

Be UTI-Free!

Bonus Habits Report

Hey! It's Emma here.

As promised I've got a great bonus report for you with tons of extra advice on "Anti-UTI" habits.

If you're confused about what may have lead to your last UTI then this report will help to identify which bad habits you might have that a causing you to get UTIs.

The report will cover different habits relating to hygiene, sex, clothing and even advice for your next vacation including what cocktails you should drink while hanging on the beach!

The reason why women have issues with UTIs is not always obvious. At first, there seems to be no common reason why one person may develop a UTI over another, until you look deeper into habits.

There are many possible reasons which may trigger an infection, but with the right knowledge and a few tweaks to your habits, you can self manage UTIs, saving potentially hundreds of dollars in doctor visits, prescriptions, and lost time at work.

So, read the entire report, implement a few new habits, and become UTI-free. There are so many additional triggers, that even if you think you've found yours, don't stop reading. I can guarantee that you will find more than one habit which you need to work on.

Let's get to it...



Analyze Your Bathroom Habits

When to urinate is one of the most crucial habits in preventing UTIs and in this report I'll mention many different times when it's important to pee. But, 'how' to pee is just as important.

A few drops isn't enough, you need a steady flow to flush the bacteria out of the urinary tract. Additionally, pushing urine out instead of letting it flow naturally from the body isn't a good idea either. So keep hydrated!

This is because when you force it out, the muscles contract too much, not allowing you to empty your bladder completely. The leftover bacteria in the urine now has more time to attach to the bladder walls, starting the cycle of the UTI.

You should aim to pee every 2-3 hours, which is critical if an infection is currently present. Drink more water!

Not urinating when you need to won't necessarily cause a UTI but it can weaken the bladder, which can lead to not emptying your bladder properly in future.

If you feel you didn't empty your bladder completely use the toilet again 10-15 minutes later and empty your bladder again.



Lastly, you need to be wiping front to back (from the urethra to the bottom). Wiping from back to front can cause fecal matter to come in contact with the urethra. This will greatly increase the risk of a UTI as fecal matter contains E.coli which is the number one cause of this infection. Did I mention you need to drink a lot of water?

Lets talk about Sex!

Sex! Its the biggest cause of UTIs in women, and it's generally the reason which leads to most people getting their first one. Why?

Intercourse has the ability to spread bacteria from the rectal and vaginal areas around so that it ends up in and around the urethra. Dirty hands, including fingernails are another way which bacteria may move around different parts of the body.

Urinating immediately after sex will flush out any bacteria that may have entered the urethra which should stop a UTI from forming. Additionally, showering and peeing before sex is a great way to clean yourself, reducing the risk of excess bacteria being present.



If you use spermicide or a diaphragm, there is an increased chance for infections. Birth control pills and condoms without spermicide have a much lower chance of infection. Spermicide is known to cause a UTI because it kills off the good bacteria in a woman's vagina. The good bacteria is what fights off the bad bacteria and prevents infections from forming.

Very few women experience an issue with their birth control pills; however, if you are having a problem try switching methods and see if it helps.

Here are my 'Anti-UTI' sex habits:

- Have a glass of water before sex to ensure you'll need to pee afterwards.
- Pee before and as soon as possible after sex.
- Shower before and after sex.
- Wash your hands before and after sex, and after any contact with the anus. Make sure that there is no contact with the vagina (with hands, condoms, or sex toys) directly after contact with the anus.
- Avoid using spermicide or a diaphragm.

The Sweaty Business of Exercise

After being UTI free for years my friend started getting them again, constantly! By breaking down her recent lifestyle habits, she discovered that her new found love of triathlons was the cause of her increase in infections.



By staying in her wet triathlon gear after training or a race, she was creating an environment for the bacteria to breed.

Exercising, be it walking, running, cycling or yoga are all great for keeping your immune system strong. But, sweating during physical activities means moisture may buildup between your legs, which can increase the risk of bacteria breeding.

To prevent this, as soon as possible after physical activity change into fresh dry clothes, including underwear.

At this time you also want to take the opportunity to pee, flushing out any bacteria that might be around.

Your Beverage Selection

Drinking habits, be it coffee, juice, soda, or alcohol all impact your ability to self manage a UTI. Coffee dehydrates the body and unless you rehydrate yourself, this may increase your risk of a UTI.



While dehydration may not be a direct cause of UTIs, a consequence of not drinking enough fluids, and therefore not urinating frequently is. Allowing the body to pass urine more frequently will greatly assist in bad bacteria being carried out of the body.

Some might think that drinking alcohol in large quantities will also make you pee a lot, and while yes that's true, there's one thing you need to consider. Alcohol, juice and soda can all be extremely high in sugar (and yeast in beer), which UTIs love and in fact breed off.

My tips of how to drink to better health:

- Drink 8+ glasses of water per day. It helps to break it up during the day. Try 1 glass before each meal (breakfast, snack, lunch, dinner) and 1 with your meal.
- Try and limit your coffee to no more than 2 cups per day.
- For alcohol, your best bet is to drink one glass of water to one alcoholic drink.
- Bonus alcohol tip: Choose a low sugar option such as vodka and soda water.
- Replace sugary drinks with water when possible or at least cut down on them. If you are currently suffering from a UTI cut out these bladder irritants completely until the UTI clears.

Summer Vacations Poolside

Reports worldwide are now seeing a seasonal trend to UTIs with a peak in the few summer months. Why?

Because summer is hot and humid. We sweat a lot more and love to go swimming to cool off. Typically pools/lakes will not spread UTI infections, but there is an increased risk of bacteria entering the urethra while you are in a pool or the bath tub.



So in order to keep your next vacation or day at the lake UTI-free follow these 2 rules:

1# Always pee after being in any kind of water, for example:

- Swimming pool
- Hot tub/Jacuzzi
- Lake
- River
- Ocean
- Bath tub

2# Change into dry clothes as soon as possible.

What You Wear Matters!

Clothing and UTIs share a relationship and I'll break it down into three categories.

1. Bottoms
2. Underwear
3. Pajamas

Bottoms

One of the first recommendations that most doctors give is to wear cotton, loose fitting clothing and avoid jeans that are tight if you want to stay UTI free. The theory is that jeans, tights and nylon pants trap in moisture and allow bacteria to form. You need to allow air to flow to keep the area dry.

Dresses and skirts are a great substitute for pants or jeans. If you are currently experiencing a UTI avoid wearing tight clothing until you get it under control. Cotton leggings are an exception here.

Underwear

Think about all of the types of underwear you own, the small skimpy ones, the frilly ones, and even the trusted briefs. Are they all cotton? Chances are the answer is no.

Cotton is the most breathable fabric, and therefore will assist in keeping the area dry. Synthetic underwear may cause moisture to build up, helping bacteria to grow which can cause a UTI.

Additionally, the type of underwear you wear can make a difference too.

Wearing a thong or g-string allows fecal bacteria to be able to travel toward the urethra easier than with standard underwear, which will increase the chances of a UTI.

Pajamas

So, now for the pajamas or lack thereof as you'll soon read here. Any clothing, be it cotton pajamas or underwear will restrict the airflow around your body. Because we sleep for 8-10 hours every night, this is a prime time to allow your body to *breathe*.

Or in contrast, prime time for bacteria to start creeping and breeding.

Try sleeping commando, meaning with no pants or underpants on. If this makes you to uncomfortable, cotton loose fitting pajama shorts are the next best thing. And at all costs avoid sleeping in non-cotton underwear and/or pajamas.

Ok, let's do a quick recap of clothing do's and don'ts:

- Avoid wearing synthetic pants, jeans or tights
- Cotton leggings are acceptable
- Dresses and skirts are great
- Wear cotton underwear only
- Avoid wearing thongs or g-strings
- Sleep commando or in cotton shorts

Being Stationary Sucks!

Often on long haul flights we sit for extended periods of time in the one position, without moving a lot. Additionally, if you have an office job at a desk or lots of meetings, you might be sitting for hours on end with no chance to take breaks and move around.

Sitting idle can reduce the airflow around your lower body, which may cause moisture to build up. A moist environment is a perfect breeding ground for bad bacteria to grow.

Remember, you want to be using the bathroom every 2-3 hours. When taking long haul flights consider changing your underwear halfway through when you go to use the bathroom to keep yourself fresh and dry.



At work, when possible keep meetings short, or for a teleconference try standing rather than sitting. This will allow airflow to circulate around the body and standing is much better for your health anyway!

And be sure to get a walk in the sun on your lunch break.

Not getting enough sunlight can cause a vitamin D deficiency, which in turn has been linked to urinary tract infections. If you are unsure about whether or not you might have a vitamin deficiency you can get blood tests taken to determine your levels.

What's Next

I want you to think about your daily routine and when your last UTI struck. What happened leading up to the point, which of the above habits may have caused you to get another UTI?

Was it a romantic weekend away, or was it a summer music festival with an abundance of drinking? Maybe you've taken up a new activity like water aerobics or your job is super stressful at the moment, full of long meetings with no breaks or a chance to see a few minutes sunshine?

Please read this report for a second time with these answers in mind. Identifying the UTI triggers is only part of the way to becoming UTI-free, next you need to create better habits and start a healthier lifestyle.

We know some habits are hard to break, like drinking less coffee, and sometimes you just need a helping hand to keep those pesky UTIs in check. That's where UTVital can help!

UTVital: A Natural Solution

Our passion at BioVital Labs is a natural solution and that's why we've created [UTVital](#), an all natural herbal supplement to help prevent UTIs. We want to help you avoid the dangerous UTI antibiotics handed out like candy by way too many doctors.

To find out how UTVital can help you balance your body and start yourself on the journey of living UTI-Free [click here](#).



Final Words

My genuine hope is that this report helps this stuff *click* in your head. Check your habits and get on the road to a UTI-Free life!

So here's to you and your future success! We're always here to help, so if you have some questions, feel free to reach out to us at BioVital Labs. My email is below.

Cheers,

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