

## Support for Urinary Tract Infections

to be used in conjunction with medical provider's guidance only

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Berberis Larix (Uriel Pharmacy 866 642 2858) ten pellets hourly while awake; decrease frequency as improve. Ampules are also available.

Mannose 1/2 tsp orally four times or more per day

Horsetail (equisetum) tea (Biodynamic or organic, Uriel or Weleda Pharmacy are excellent sources) ~ boil 3-7 minutes, drink one quart or more per day during symptoms

Omega 3's ~ increase to triple the usual amount daily, preferably taken before 3 pm

Ascorbic acid ~ 1000 mg three or four times daily (more may be tolerated), up to bowel tolerance \*

*\*interstitial cystitis symptoms may be aggravated by ascorbic acid*

WARMTH of liquids, foods, and warm clothing layers, especially on the lower body.

Self-care includes having the correct diagnosis (medical provider is essential here; if you have a recurring pattern of illness, you will learn its presentation yourself) and good judgment! Call your medical provider for appointment when will, and for urgent situations, go to the nearest emergency room or urgent care facility, or call 911.