

Suggestions for Bladder Problems

Indications: Symptoms include frequent urination, pain and burning during urination, foul smell and cloudiness or darkness on urine, some dizziness and nausea.

Drink at least 2 quarts of water or pure, unsweetened cranberry juice diluted with water daily. Take goldenseal root capsules, 2 caps three times a day for 1 week to 10 days. Take Uva Ursi herb 3 caps 3 times a day (not in pregnancy), eat fresh garlic or take garlic capsules, take 3-5 drops of oregano oil in glass of water 3-4 times a day, take probiotics, calcium 1500 mg/day, magnesium 750 mg/day and potassium 100 mg/day.

Eat lots of celery, parsley and watermelon. Avoid alcohol, caffeine, soft drinks, chocolate, sugar and processed foods, refined carbohydrates, also citrus fruits.

Cystitis symptoms and weakness, fluid retention and chilliness take Arsenicum

Cystitis symptoms and fluid retention with joint pains take Nux vomica

Cystitis symptoms and fluid retention take Belladonna and/or Mercurius

For bladder stones: drink 1 quart of parsley tea each day for 3 days then 2 cups a day for 2 weeks

Emotion linked to bladder – literally being “pissed off”

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.