

# Leaky Bladder

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A leaky bladder may not be sexy, but if yours is leaking, it's a big deal. My mother was 85, and she wouldn't take nutrients to increase her physical or mental health, but she specifically asked 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 by-products it contains. These metabolic byproducts include uric acid and nitrogen. 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 your patient Kegel exercises. Daily Kegel exercises will contract 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. Monitor pH to prevent infection and over oxidation of tissue membranes.

Over the years, I've learned 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, but especially the elderly, 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, Orthophosphoric Acid, Ammonium Chloride and zinc. This blend of botanicals from North America, South Africa, and traditional Chinese medicine provides a unique product to support the urinary tract system safely and effectively. The dose most clinicians use is 2 capsules, 3x 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 bladder cases, they shared that they also add 2 tsp IAG, 3x a day mixed with juice. IAG is a long chain polysaccharide derived from the larch tree that has powerful immune modulating effects to support the innate immune system. I consider IAG one of the best kept secrets of the nutrition industry. In simple terms, IAG improves cell to cell immunity by adding a coat on the surface of the cells and making cells supercharged and significantly more capable of recognizing and attacking the "enemy." Clinicians use IAG for infections, including the common cold, flu, ear infections in children, and viruses. IAG is also used to provide dietary fiber, lower cholesterol, and boost the immune system.

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, 2 tablets, 3x a day. Dr. Brownstein found that 8 out of 10 women significantly increased growth hormone by taking Gammanol 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.

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 taking time to be with me, I look forward to being with you again next Tuesday.