

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Urinary Tract Infections

November 26, 2008

Question:

What can be done herbally/naturally for a urinary tract infection?

Answer (from David & Fawn Christopher on A Healthier You):

First, it is important to understand that urinary tract infections will most likely happen if your diet is not great. Be sure you are eating a lot of fresh fruits and vegetables because they are full of powerful antioxidants that will help you keep from getting an infection, or if you have an infection it will help you fight it.

Next, be sure your hygiene is very good (bath or shower daily).

You should also take some herbal formulas that Dr. Christopher put together. The first one is his Kidney Formula (two capsules three times a day) and Cranactin (one capsule three times a day).

You don't want antibiotics – they will prolong the problem.

Garlic and onions will help to kill the infection as well.

Finally, be sure you are only wearing natural fibers (such as cotton).

Following this program should clear a urinary tract infection up in a few days.

One of our readers, Sally, heard that we were going to do this article and sent this to us:

“This is remedy that should be added to the urinary track article. It is a folk remedy that has been around for ages and it truly works.

3 T. RealLemon Juice
1 t. Baking Soda
1 c. distilled water

“Relief will occur very quickly. It can be taken more than once the first day, and once a week until completely well.”

NOTE: To find the Dr. Christopher formulas mentioned in the article, go to <http://www.christopherwebsites.com>.