

Treating Recurrent Urinary Tract Infections with Homeopathy

Urinary tract infections, also known as UTI's can affect men and women of all ages. Women are plagued with these infections to a much larger extent than men, however, men can experience UTI's as well. People who wear adult diapers have a higher occurrence of UTI's. Incidence is even greater in those living in nursing homes.

Symptoms can vary but may include; intense pain with urination, frequency of urination, incomplete urination, blood in the urine, fever, dark or cloudy urine, strong smelling urine, confusion, agitation and/or anxiety. Local, urinary symptoms tend to be more severe in young women. Older women tend to have more mild urinary symptoms, yet have significant cognitive impairment. If you or a loved one has sudden onset of memory or cognitive symptoms, be sure to rule out a urinary tract infection. Often, there are no bladder or urinary symptoms in the elderly.

UTI's are typically treated with antibiotics by medical doctors. The antibiotics usually provide symptom relief within a day or two. However, recurrence rate is extremely high, especially in women. The more times a person has to take antibiotics to treat a urinary tract infection, the greater the likelihood of recurrence. Multiple rounds of strong antibiotics can also lead to digestive issues and vaginal yeast infections. Some of the stronger antibiotics have warnings and side effects including ruptured tendons, neuropathy and muscle pain.

The FDA warns, "...Serious side effects associated with fluoroquinolone antibacterial drugs generally outweigh the benefits for patients with acute sinusitis, acute bronchitis and uncomplicated urinary tract infections who have other treatment options. For patients with these conditions, fluoroquinolone should be reserved for those who do not have alternative treatment options." The FDA said that because they are starting to see that strong antibiotics like Cipro and Levaquin, the risk of harm often outweighs the good. I am providing with you an alternative option right here.

Homeopathy is a great alternative to using antibiotics for recurring urinary tract infections. The beauty of this medicine is that it is extremely effective, inexpensive, has no drug interactions or side effects and does not come with the risk of neuropathy, muscle pain, fatigue or ruptured tendons.

There are a variety of homeopathic medicines that are used based on the symptoms you are experiencing. If there is frequency of urination and burning pain upon urination, then Cantharis 30C is used. In the beginning, it may be taken every three hours. As symptoms improve, dosing is spread out to every 6 hours and then every 12 hours. When the frequency and burning are resolved, the Cantharis is discontinued.

If there is fever present, Pyrogenium 200C is used once daily until fever breaks. If there is blood in the urine (hematuria), then Terebinthina 6C is used

twice daily until the blood is no longer present. If the UTI is a result of sexual intercourse, Staphylococcus 200C is used.

Medorrhinum 200C is used regardless of symptoms. If there is a urinary tract infection, then Medorrhinum is used every three hours if symptoms are severe to every 12 hours if symptoms are mild. Once all symptoms have resolved, the Medorrhinum is continued twice daily for one month to prevent recurrence.

Nutritionally, it is very important to cut out all refined sugars. Drinking a cranberry slush made from frozen cranberries and water helps to change the pH and flush out bacteria. Be sure to drink a lot of water as well.

If you are not familiar with the homeopathic medical system, I encourage you to check out my podcast. You can find it at, www.anchor.fm/anhs4566. Season 1, Episode 11. We should all learn about homeopathy. It is a fantastic way to treat most symptoms and illnesses without side effects or drug interactions.

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