for a short time will be safe for almost all persons and will stimulate the immune system to cure the infection. Generally, the bladder infection will be over in two to three days and the higher dosages of nutrients may then be discontinued. Some people may be able to cure their bladder infections using this approach without using antibiotics. If the symptoms get worse or fail to resolve in five to seven days after getting a positive culture, then use of the antibiotic for one to two days (at least) is warranted. The antibiotic can generally be discontinued when the symptoms are gone. Immediate consultation with a physician is always warranted when there is back pain or fever associated with the bladder infection.

If the urine culture is negative despite indicative symptoms, then one should consider bladder allergy.