

Urinary Tract Inflammation (Acidosis)

The following is written upon the assumption that the individual has been medically diagnosed.

Herein I will discuss the condition of acidosis in the tissues of the urinary tract. These conditions are generally referred to as urinary tract “infections” (due to it being blamed on bacteria such as e-coli). One or more areas of the urinary system are considerably affected by acids, which can often be painfully felt. Examples of UTI include:

- Acidosis of the bladder (it is then called ‘cystitis’)
- Acidosis of the urethra (it is then called ‘urethritis’)
- Acidosis of the kidneys (it is then called ‘pyelonephritis’; the kidneys are always involved on one level or another in any UTI)

The most common symptoms associated with UTI are:

- Burning upon urination
- Urinary frequency
- Cloudiness of urine
- Blood in urine

UTI can be painfully debilitating and enervating to cope with. Antibiotics are commonly prescribed (often along with pharmaceutical fungicides) but ultimately evade addressing the root cause, which, by the way, is not a bacterial problem. For a bacterial problem would not manifest without the appropriate culturing medium or internal environment.

As the kidneys are always involved, there are a few tell-tale signs of kidney weakness one should look for, given that some of these symptoms are often present when UTI exists.

These signs include:

- Low or high blood pressure
- Bags under eyes
- Hip, knee or lower back problems
- Pain in kidney area
- No sediment in urine

Males are advised to have their Prostate-Specific Antigen count checked.

Let’s proceed to understanding how one may go about achieving remedy.

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Adrenal Glands and Kidneys

Healthy adrenal glands is important for two reasons:

- ✓ “Waking up the fire department” (increasing anti-inflammatory corticosteroids)
- ✓ “Switching on the electrical system” (increasing neurotransmitters and turning on the kidneys)

The kidneys are key for filtration of the body’s lymphatic system. This, in turn, is key to resolving UTI at the root level.

As a side note, always keep in mind that the problem can originate in the [transverse] colon and indirectly impact adrenal and thus kidney function. It will happen in the order of:

Transverse colon > Hypothalamus > Pituitary gland > Adrenal glands > Kidneys
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Protocol Recommendations

When addressing UTI the protocols should generally go lightly on the lymphatic herbs, at least until kidney filtration has been achieved. Acid type fruits can be problematic for certain individuals whom must rely more on sub-acid or sweet fruits. It is not uncommon for a person to have to start with a diet consisting predominantly of raw and cooked greens. [Sunny Morrow](#), a detoxification specialist who specializes in guiding people dealing with interstitial cystitis, places strong emphasis on the use of green smoothies (using primarily small amounts of banana and/or apple for sweetening) and salads as a means of transitioning toward being able to fully enjoy all varieties of fruit without excruciating pain.

Unless dealing with interstitial cystitis specifically, **watermelons** are a sublime choice of fruit for an extended mono-diet, if the person can tolerate it, due to their effective kidney cleansing properties.

Note that Dr. Morse does not recommend the use of **whole cranberries, cranberry extract or cranberry juice**.

In some cases, a change of diet is enough for total relief of pain for as long as the new diet is sustained. This presents an utmost fortunate opportunity to fix the problem without having to endure much, if any pain and agony in the process.

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder I (preferably capsules)
* Kidneys & Bladder II (preferably tincture) (contains beneficial diuretic herbs)
* Adrenal Glands
* Parasite M
* Stomach & Bowels formula
* Heal-All Tea
* Licorice root (do NOT use with high blood pressure) (adrenal enhancing herb)
ADDITIONAL FORMULAS/SINGLE HERBS (IF NEEDED)
* Baking soda
* Pain
* Neuromuscular/ Antispasmodic (for cramps and pain management)
* Comfrey Leaf
* Marshmallow root
* Nettle herb
* Slippery elm
* Uva ursi
* Yarrow

Alleviating Pain

If castor oil packs are applicable in your case, you may refer to the tutorial PDF entitled, 'How-To: Castor Oil Packs'. As an example, they can be topically applied over the bladder or kidney regions (on the back).

During acute flare-ups of pain and burning it is recommended that one or more of the following remedies be consumed frequently (every 30-60 minutes).

Herbal Infusions:

Marshmallow root cold infusions may be ingested to help soothe and alleviate pain in the urinary tract.

In addition, the nettle herb infusion listed further below should be used as a long-term nourishing and [trophorestorative](#) infusion for at least 3 months after symptoms have subsided.

If dealing with **interstitial cystitis**, try a regular infusion of comfrey leaf or a cold infusion of marshmallow root (instructions further below). Continue either one of these infusions and monitor how your body responds in terms of pain levels. The pain should begin to lessen or dissipate after 2-3 weeks, and sometimes much sooner particularly if the diet isn't aggravating the pain.

Marshmallow Root Fomentation

During flare-ups, in addition to the Marshmallow cold infusions, you can apply Marshmallow root fomentations.

- 1) Add approximately 3 cups of water to a pot.
- 2) Add 3 heaping tablespoons of shredded marshmallow root to the water.
- 3) Bring the shredded marshmallow root to a boil for 15 minutes.
- 4) Turn down the heat and wait for the tea to cool down to a comfortable but warm temperature, while remaining on the stove (to keep it warm).
- 5) Place two cloths in the pot. Let them soak up the liquid for 30 seconds or so. Take one cloth, wring out the excess liquid and place it over the bladder. Keep it there until the cloth has cooled, then put it back in the pot and switch with the other cloth. Then repeat.

During flare-ups, stop intake of liquid lymphatic formulas. Once the flare-up subsides, resume intake of lymphatic formula at half dosage of what you were taking and see if the pain/burning returns.

Slippery Elm Bark Tea

Slippery elm is another mucilaginous and soothing herb. Brewed as tea, slippery elm will help alleviate pain in the urinary tract.

- 1) Bring 2 cups of water to a boil.
- 2) Add 2 tablespoons of powdered slippery elm bark to your drinking cup.
- 3) Allow the tea to steep for 3-5 minutes and consume immediately.

To begin with, consume 3-4 cups at most throughout the day.

Anti-Inflammatory Herbal Blend

Ingredients:

- ½ cup of cut and sifted yarrow
- ½ cup of cut and sifted uva ursi
- ½ cup of marshmallow root

Instructions:

- 1) Place ingredients in a quart jar.
- 2) Pour 32 oz. of boiling water into the jar.
- 3) Allow it to infuse for 2 hours before consuming.

Sip on this blend frequently, drinking about 1 cup per hour.

Baking Soda

An additional option for achieving relief of pain is baking soda.

- 1) Add ½ teaspoon of baking soda to herbal teas or in plain water and consume.

This can be done 2-3 times per day.

Comfrey Leaf Herbal Infusion

What you'll need:

- Quart (32 oz.), sealable mason/preserving jar (preferably made of glass)
- 1 ounce of cut & sifted Comfrey leaves
- 32 fl. oz. of water
- Pot or electric water boiler (with a 32+ fl. oz. capacity)

Instructions:

1. Place plant material into quart jar and pour 32 fl. oz. of boiling water into the jar (make sure all plant material is submerged)
2. Give content a good stir, then cap and seal the jar
3. Allow the Comfrey to infuse/steep for 4 hours or overnight
4. Once finished, strain off the plant material and discard (compost if possible); the infusion is now ready for serving

Drink a pint (16. oz./2 cups) per day (you can drink half a quart the first day, half a quart the following day – and repeat). This infusion should be consumed within 36 hours at most. Any mint (peppermint, spearmint, etc.) (1-2 pinches) can be added to the infusion to slightly curb the astringency and enhance flavor.

Marshmallow Root Cold Infusion

What you'll need:

- Pint (16 oz.), sealable mason/preserving jar (preferably made of glass)
- Cut & sifted Marshmallow root (enough to fill ¼ of jar)
- Lukewarm water

Instructions:

1. Place plant material into pint jar and fill to top with lukewarm water (make sure all plant material is submerged)
2. Cap and seal the jar
3. Allow the Marshmallow to infuse for at least 4 hours or overnight
4. Once finished, strain off the plant material and discard (compost if possible); the infusion is now ready for serving

Consume or apply as needed. You can drink 16+ oz. of this infusion daily.

Nettle Herbal Infusion

A nettle leaf infusion is a superb tonic for the kidneys and the rest of the urinary system and also helps to relieve pain.

What you'll need:

- Quart (32 oz.), sealable mason/preserving jar (preferably made of glass)
- 1 ounce of cut & sifted Nettle herb
- 32 fl. oz. of water
- Pot or electric water boiler (with a 32+ fl. oz. capacity)

Instructions:

1. Place plant material into quart jar and pour 32 fl. oz. of boiling water into the jar (make sure all plant material is submerged)
2. Give content a good stir, then cap and seal the jar
3. Allow the Nettle to infuse/steep for 4 hours
4. Once finished, strain off the plant material and discard (compost if possible); the infusion is now ready for serving

Drink a quart (32. oz./4 cups) throughout the day. You can drink this infusion daily; this infusion should be consumed within 36 hours at most.