
Healing by Design

BLADDER INFECTIONS, CYSTITIS, URINARY TRACT INFECTIONS

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **RAW Fruits and Veggies** diet is the fastest way to heal. High fruit is the most cleansing, but do not combine fruit with anything else. There are even rules to fruit combining. Raw, high water content foods will flush the kidneys, ureters and bladder for best results. ALKALIZE is key, look a acid/alkaline food charts on my website or others.
2. **Avoid grains, meat, dairy, soy, chocolate, coffee** and other acidic foods. This seems like a long list, but it is important. If the issue is severe, avoiding these foods become a must.
3. **Try a juice fast or mono-diet for great results.** Unsweetened cranberry juice for a day would work great. You could eat only grapes or watermelon for 1-3 days, and add lemon juice for an even greater effect. For best results, take herbs to eradicate the infection while flushing.
4. **Get Hydrated!** Dehydration is a big no-no for any kidney/bladder concern. Drink alkaline, negatively ionized water by getting a **Living Water machine by Vollara**. Otherwise, drink purified water, but add himalayan pink salt to water using the **SOLE method salt stones by NHI**. Can also add **ENDURE by Trace Minerals Research** or **SPARK electrolyte minerals by Ojio Sport** to water for hydration.
5. **Knock out a UTI FAST.** The best product I have ever seen, that works every time, is a product called **UT Vibrance by Vibrant health**. You can choose the capsules or powder. Take it every day until bottle is gone, like a natural antibiotic treatment. Follow-up by taking **U.T. Biotic by Vibrant Health** one daily for maintenance.
6. **Natural antibiotic herbs.** My favorite is **Oreganol by North American Herb and Spice**. Take 2 capsules every 3 hours until bottle is gone. Other herbs that work are garlic, goldenseal, thieves blends, cranberry, uva ursi and d-mannose powders.
7. **Baking soda protocol.** This can be done more regularly during a bladder infection. In warm water, drink a glass of water with 1/2 teaspoon of **baking soda** (get food grade, not Arm & Hammer), and the juice of 1/2 lemon and/or 1 tablespoon of apple cider vinegar. Do this on an empty stomach morning and night. Can do 4-5x daily with acute infection. There are many more benefits to this protocol than simply helping with UTI's.
8. **Garden of Life Primal Defense** or **Renew Life 50 billion probiotic.** 1 daily with a meal.
9. **Dr. Morse herbal protocol.** This works immediately and continue for long-term kidney/bladder healing. Take **Kidney/Bladder Tonic 1 capsules, Kidney/Bladder Tonic 2 liquid tincture and Lymphatic System 1 capsules by Dr. Morse**.
10. **Adrenal strengthening.** The adrenals, sitting on top of the kidneys, play an important role in kidney function. Strengthen the adrenals for better kidney function with products such as **The Great Adaptor or Shen Nong Ginseng by Jing Herbs**. To help the entire hormonal system, try **Endocrine Balance Tincture by Dr. Morse** or **Endocrine Strengthening Formula by Raw Forest Foods**.

Spirit of Health Kidney Cleanse Protocol

* **AVOID** - We must first discuss what is hard on the kidneys.

- **Animal protein and soy protein** should be avoided. At the absolute most, one small palm-sized portion daily of chicken, turkey, eggs, or fish. If issue is severe, avoid 100%!

- **All grains** are complex carbohydrates and hard on the kidneys. This means all wheat, barley, rye, oats, rice, etc. which includes all breads, baked goods, pastas, crackers, etc.

- **All dairy** should be avoided

- **Heavy fats** congest the lymph surrounding the kidneys which is likely blocked as well. Avoid animal fats, butter, ghee, coconut oil, ALL oils, even olive oil, cacao, nuts, nut butters, seeds, etc. Yes, the body does need fat so small amounts of avocado, olives or a few almonds would be acceptable, but again depends on severity of the situation.

- **Liquids besides water.** Coffee, teas, milk, soda and other liquids should be avoided. Ideally drink only fresh water with lemon or apple cider vinegar.

* ACIDITY is the problem, so we must alkalize and eat alkaline foods. We also should eat cleansing fruits. There is an acid/alkaline food chart on our website under recipes. The foods we should be eating mainly are fruits, vegetables and greens.

* **EAT lots of RAW fruits and vegetables.** **Exceptions include:** Dried fruit like dates, figs, etc. Potatoes, yams, pumpkin and squash although an occasional sweet potato would be ok. Limit bananas.

Fruits should always be eaten on an empty stomach! BEST for kidneys are **cleansing fruits** (can shoot for upwards of 80% of diet, especially in summer) such as lemon, pineapple, limes, oranges, grapefruit, strawberry, tangerine, cranberry (can drink unsweetened cranberry juice), tomato (best)

Next best are apple, blackberry, blueberry, cantaloupe, cherry, grapes, mango, nectarine, peaches, pears, plums, raspberries, watermelon.

Salads or fresh raw veggies for dinner. Best veggies include beets, radishes, parsley and all leafy greens. Juicing is great. A good juice would be carrot, apple, celery and beet.

Lemon juice fast, grape fast, or watermelon fast is very powerful mono-diet. This means eating **ONLY** one fruit every day for a few days, 3 days is a good, but longer is great.

Herbs: Kidney Bladder Tonic 1 capsules, with Kidney bladder Tonic 2 tincture and Lymphatic System 1 capsules.

There are many herbs good for the kidneys. Talk to a practitioner to decide if you need cleansing herbs or strengthening herbs for your kidneys.

Exercise - Walking, bike riding, deep breathing, yoga, pilates.

Adrenals control kidneys so must be strong. Upper blood pressure number should be around 120. If low, must take herbs to strengthen the adrenals.

Can try raw bovine kidney glandular.

Baking Soda, Lemon/Apple Cider Vinegar Protocol

- Upon rising, take a glass of water with 1/2 teaspoon of baking soda with one tablespoon fresh squeezed lemon juice (can also use 1 tablespoon of apple cider vinegar). Do this every 3 hours, or approximately 4-5x daily on empty stomach, 30 minutes before meals, or at least one hour after a meal. This quickly alkalizes the blood, opens the kidneys, and supplies much need bicarbonate minerals to the body.

FREE STUFF!

Liquid Cleanses

Any liquid cleanse will heal the kidneys. Fruit and vegetable juices heal the kidneys. Any 3 days or 7 day liquid fast is great for the kidneys!

Watermelon Cleanse

If you have kidney stones and you want them out quick, do the following. But organic fresh SEEDED watermelon and eat it all day, every day for 3 straight days. Eat ONLY watermelon. For best results, sit in a bathtub filled with 2 cups of magnesium salts and water all day and continue to urinate as needed. People have removed large stones very quickly doing this! For even better results, make hot tea from the watermelon seeds and drink that as well!

Radish Juice Cleanse

Radishes heal the kidneys fast! Juice radishes and drink 1 cup every morning for 2 weeks. You can juice cucumbers and apples to help with taste.