

UT Complex™: Urinary Tract Support

"UT complex has factors that can reduce inflammation, support healthy urine flow, normalize pH and has a variety of immune enhancing properties."

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 or emotional symptoms. Sometimes overlooked, urinary tract infections, in fact, are recognized as the second most common type of bodily infection.

You may have heard me say before that finding and treating sources of hidden infections can be a big key to unlocking chronic or unresponsive illnesses. One of the responses to infection is the secretion of cytokines. Cytokines such as interleukins and tumor necrosis factors affect the central nervous system and have neurotransmitter-like effects. So it has been theorized that the effect of cytokines, which are a response to the immune assault, can cause some of these "global" reactions.

I was on a conference call with Dr. Gary Lasneski and



we were talking about a new urinary tract formula that he developed to support healthy urine function, called UT Complex. He made a comment that really opened my eyes to a range of therapeutics I never considered. He said herbs are not specific to one body part. In other words, something for the lungs would probably contribute to healthy sinuses. A product that is designed for healthy sinus function would also benefit similar mucus tissue like urinary tract tissue.

He also went on to say that there are no male or female

botanicals. Herbs classically used for men or women are not exclusive to one gender.

What I like about how Dr. Lasneski develops a formula is that he uses a 3 tiered approach. First, he uses both his biochemical and botanical knowledge to form an idea about what may work. As part of this discovery process he will hand make a series of formulas and test them energetically to see if his thinking is effective.

Next, if successful, he will make larger batches himself

and use them with patients for 6 months to several years.

Finally, if he sees continued success, he will take the third step and ask Biotics to make a trial batch and again test to see if a manufactured product maintains its effectiveness. If this 3 tiered level of testing continues to bring patient success, he asks Biotics to manufacture the product for clinical use.

Some of his formulas have taken several years to develop but they consistently deliver clinical results. UT Complex combines Chrysanthemum, Cornsilk, Ahu Ling Extract from the Grifola mushroom, Buchu, 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.

Chrysanthemum, although typically used as a tonic, is considered to have both antispasmodic and diuretic effects. The flower demonstrates antibacterial effects. Studies have also shown anti-inflammatory effects by inhibiting NF-kappa B and certain inflammatory cytokines.

Cornsilk is also traditionally used for disorders of the urinary tract. It too has anti-inflammatory properties and reduces frequent urination caused by irritation of the bladder as well as a treatment for bedwetting problems.

Ahu Ling extract from the Grifola mushroom provides diuretic as well as immune enhancing support. Buchu comes from South Africa, and is used as a tonic specifically for stomach and bladder problems. It also has demonstrated antibacterial and antifungal actions and is traditionally considered an antiseptic for the urinary

tract. Buchu possesses anti-inflammatory properties by inhibiting leukotriene synthesis.

Calcium Glycerophosphate and Ammonium Chloride were added to regulate healthy pH.

Zinc is well known as an antioxidant and immune enhancing mineral but has been shown in animal studies to play a special role in healthy epithelial cells in the urinary tract.

Urine analyses for your senior patients who experience malaise or pain is a prudent and wise investment. Look for elevated levels of bacteria, white blood cells, the presence of nitrates or elevated levels of leukocyte esterase. Another common urine finding is an elevated pH. Normally, first morning urine pH tends to be acidic as the body cleanses excess metabolic acids. However, if spot urine samples throughout the day are consistently over 6.5, the environment could be ripe for a urinary tract infection.

One of the nice features of UT Complex is that it can be used concurrently with antibiotics. It can be especially effective for patients with chronic infections that seem to be unresponsive to antibiotics. UT Complex has factors that can reduce inflammation, support healthy urine flow, normalize pH and has a variety of immune enhancing properties. And don't forget that suggesting an immune enhancing formula like UT Complex will have other "global" effects. In other words, you are supporting the whole immune system not just the urinary tract; and for our senior patients, that could be a real asset.

Thanks for reading this week's edition of the Tuesday Minute. See you next Tuesday.