



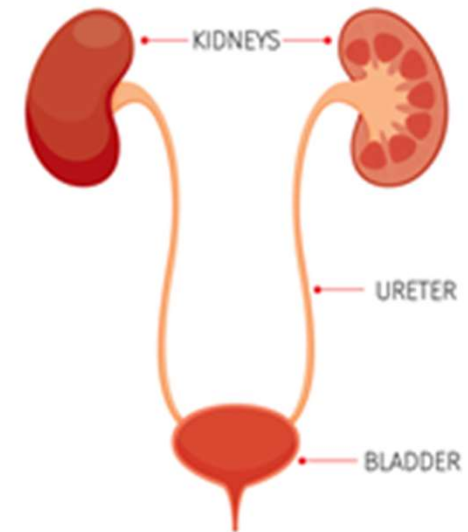
NURTURING THE
URINARY TRACT:
Unlocking Natural
Support and Practical
Protocols

**By Gabi Forrester ND:
Naturopath & Herbalist**



THIS WEBINAR WILL COVER:

- Understanding the Urinary Tract
- Exploring Natural Approaches to Urinary Health
- Evidence-Based Protocols for Infections
- Integrating Holistic Perspectives
- Q&A Session



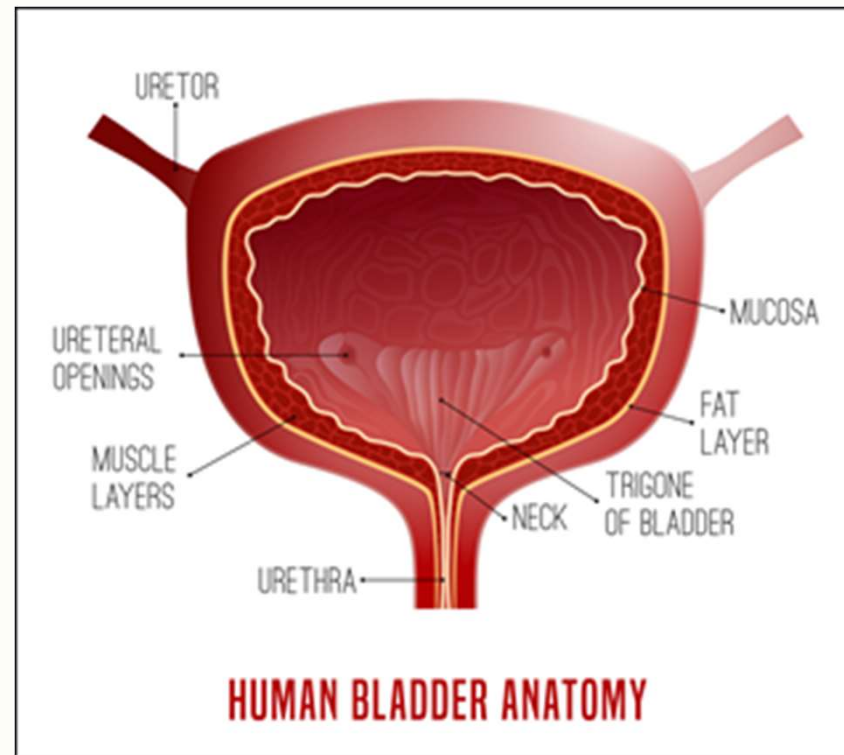
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Access to all references

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See past presentation: **Urinary Tract Health for Men and Women**

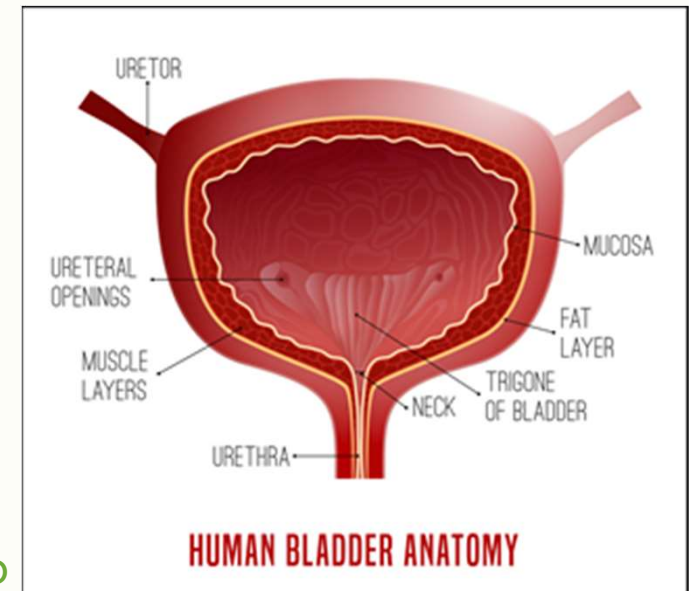
STRUCTURE OF THE BLADDER



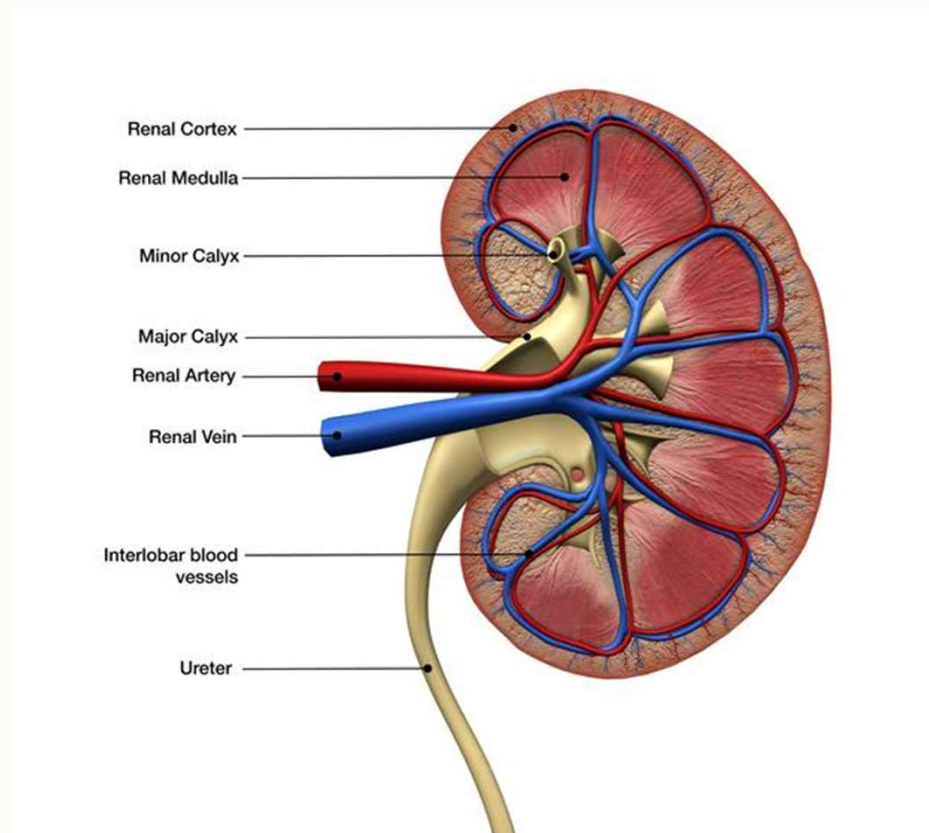
FUNCTION OF THE BLADDER

Stores filtered urine from the kidneys

- A spherical shape to ensure low surface area to volume to limit passive movement of substances across lumen to blood.
- Confers minimal absorption of electrolytes and nonelectrolytes
- Regulates sodium channels via aldosterone
- Has tight junctions in addition to other specialised cells to limit permeability



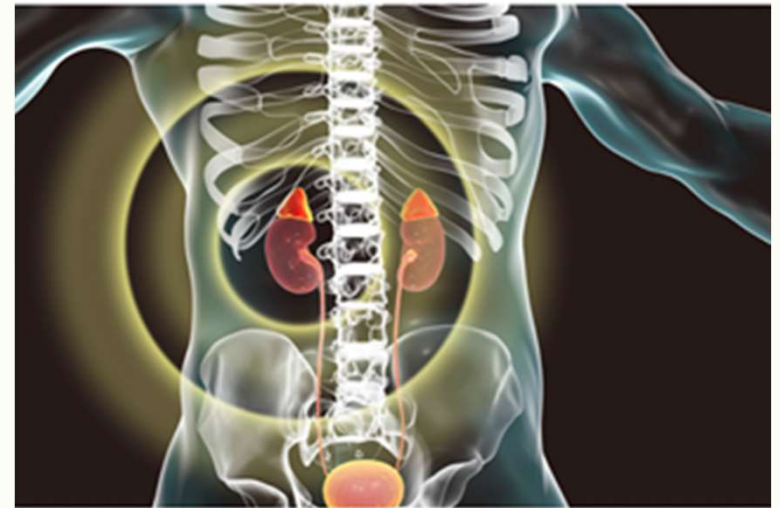
STRUCTURE OF THE KIDNEYS



FUNCTION OF THE KIDNEYS

The kidneys filter and process waste products and excess substances from the bloodstream to form urine.

- Filter the blood
- Regulate the Blood Pressure
- Balance Fluid and Electrolytes
- Regulate pH
- Regulate Erythropoieses
- Detoxification
- Metabolise Vitamin D
- Regulate Blood Glucose
- Regulate Blood Volume
- Control Osmosis



SIGNS AND SYMPTOMS OF FLUID IMBALANCES



- Dark under eyes
- Swelling under eyes
- Swollen tongue
- Teeth marks on tongue
- Feeling of pressure in bladder
- Back ache
- Swollen fingers/ wrists/ ankles (sock marks)
- Frequent urination
- Dark or yellow urine
- Up at night to urinate
- Breathing difficulties
- Wheezing / Asthma
- High BP
- Testicular issues



What actions do we need for Urinary Support?



- **CIRCULATORY STIMULANT:**
Increase blood flow to the kidneys
Cayenne, Hawthorn, Ginger, Rosemary, Cinnamon
- **DIURETICS:**
Remove waste impurities from the blood & tissue fluid
Celery, Elder, Parsley, Uva ursi, Dandelion leaf, Cleavers, Burdock, Plantain, Nettle
- **HOW?**
 - Increase renal blood flow through glomerulus.
 - Inhibit reabsorption of sodium by the renal tube.
 - Skin enhances diuresis by removing fluids & toxins, eliminated via perspiration (diaphoresis).



OTHER THERAPEUTIC ACTIONS



- **Antibacterial:** Andrographis, Blue flag root, Wild indigo, Red clover
- **Anti-inflammatory:** Devil's claw, Panax ginseng, Sarsaparilla
- **Urinary antiseptic:** Cranberry, Barberry, Uva ursi
- **Bladder astringent:** Agrimony



FURTHER ACTIONS

- **Possibly biofilm disruptor:** Goldenseal, Garlic, Uva ursi, NAC, D-Mannose
- **Nervine:** Reishi, St. John's wort
- **Genito-urinary sedative:** St. John's wort
- **Alterative:** Burdock, Cleavers, Dandelion, Devil's claw, Echinacea, Nettle, Red clover, Sarsaparilla





TYPES OF INFLAMMATION: STAYING WITHIN OUR REMIT

■ LOWER URINARY TRACT INFLAMMATION:

Cystitis (bladder infection),

Urethritis (UTI)

Prostatitis (inflammation of the prostate).

■ UPPER URETHRAL INFLAMMATION:

Kidney infection

Pyelonephritis

Renal abscess.

These require medical attention!

Other causes of urethral inflammation:

Gonorrhoea, Chlamydia, Candida, Vaginitis / Vaginosis, Trichomonas

WHY DO URINE INFECTIONS OCCUR?

- Urine infections are usually caused by bacteria that occur naturally in the bowel
- Constipation leads to an increased build-up of bacteria in the body, which may lead to a greater risk of urinary tract infections
- In women the urethra is short so bacteria can easily find their way into the bladder and cause infection
- Bacteria can find it easier to get into the bladder when you are having sexual intercourse





WHAT ARE THE SYMPTOMS?

- Pain: Occurs in the back and lower pelvis.
- Frequent urination
- Increased urgency with small urine amounts.
- Back Discomfort
- Foul-smelling urine
- Burning Sensation
- Fatigue, nausea, and loss of appetite can precede a UTI
- Bloating



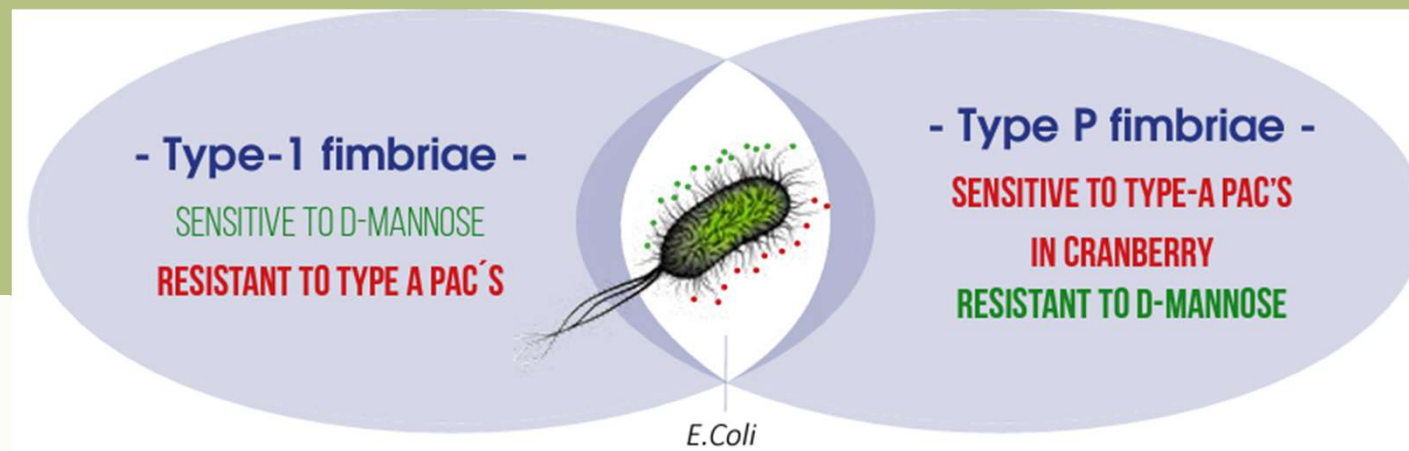
WHO IS AT RISK?

- Neonates are at risk for UTIs
- Pre-pubescent girls / Young women
- Sexually active women
- Pregnant women
- Older men
- Anyone with structural abnormalities of the urinary tract
- People with diabetes
- Catheterised individuals



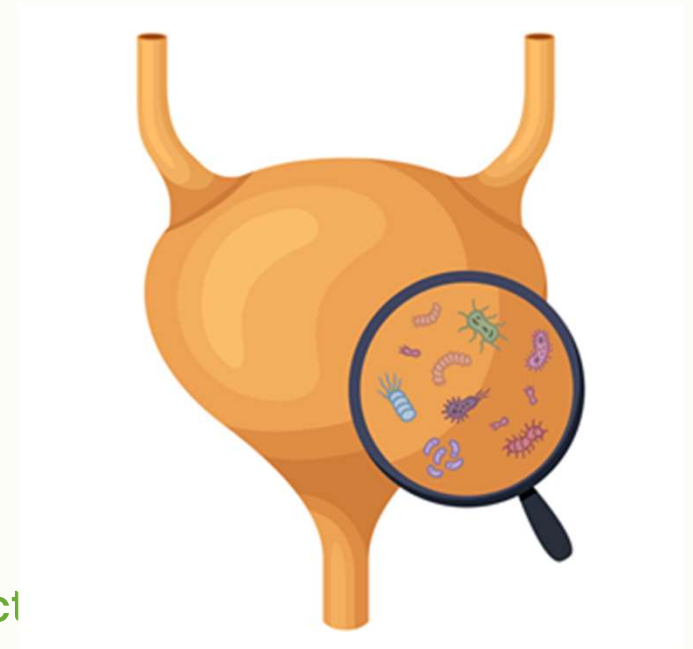
WHO IS AT RISK?

Almost 4 million women between 20-44 years of age suffer UTI during their lifetime. » 1 in 5 women suffer from a recurring cystitis. » Escherichia coli is the main bacteria responsible for 90-95% of the UTI cases. Its virulence is related to the presence of FIMBRIAE.



- TESTING FOR INFECTION UTI Detection
 - Positive urine culture
 - > 100,000 colony forming units per ml from midstream catch
- PATHWAYS OF INFECTION
 - Ascend from urethra
 - Hematogenous
- DETERMINING FACTORS
 - Virulence of microorganism
 - Inoculum Size
 - Adequacy of host defense mechanisms

Bacteria can come from faeces and impact the urinary tract
The gut flora influences the colonization!



- UTI ORGANISMS:

Uncomplicated UTI: 95% are caused by a single gram negative organism (nitrate test positive)

- E. COLI 80%

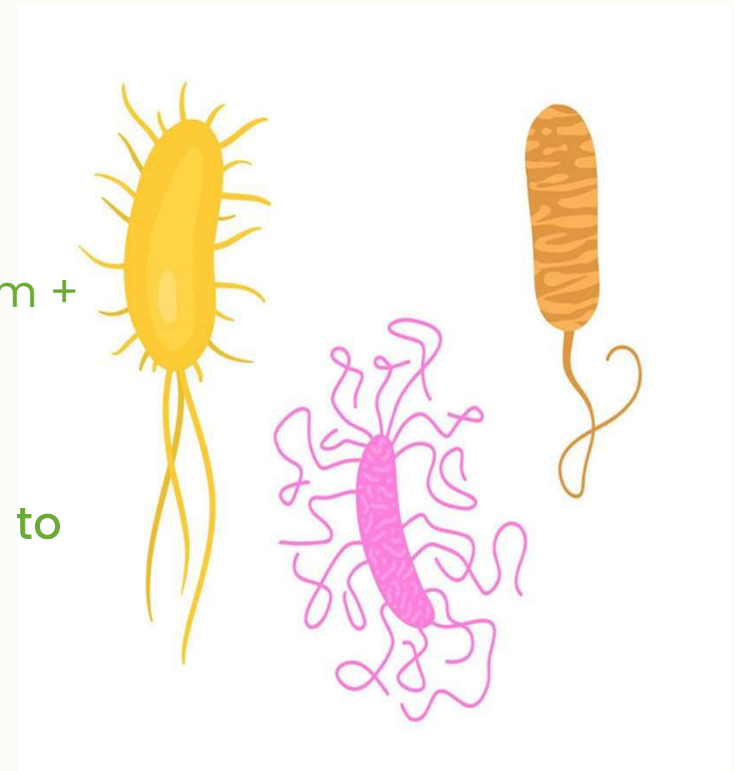
Proteus mirabilis

Klebsiella pneumonia

Staphylococcus saprophyticus – Coagulase Negative Gram +

Hospitalized / catheterized / structural abnormalities tend to have multiple organisms such as Enterobacter, Serratia, Pseudomonas

And only 35% E. coli



- WHAT IS TESTED FOR:

Leukocytes (White Blood Cells)

Nitrites

pH

Blood

Protein

- TO READ THE RESULTS ACCURATELY:

Collect a Clean Urine Sample in a glass jar

Immerse the Dipstick

Compare the Colour Chart .

Record the Results

Interpret the Results



EXPLORING NATURAL APPROACHES

Many herbs can strengthen or support the kidneys.

They act in several ways:

- Urinary astringent - tightens the tissues
- Urinary demulcent - soothes the tissues
- Urinary antiseptic - inhibits infectious organisms
- Diuretic - increases urinary output



CRANBERRY (VACCINIUM MACROCARPON)



- Urinary astringent
- Anti-Adhesive Properties: particularly Escherichia coli (E. coli)
- Acidification of Urine: quinic acid
- Promotion of Healthy Microbiota
- Reduction in Recurrence



UVA URSI

(ARCTOSTAPHYLOS UVA-URSI)

- Urinary Antiseptic
- Urinary Astringent
- Antibacterial
- Anti-inflammatory
- Diuretic
- Urinary Demulcent -Soothing to the mucous membranes
- Reduces chronic inflammation / infection of the urinary tract



DANDELION ROOT (TARAXACUM OFFICINALIS)

- Diuretic
- Antioxidant
- Anti-inflammatory
- Hepatic
- Cholagogue



GOLDENROD (SOLIDAGO VIRGAUREA)

- Urinary Antiseptic and Astringent to the Mucous Membranes
- Demulcent to the membranes
- Antimicrobial
- Diuretic - Increases renal blood flow and glomerular filtration rate



Antimicrobial activity of *Solidago virgaurea* L. from in vitro cultures

<https://pubmed.ncbi.nlm.nih.gov/12385877/>

MARSHMALLOW ROOT

(*Althaea officinalis*)

- Urinary Demulcent
- Anti-inflammatory
- Diuretic
- Anti-microbial



ASPARAGUS / SHATAVARI

- Antibacterial
- Anti-inflammatory
- Immune-modulating
- Urinary Demulcent
- Diuretic
- Uterine tonic



BUCHU LEAF (BAROSMA BETULINA)

- Urinary Antiseptic
- Demulcent
- Eliminates uric acid
- Anti-inflammatory
- Diuretic



CORN SILK (ZEA MAYS)

- Urinary Demulcent
- Antilithic
- Antibacterial
- Diuretic
- Anti-inflammatory
- Antioxidant



PARSLEY LEAF (PETROSELINUM CRISPUM)

- Diuretic / Antilithic
- Urinary Antiseptic
- Antilithic
- Rich in volatile oils myristicin and limonene, Vitamin C and K



JUNIPER BERRIES (JUNIPERUS COMMUNIS)

- Diuretic: monoterpenes like α -pinene and β -pinene
- Antimicrobial: Terpenoids
- Anti-inflammatory
- Urinary Astringent: Tannins
- Antioxidant
- Rich in Vitamins and minerals, especially Vitamin C and Potassium





NEW ROOTS PROTOCOLS



PROTOCOL 1:

- Simple, uncomplicated urinary issues
- Assist the Elimination Channels: Bowel, Liver

Reduce inflammatory response

- Clean Flow - Cleanse the urinary system
- Ultra Purifiant Cleanse -cleanse the blood, bowel and support immunity
- Liver -cleanse and regenerate the liver

Then choose

- Prosta or Aid Inflamm





CLEAN FLOW

15 medicinal plants

Dose: 1 capsule three times daily.

Circulatory stimulant: Ginger, Cayenne, Piperine.

Diuretic: Asparagus, Parsley, Birch, Buchu.

Antilithic and Anti-bacterial: Cranberry, Uva ursi, Cat's whiskers.

Analgesic, Antispasmodic, Anti-inflammatory, Vulnerary: Cornsilk, Goldenrod, Marshmallow.





ULTRA PURIFIANT CLEANSE

Dose: 3–5 capsules twice daily (morning and evening) with plenty of water or juice before meals during 21 days. Take away from medication

Liver, Bowel, Detox support: Psyllium, Butternut, Blessed thistle, Bentonite

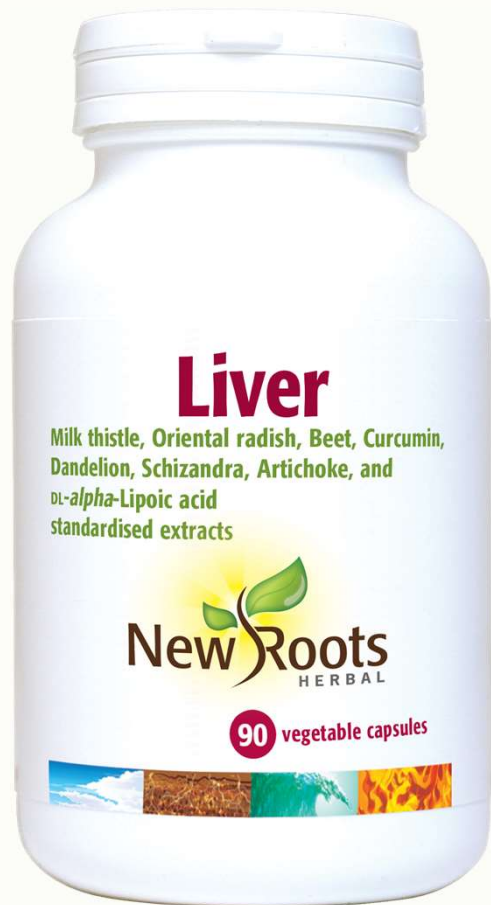
Diuretic: Plantain

Mucilage: Cornsilk

Alteratives: Red clover, Yellow dock

Antimicrobial: Clove, Echinacea, Garlic, Black walnut





LIVER

Dose: 1 or 2 capsules three times daily before meals. Maximum 6 capsules daily.

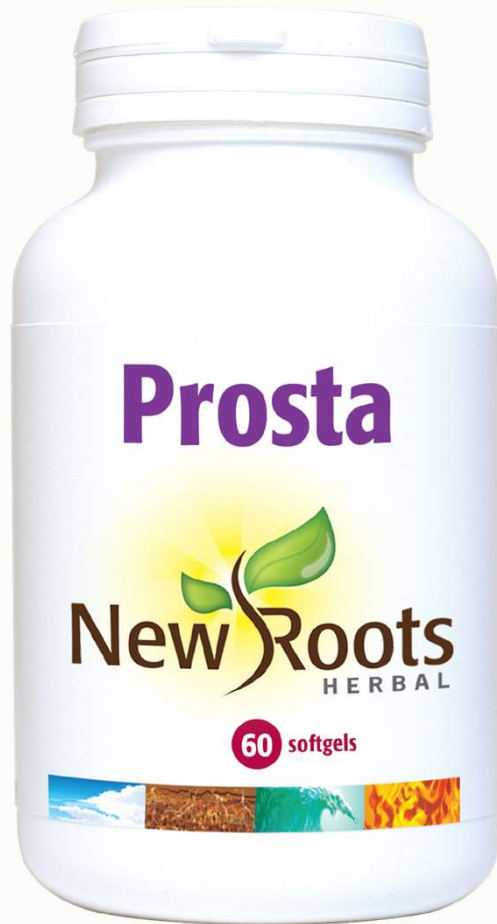
Hepatic: Milk Thistle, Beetroot

Cholagogue: Oriental radish, Dandelion root, Artichoke

Antioxidant: Alpha Lipoic Acid, Turmeric

Immune modulator: Schisandra





PROSTA

17 synergistically combined ingredients

Dose: 2 softgels daily with food.

Anti-oestrogenic and Inhibits 5-alpha reductase enzyme, reducing DHT levels: Saw Palmetto, Stinging nettle

Anticholesterolemic: Plant sterols

Anti-inflammatory: Rye Flower Pollen, Borage oil, Olive oil, Pumpkin seed oil

Antioxidant: Zinc, Vitamin E, Selenium, Lycopene

Antibacterial: Pau d'arco

Astringent: Cranberry





AID INFLAM

A synergistic formula designed to address inflammatory processes, oedema, injuries, and pain effectively.

Main action is Anti-inflammatory

Boswellia Contains boswellic acid, which regulates chronic rheumatic inflammation and protects cartilage and connective tissue.

Turmeric Contains curcumin, a potent anti-inflammatory that inhibits the release of inflammatory mediators, acts as an antioxidant, supports liver health, and prevents lipid peroxidation.

Bromelain Derived from pineapples, it breaks down pain-related kinins, dissolves fibrin clots, and regulates prostaglandins, reducing inflammation and edema.

Quercetin A natural bioflavonoid that inhibits various inflammatory processes, blocks histamine production, and has protective effects against cancer cell growth





PROTOCOL 2:

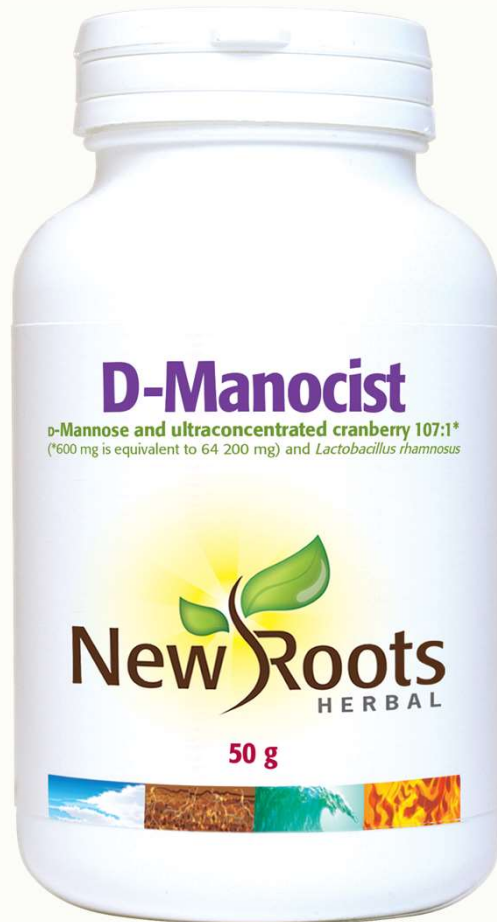
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Signs of infection. The aim is to boost the immune system, clear infection, disrupt the biofilm, alter the pH, strengthen the urinary system and balance the flora.

- Clean Flow – the No 1 product for Urinary Health
- D manocist
- N-Acetyl Cysteine
- Femina Flora oral / Pro Boulardii Plus
- Cordyceps

- Menopeace





D-MANOCIST

Dose: 1-2 scoops in water daily

The prevention and treatment of lower urinary tract infections and recurring cystitis. Combines D-Mannose, cranberry, and Lactobacillus rhamnosus for comprehensive UTI support.



Fights infection

Complete formula with:

- » 4 800 mg of D-Mannose.
- » 600 mg of Cranberry 107:1.
- » 500 million of *Lactobacillus rhamnosus* R0011.

*per service

1

Avoids relapses

- » **D-Mannose and cranberry**, a combination that acts effectively on the two fimbriae types associated to its virulence.
- » **D-Mannose** reduces biofilm formation which represent a reservoir of future infections.
- » **Lactobacillus rhamnosus** has been shown to reduce recurrent UTIs by 73% by creating some hostile conditions for the growth of the pathogens.

2

Reinforces the immune system

In addition to its benefit in recurrence prevention and restoring the vaginal environment, the *Lactobacillus rhamnosus* R0011 increases the expression of factors which enhance immune response.

3





N-ACETYLCYSTEINE (NAC) FOR URINARY HEALTH AND BIOFILM CLEARANCE

Dose: 1 capsule daily with food (600mg)

- Antioxidant
- Glutathione Precursor
- Pulmonary Health: antimucolytic and anti-inflammatory agent in the respiratory system.
- Liver Detoxification
- Biofilm Disruptor



N-ACETYLCYSTEINE PROTECTS BLADDER EPITHELIAL CELLS FROM BACTERIAL INVASION AND DISPLAYS ANTIBIOFILM TRACT ACTIVITY AGAINST URINARY TRACT BACTERIAL PATHOGENS

Several studies show NAC as a kidney protector. NAC reduces ROS and tissue damage in the kidneys, minimises vasoconstriction and stabilises renal hemodynamics

NAC can penetrate the bacteria wall, stopping protein synthesis and leading to bacteria death - here is a list of all the bacteria and candida it inhibits

[click here](#)

Access to all references





CORDYCEPS

Dose: 1 capsule daily, providing 500mg

- Suprarenal fatigue
- Respiratory disorders
- Renal disorders
- Enhancing immune resistance
- Increasing libido



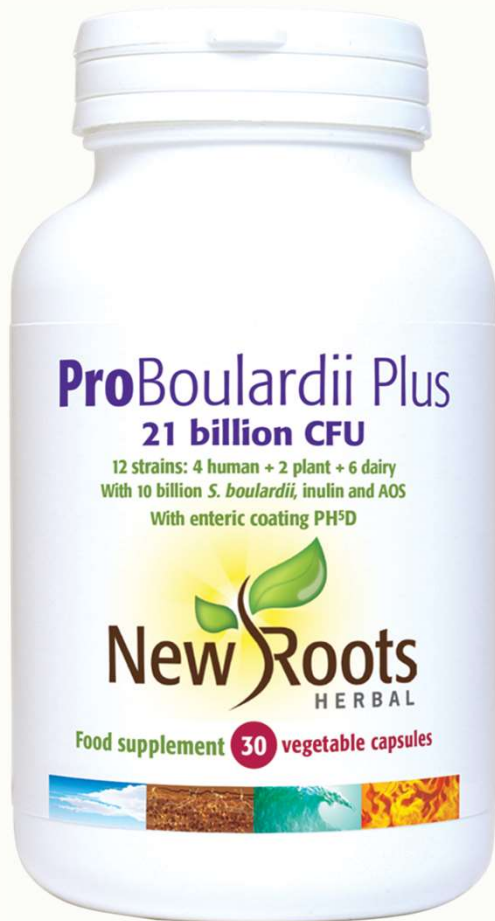


FEMINA FLORA ORAL

Dose: 1 -2 capsules

55 billion live cells, with 16 beneficial strains (10 of human origin, 5 dairy and 1 plant-derived)
A prophylactic treatment for maintaining healthy vaginal flora and preventing recurrent yeast infections and bacterial vaginosis, and for regenerating vaginal flora after the antibiotic treatment of urinary tract infections, thereby preventing recurrence.





PRO BOULARDII PLUS

Pro Boulardii Plus formula is effective against various harmful bacteria:

Escherichia coli (E. coli), Salmonella, Shigella, Antibiotic-Associated Diarrhoea (AAD). Dose: 1-2 capsules daily.

- Displaces harmful bacteria
- Neutralises toxins
- Maintains healthy intestinal flora
- Helpful in cases of diarrhoea, nausea, cramping, vomiting, and abdominal distension, often caused by Escherichia coli, Salmonella, and Shigella contamination, particularly affecting young adults, the elderly, those with compromised immune systems, irritable bowel syndrome, and diabetics.

Key Ingredients and Active Components:

Saccharomyces boulardii

Lactobacillus strains (R1011, R1039, R0418, R1012, R0215, R0052, R9001)

Bifidobacterium strains (R0033, R0175)

Streptococcus salivarius ssp. thermophilus R0083:





MENOPEACE

- Female Tonic Dong Quai
- Oestrogenic Black cohosh
- Oestrogen/progesterone equilibrium
Agnus castus, Wild yam
- Vaginal Mucosa / isoflavones Red clover
- Hepatic Dandelion root

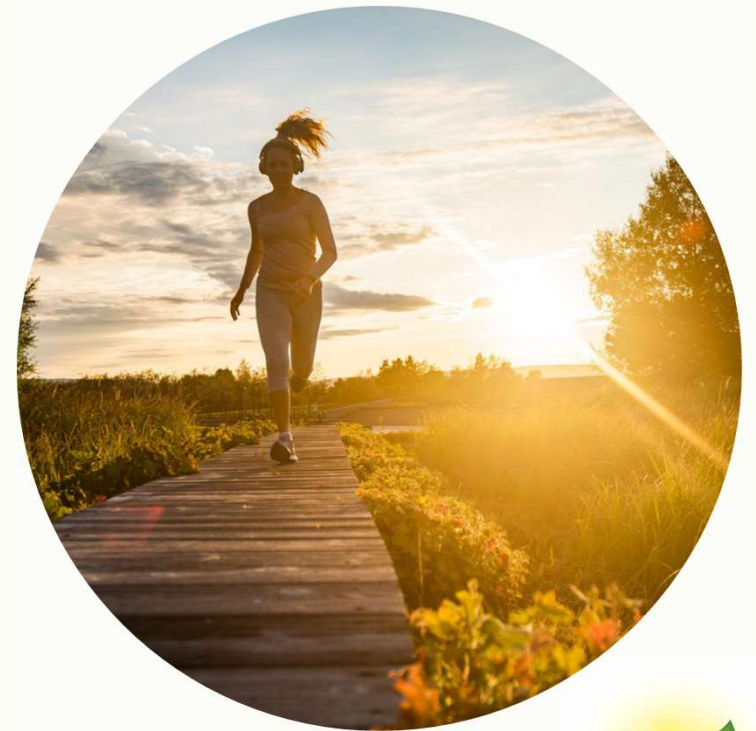




LIFESTYLE:

LIFESTYLE TIPS TO GUIDE CLIENTS WITH URINARY TRACT PROBLEMS:

- Stay Hydrated
- Urinate Regularly
- Good Toilet Hygiene
- Avoid Irritants / perfumed or 'drying' cosmetic products
- Diet and Bowel Management
- Weight Management
- Kegel Exercises
- Avoid Smoking
- Limit Alcohol and Caffeine
- Stress Management
- Avoid Tight Clothing
- Good Sexual Hygiene
- Track Symptoms
- Limit Alcohol and Caffeine



URINARY INFECTION TEA

- 1 teaspoon uva ursi
- ½ teaspoon each corn silk, cramp bark, marshmallow root and rose hips
- 1 cup of water

Simmer herbs in water for a couple of minutes, then steep them for 20 minutes.

Strain herbs.

—

Drink 2 to 4 cups daily. To make sure the infection is gone, continue taking the herbs for 2 days after the symptoms disappear.



FLUID RETENTION TEA

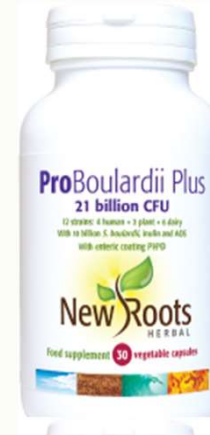
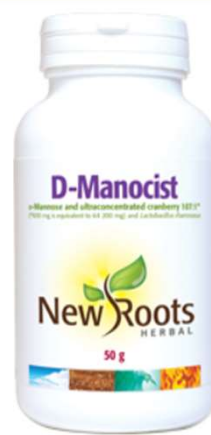
- 1 teaspoon Dandelion root
- 1 teaspoon Dandelion leaves
- 1/2 teaspoon Nettle leaves
- 1/2 teaspoon Spearmint leaves
- Steep mixture in 1 cup of water for 10 minutes.

Drink 1-3 cups daily



SUMMARY

PROTOCOL 1: Urinary Balancing



PROTOCOL 2: Urinary Infections

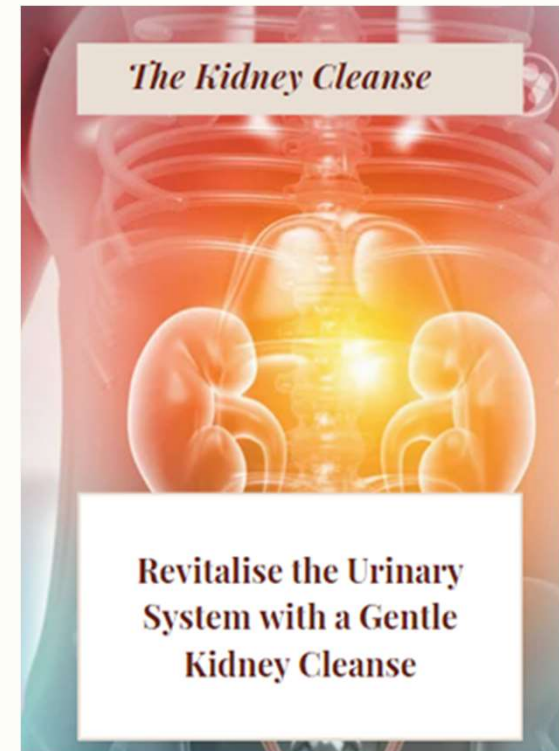


WANT A DESK REFERENCE?

Learn how to support your client's Urinary System with our Kidney Cleansing guide. It contains:

- Recipes to alkalise the system.
- Explanations of Kidney and Bladder herbs.
- HOW to gently 'flush' the urinary tract to soothe bladder irritations and inflammations.

<https://bridging-thegap.com/opt-in/detoxing-the-urinary-system>



THANK YOU FROM BRIDGING THE GAP BETWEEN NUTRITION AND HERBS AND NEW ROOTS HERBAL

Join us on a 6-week course to remove the overwhelm and mystery of herbal remedies and understand how and when to use market formulas in a safe and effective way and Bridge the Gap between Nutrition and Herbs to address the client's root cause.



Learn how to use tinctures, capsules, powders, teas, glycerites and nutraceuticals within the remit of Nutritional therapy and understand when to use one market formula over another.



REGISTER WITH THE LINK BELOW TO RECEIVE ACCESS TO:

- • **Competition:** With your registration you will receive automatic entry to the draw, to win 2 formulas from New Roots Herbal of your choice! Competition closes at midnight on 28th September 2023.
- • **The Kidney Cleanse Herbal Guide for Urinary Health**
- • **Early bird discount code:** 20% off the course "Bridging the Gap between Nutrition and Herbs" – until 20th October 2023
- • **The webinar recording and presentation slides**
- • **The New Roots Herbal professional zone for practitioners:** Access educational and clinical research on herbs and nutraceuticals and tools and resources to help your practice.

<https://www.newrootsherbal.eu/en/urinary-tract-health-register>

Contact:

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