

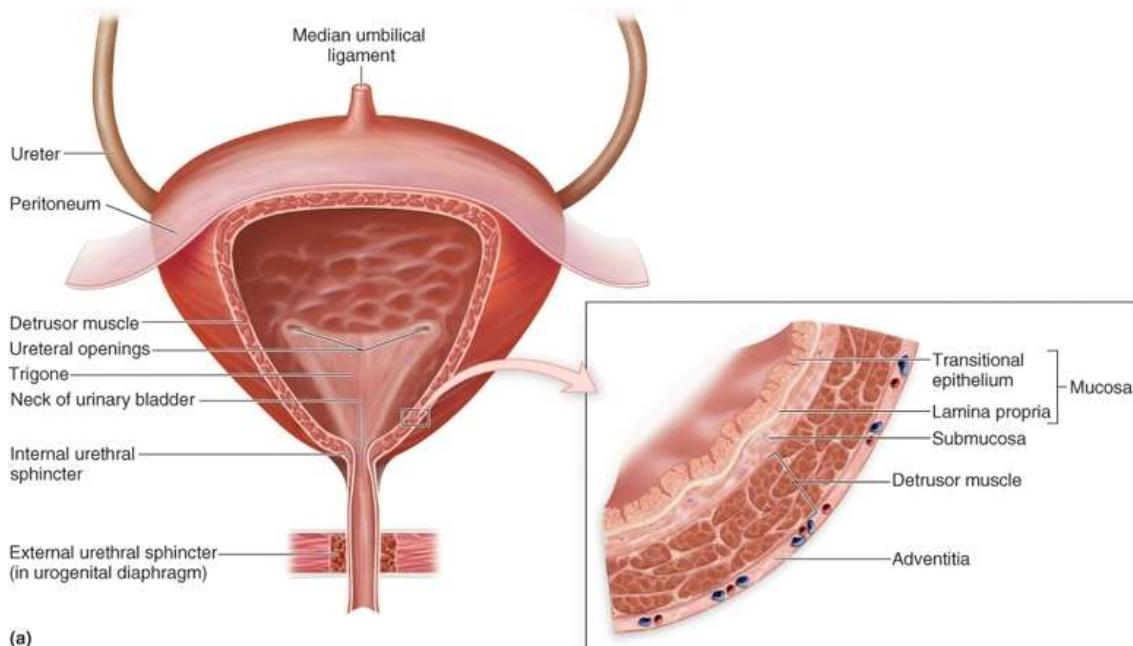
BLADDER AILMENTS

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Definition

Bladder Trouble, *Retention Of Urine* (due to bladder weakness), *Cystitis* (inflammation of the bladder), *Ulcerations* (stomach, intestines, bladder, genito-urinary organs, mucous membranes), *Bladder Stones*, *Catarrh Of Bladder* and *Burning Urine*.



Herbal Aids

Bladder Trouble: Drink one teacupful of plantain tea four to five times daily until relief is obtained.



Retention of Urine (due to bladder weakness): Apply a garlic poultice on the abdominal and pubic regions.



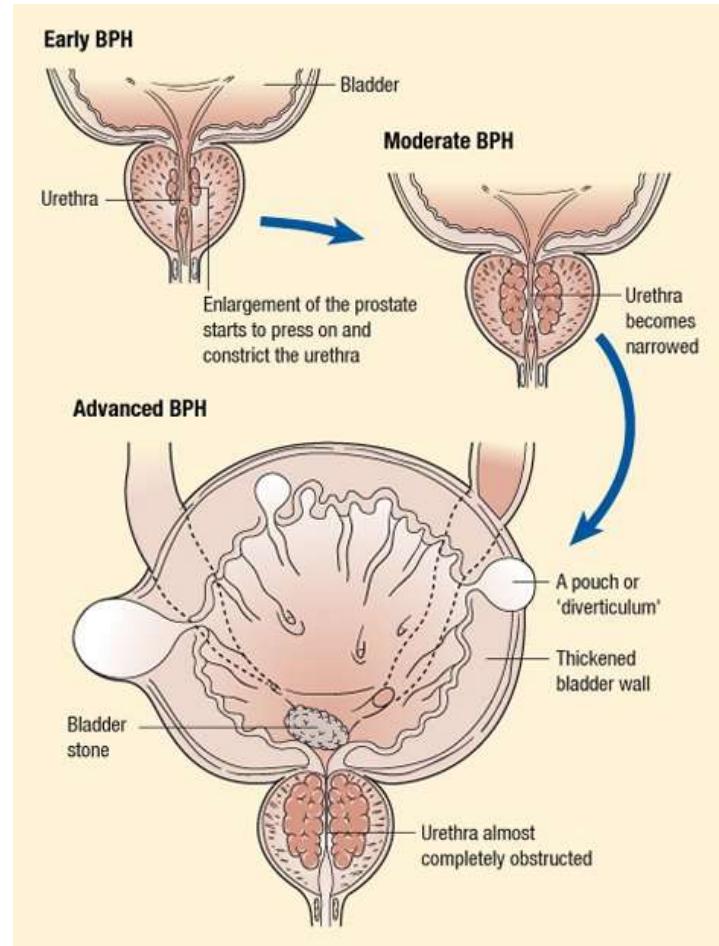
- ❖ **Cystitis** (inflammation of the bladder): See formula using wormwood, squaw weed and camomile.
- ❖ **Ulcerations (stomach, intestines, bladder, genito-urinary organs, mucous membranes):** See formula using cranesbill root, golden seal, echinacea and glycerine.
- ❖ Fevers, Irritated Conditions of the Bladder: Infuse sumac(h) berries for 1/2 hour; strain and sweeten to taste; mix with fresh pineapple juice.
- ❖ **Inflammation of Bladder:** Yarrow makes an excellent douche for this problem (use cool).
- ❖ Bladder: Make at least 2 quarts of the parsley root strong decoction and drink copiously.
- ❖ **Bladder Stones:** See formula using parsley leaves, cleavers, juniper berries, flaxseed and ginger.
- ❖ Kidney and Bladder: See formula using uva ursi, mountain mahogany, couchgrass, buchu leaves, juniper berries, Prince's pine, shavegrass and celery seeds.
- ❖ **Catarrh of Bladder:** See formula using uva ursi, white poplar and marshmallow root.

Wild Carrot: Highly valuable for gravel, stricture, or any obstruction in the urinary passages or bladder. It will often cure when all other means have failed.

Cystitis (inflammation of the bladder): See formula using wild carrot, uva ursi, juniper berries, tansy, licorice root, buchu and cayenne.

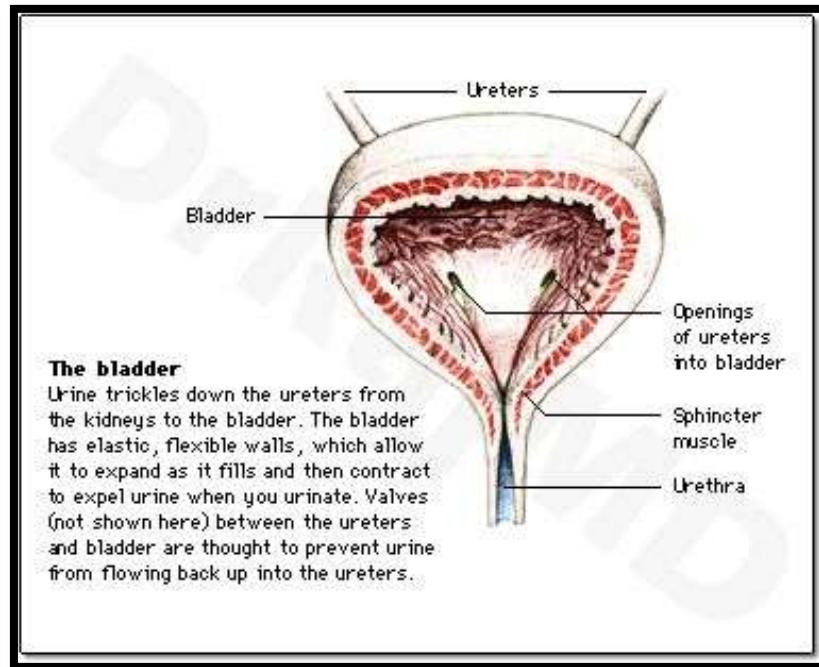
Buchu: This is effective in chronic irritability of the bladder, when there is a frequent desire to urinate. See formula for gravel, kidney and bladder problems using buchu, uva ursi, parsley root, gravel root and ginger.

Catarrh of Bladder Formula using slippery elm, horehound, garden thyme, red clover, yerba santa, lobelia, resin weed, cayenne, blackstrap molasses and glycerine.



Burning Urine: From questions and answers to Dr. Christopher in his Newsletter: Question: Is there a help for burning urine? Answer: "This is often caused by cystitis, which is an infection of the bladder characterized by inflammation, a burning sensation during and after urination, and a need to void frequently. The bladder may have a feeling of being full even when it has just been emptied. When the infection is severe enough to affect the kidneys (which is rare), fever is usually present."

"The urethra is the route by which the infection travels to the bladder. Since the female urethra is only about one and a half inches long and the male urethra is approximately eight and a half inches long, it is much easier for germs to reach the female bladder. So cystitis is more common among females." (The Encyclopedia of Common Diseases, by the staff of Prevention Magazine).



Here is an excellent formula for infection and malfunction in the kidney and bladder area: It consists of juniper berries, parsley, uva ursi, marshmallow root, lobelia, ginger and golden seal. Suggested use is a cup morning and evening, or two tablets or capsules morning and evening taken with a cup of parsley tea.

The marshmallow root is an emollient and demulcent herb that eases the urine flow and is extremely soothing and healing; golden seal is anti-infectious; juniper berries will aid the condition when a difficulty is found in voiding the urine; uva ursi is a solvent for any inorganic calcified accumulation, such as kidney or bladder stones; parsley is one of the greatest herbs known for rebuilding the urethral area; ginger here is used as a stimulant to accentuate the herbal combination's power; lobelia is the herb acting as an antispasmodic and also as a catalyst. This formula has aided many with burning urine and also those suffering from incontinence (lack of urine control).

Bladder Condition:

- ❖ 1/3 oz. powdered oak bark
- ❖ One teaspoon crushed juniper berries.
- ❖ Simmer for 5 minutes in 1/2 pint of water.
- ❖ Use honey to sweeten.
- ❖ Take 3 tablespoons a.m. and p.m.



Cabbage Leaves: Applied to an infected wound, ulcer, or oozing eczema should be layered like roof shingles, allowing secretions to drain between the layers.

When treating lumbago, joint pain, or various afflictions of the nerve or bladder, poultices of cabbage leaves bring rapid relief.

A poultice is prepared as follows:

- ❖ Boil for 20 minutes 2 to 4 cabbage leaves two whole chopped onions
- ❖ 3 or 4 handfuls of bran
- ❖ A little water.

After evaporation of the water, place the poultice on gauze and apply hot for one or two hours, or even for the whole night.

(Never apply heat to a painful abdomen. Only the physician can properly diagnose the cause of abdominal pain, and the application of heat to appendicitis or infection of the ovary may be harmful.).



Juices for Kidney and Bladder Troubles:
Cucumber & parsley, dandelion, spinach.

Vegetables to Eat for Bladder Ailments: Cabbage, cauliflower, kale, kohlrabi, mustard greens, spinach, summer squash, turnip greens.

Making Our Food Our Medicine:

Remember the usual remedy for kidney, bladder, and edema is to make at least two quarts of a strong parsley tea and drink copiously.

If the urine is suppressed drink one half to one teacupful, hot, every hour.



Testimonials



Alfalfa: Frank Bower conducted many interesting experiments with Alfalfa. Three hundred soldiers at Sawtelle, California, used the Alfalfa tea with remarkable improvement in bladder, prostate and other problems.

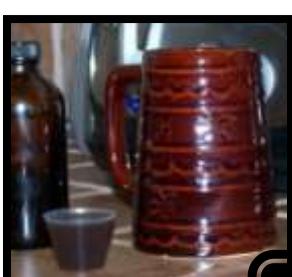
BLADDER INFECTION

Bladder Infections can be extremely painful. For a quick end to the urgency and painful urination associated with a bladder infections the following has never failed to bring quick and lasting relief.

- ❖ Combine an Ounce of the Bladder Comfort Formula with 32 oz of distilled water.
- ❖ Drink all at once.

This wonderful combination of herbs will neutralize the acid condition of the bladder, effectively ending the feeling of urgency and painful urination. It will take about 45 minutes for the formula to reach the bladder.

To clear the Bladder Infection begin using:



How To Take 1 oz Echinacea

- ❖ 1 ounce Echinacea, daily, for 4 to 6 days each week you are doing the infection work.
- ❖ 1 tsp Herbal Antibiotic every 3 waking hours. (This will come to 5 doses a day)
- ❖ 1 tsp Bladder Comfort 3 times a day. (As Needed)



Suggestions for Preparing the Herbal Antibiotic

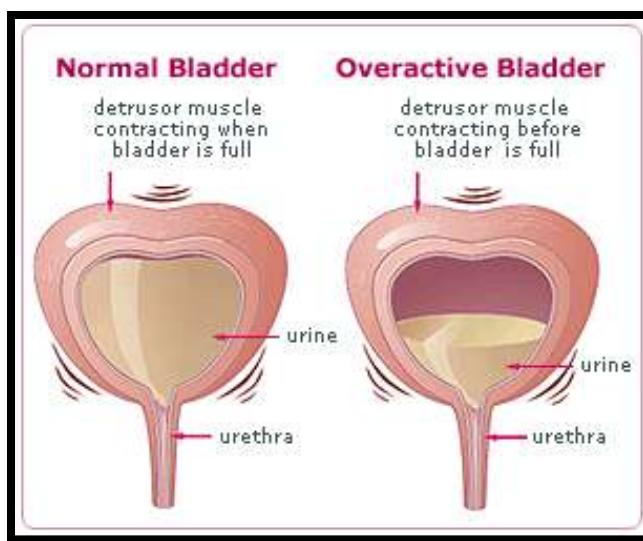
Note: For those experiencing chronic or repeated bladder infections using Echinacea 6 days a week will likely be necessary. Depending on each individual the healing time can vary from 2 weeks to 3 months for those experiencing chronic bladder infection issues.

For those experiencing their first bladder infection it should not be necessary to exceed the 4 days of Echinacea use for each week you are doing the infection work. The infection is normally cleared in 7 to 10 days on this program.

URGENCY OR SPASTIC BLADDER

A common complaint I hear from many women surrounds the issue of urine leakage. One's quality of life falls to a new low when the fear of urine leakage impacts our ability to leave home without a change of clothes. Anyone who has had to deal with the urgent need to void that hits without warning will appreciate the following herbal suggestion.

A few years ago my husband and I were headed back to North Carolina from California. We left the motel around 6 am hoping to cover a few hundred miles before we stopped for lunch. I'm not sure what set my bladder off that morning but we had only been on the road a few minutes when I had to void. The urgency was awful. My sweet husband pulled off the freeway at the first opportunity. I made a dash into the rest area's bathroom only to discover my bladder contained very little urine. This scene was repeated three or four more times over the next hour and a half. Each time the urgency to void was so strong I was unable to hold the scant urine in my bladder until I was in the ladies room.



After inching our way up the highway for nearly two hours while restroom hopping I decided to try a dropperful of Lobelia. I commonly used my extract of Lobelia for leg cramps, muscle spasms in my back and asthmatic breathing issues with great success. I'd heard Dr. Schulze say on numerous occasions, "*when in doubt as to what to do try Lobelia or Cayenne.*" One or the other will usually bring some degree of relief to most acute physical issues.



Back in the car I was amazed; it was nearly an hour and a half before I needed a potty break. This time there was no urgency and my bladder was full. I continued to use 1 dropper full of the Lobelia each time I voided for the next few weeks. The spastic condition of my bladder cleared to the place I only needed one or two doses a day. As things go when I no longer felt the urgency I stopped using the lobelia. The condition continued to be good for several months. When my bladder became spastic again I knew exactly what to do and begun using the Lobelia again.



Regular Kidney flushing will support the health of the bladder which in turn will prevent the spastic condition from returning. Another serious consideration is the FOOD PROGRAM, what we eat has everything to do with our degree of health. I have found personally, that dairy products degrade my bladder quicker than anything else. Cheese is very irritating to my renal system. Tea, Coffee, and sugar should be avoided at all costs.