

Leaky Bladder Therapeutic Roadmap

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A leaky bladder may not be sexy but if yours is leaking, it's a big deal. My mother is 85 and she won't take nutrients to increase her physical or mental health but she specifically asks for supplements to support her bladder. Let's review a therapeutic roadmap to addressing a leaky bladder.

Remember, the bladder collects and holds urine and the metabolic byproducts it contains. These metabolic byproducts include uric acid (a byproduct of nucleic acid metabolism) and nitrogen (a byproduct of protein breakdown). Given the fact that the bladder is wet and warm and that most elderly patients are not consuming enough liquids, the bladder can be a breeding ground for infection.

Bladder problems can be stubborn especially if there has been serious trauma or an injury during childbirth. So before we go further, let's acknowledge the value of manual manipulation to support or in some cases correct muscular injuries to the bladder. It's beneficial to teach the patient Kegel exer-



cises, daily contracting the pelvic floor muscles to help prevent urine loss.

I have a 3-part strategy for your patients with a leaky bladder:

1. Treat for hidden infections
2. Increase muscle tonicity
3. For optimal bladder health, monitor pH to prevent infection and over oxidation of tissue membranes.

Over the years, I have heard from numerous clinicians that a urinary tract infection can be an underlying cause of unresponsive back pain, overall feelings of malaise or strange mental, emotional symptoms. In fact, urinary

tract infections (UTIs) are recognized as the second most common type of bodily infection.

Recent findings suggest bladder problems in the elderly may trigger a host of symptoms even delirium. Why are hidden infections the underlying cause of so many issues? Remember an infection will trigger cytokine release. As I've mentioned before, if we get the flu we feel apathetic, experience brain fog, achy joints, etc. Those symptoms come from the release of cytokines during the infection process. Sadly, the highly refined standard American diet puts

most people in a mild inflammatory state. Add infection and the accompanying cytokines and systemic inflammation escalates.

Knowing hidden infections often exist with a leaky bladder, start with UT Complex from Biotics. UT Complex was designed for urinary tract infections of all kinds. However keep in mind that the herbs in UT Complex can be used for restoring healthy mucosal function, which also includes sinus, lungs and intestinal surfaces.

UT Complex contains chrysanthemum, cornsilk, zhu ling extract from the Grifola mushroom, buchu, calcium (as calcium glycerophosphate), ammonium chloride and zinc. This blend of botanicals from North America, South Africa and traditional Chinese medicine provides a unique product to safely and effectively support the urinary tract system. The dose most clinicians use is 2 capsules, three times a day.

You can see a link below for more information on UT Complex.

As a side, when asking several doctors for their clinical pearls for really tough leaky bladders cases, they shared that they also add 2 tsp IAG, three times a day mixed with juice. IAG is a long chain polysaccharide derived from the larch tree that has powerful immune modulating effects.

The second part of our strategy is to increase muscle tone in the bladder and associated muscles. We do that using Gammanol Forte with FRAC, two tablets, three times a day. Dr. Brownstein found that 8 out of 10 women increased growth hormone by taking Gamma-nol Forte with FRAC. Growth hormone will increase muscle tone throughout the body including the bladder.

Other studies have shown that the combination of fat soluble gamma oryzanol and the water-soluble ferulic acid both found in Gammanol Forte with FRAC increase lean muscle mass in general. For healthy connective tissue support use Chondro-Plus which contains purified chondroitin sulfates and manganese. Use 2 tablets, three times a day.

Another way to increase muscle tone is to assure phosphorolated thiamine is present. Many medications deplete thiamin. Thiamine is necessary for healthy muscle tone. Bio-3B-G contains three parts thiamine to one part riboflavin. For the patient who has low blood pressure use two tablets per waking hour for 10 days then three tablets, three times a day. For the patient who has elevated blood pressure use one tablet per waking hour for 10 days then two tablets, three times a day.

Finally have your patients collect at least 8 urine samples over a period of several days to assess pH. If the pH is less than 5.5, use Potassium-HP with Magnesium to alkalize. Start with one tsp in juice. If the pH is greater than 7.5, use Super Phosphozyme Liquid 30-40 drops, 3 times a day.

We've discussed pH in the past, you can see a link as to why I think it is one of the most important things we can do to maintain wellness.

Bladder problems can be stubborn but by combining an anti-inflammatory diet and the nutrients mentioned here, we are building immune competence and muscle tone for the whole body. We might not fix all cases but you will be surprised at how many patients you can help where medication has failed.

Thanks for reading this week's edition. I'll see you next Tuesday.