

The background of the entire image is a close-up, soft-focus photograph of numerous white roses. The petals are layered and delicate, creating a textured, romantic feel. A semi-transparent brown rectangle is centered over the image, containing the text.

REFRAMING WOMEN'S HEALTHCARE

URINARY TRACT INFECTIONS

Prevention and Treatment

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INTRODUCTION



A urinary tract infection is an inflammation in the bladder or urethra that can be caused by bacteria or not (cystitis).

Women are more at risk due to hormonal changes at different times of the month, pregnancy and with age, the urethra is anatomically short and is easy for bacteria to enter.

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POSSIBLE TRIGGERS

Eating excess sugar or alcohol (high in sugar) – dampens immunity and disturbs natural gut and vaginal flora balance.

Stress / overwhelm / burnout

Having frequent sex (particularly with a new partner, or more than usual as on a holiday.

Anything that can disturb the natural balance in gut and vaginal flora for example antibiotics, diet and other triggers

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LIFESTYLE PREVENTION

Cotton underwear with cotton crotch (thongs/ g strings can trigger uti's too)

Avoid antibiotics if not necessary

Urinate after having sex

Drink plenty water daily (stay hydrated)

Oral contraceptive pill can double the risk of UTI.

Using diaphragms and spermicides also increases the risk of UTI.

If you are getting repeated UTI's and using these methods consider changing to condoms and symptothermal method for contraception.

Understanding triggers and your lifestyle will help you to identify where you can make changes to prevent and improve your health and wellness.

Menstruation pads increase risk compared to tampons.

If using pads switch to organic cotton or natural fabric and change pad often. Or consider mooncups or sponges.

Remember to wipe from front to back after a bowel movement.

Bubble baths and douches can irritate balance of flora and trigger UTI.

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PREVENTION AND SUPPLEMENTS

Probiotics – 1-2 capsules daily . Ensure contains **Lactobacillus species** (for recurrent vaginal infections make sure it it also contains Lactobacillus reuteri and rhamnosus

Cranberry extract or sugar-free source

D Mannose 1g daily

Vitamin C 500- 1000mg twice daily

A woman with blonde hair, wearing a white long-sleeved top and a white skirt, is sitting on a wooden chair. She is holding her stomach with both hands, suggesting discomfort or pain. The background is a plain, light-colored wall.

UTI TREATMENT

IF YOU HAVE AN UTI

Avoid all sugar in your diet for
5 days

Drink at least 1-2 litre of
water each day (keep a 1 litre
water bottle and finish it
daily)

Urinate at first urge – don't
hold in your urine!

Avoid sex during treatment
and for a few days after

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NUTRITIONAL SUPPLEMENTS FOR UTI

Also look at your food groups, sugar intake, simple starches, dairy and meal regularity (sugar balance)

Take 4 probiotic capsules daily for 2 days, then 2 capsules daily for 5 days.

Remember it must contain **Lactobacillus species** (see above)

Take 1000 mg. vitamin C every 4 hours for 2 days, then 500 mg. every 4 hours for 5 additional days.

Mannose D 1.5g twice a day x 3 days then once a day x 10 days

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HERBAL TREATMENTS

CRANBERRY EXTRACT

Best for Prevention

Drink 150ml of pure, unsweetened cranberry juice every 4 hours for 3-5 days, then 1 cup a day for a week, or cranberry extract capsules 400 mg. every 2 hours for 48 hours, and then every 4 hours for 5 days

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HERBALS FOR UTI

TINCTURE OR TEAS



Fight infection (antimicrobial) - Golden Seal (very strong), Echinacea, Olive Leaf, Buchu (very specific for urinary tract), Urva Ursi (not during pregnancy), Oregon Grape

Soothing pain (dysuria) - Marshmallow (tea infusion only not tincture), Corn Silk, Horsetail (heals inflammation and flushes kidney stones)

Blood in Urine - Yarrow, Shepherds Purse

Preventative for recurrent infections- Cranberry extract as juice or pills

Strengthens immune system - Echinacea, Amla, Golden Seal

Ayurvedic - Triphala



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UTI

A FEW HERBAL TEA RECIPES



Use any blend of the teas above as per taste and desired affect. Here are some further tips too.

Buchu alone (or Perdepis) - specifically support chronic inflammation and infection of urinary tract.

Marshmallow infuse in cold water overnight. Drink 15 mls morning and evening.

For the other blends - Steep 1/2 - 1 tsp each in just boiled water for 1 hour and then pour out through sieve. Drink ½ to 1 cup every 4 hours.

You can steep 1 litre for a day and keep refrigerated for up to 48 hours.

A nice general soothing tea is equal blend of Urva Ursi and Cornsilk.

For cramping pain over bladder area - 30 drops of Cramp Bark tincture plus 30 drops of Wild Yam tincture every 2-4 hours for the first 24 hours, and reduce to every 4-6 hours for the next 24 hours.

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TRADITIONAL PRACTICES

A few practices that can support your UTI healing journey include:

Herbal sitz Baths

Yoni Steaming

Perineal Spritzer

Journal how you are feeling, become present with what is happening in your environment and stress body.

Take time to rest

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Herbal Sitz Bath

Make a tea and pour into the bath or add herbs directly to the bath. Bathe your yoni area for 10-20 minutes.

Herbals for Sitz Bath

Comfrey, Calendula, Rosemary, Oreganum, Basil, Rose petals, Lavender

Yoni Steam

Use antimicrobial and soothing herbs, or choose from above as a steam for 10 minutes daily to treat or regularly to prevent.

Perineal Spritzer

Use essential oils of Tea tree, Lavender, Clove, or Thyme in a spritzer bottle of warm water. Spray on burning area to soothe.

UTI IN PREGNANCY

A safe protocol to use:

Lifestyle and dietary adjustments.

Increase water intake

Sitz bath

D-Mannose - 500mg
twice a day or once a
day to prevent

Probiotics daily and / or
fermented foods in diet

Vitamin C 1000mg twice
daily

Echinacea tincture - 15
drops twice a day

Herbal Tea blend - Corn
Silk, Thyme, Chamomile,
cold infused,
Marshmallow,



Other Herbs

Here are some other herbal
teas that make pleasant
tasting blends and
supportive healing
properties.

**Chamomile, Nettle and
Lemon Balm**

**Calendula blossoms and
Thyme**

Cumin and Fennel Seeds

Lavender leaves

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HERBAL ALCHEMY



Our urinary tract is governed by the Water element and astrologically by the planet Venus.

One can feel into planetary and elemental correspondences to use Venusian herbs like Corn Silk, Ladies Mantle, Rose, Violet, Cleavers, Yarrow are a few examples.

Venusian qualities like relaxing, soothing, gentle, beautiful, balance are pronounced.

Preparing your herbals on a Friday captures Venus quality further.

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Some energetic and archetypal reflections here include:

Venus within our lives can also dictate how (and if) we are able to receive from others, and from life in general. Venus is like the midwife to our happiness; how we are able to accept the deepest pleasure in our life, and access our natural state of joyfulness.

- *Anima Mundi Herbals*

And reminding us to search for balance as our kidneys balance our salt, mineral and water in our body.

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A SIMPLE HEALING PRACTICE FOR A UTI

Try to sit quietly and tune into the area of your bladder. Put your hands gently over your bladder.

Focus inwards with your mind, while breathing deeply, slowly and intentionally.

Form a question in your mind like this, "What is my body wishing to tell me?"

Sit quietly simply breathing into your bladder area and allow yourself to receive any guidance that comes to you.

Don't think or rationalise. Simply receive with grace.

After a few minutes take your pen and journal free writing without stopping for 5 minutes or more.

Read and reflect how you can use the wisdom or messages you have received.

Repeat this exercise until the infection has cleared.

Notice any patterns that occur.

Witness how listening to the messages from our body can guide us to health and balance.

Do you want to learn more about taking care of your body with herbals and the wisdom of Mother nature?



Join our pregnancy, birth or postpartum courses to reframe women's healthcare and bring us back to the wisdom of our body.

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