

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 286th Newsletter, I want to give us a chance to consider Fluoride and the effects it has on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

Men, Women and Children suffer from UTIs that can be Prevented and Healed Naturally!!!

Whether you suffer YOURSELF from UTIs or NOT, I suggest that it will be **super useful** to read this Newsletter because it is very very LIKELY that among your Loved Ones, there are **several of them** that keep suffering from UTIs **ongoing** and it is like a constant small stone in their shoes... not big enough to share and deal with it like a LIFE THREATENING ILLNESS, but **troublesome** enough to be total TORTURE... trust me, I have had UTIs all my life!!!

You may or may not know about those of us that suffer from this COVERT Torture, but those of us that DO GO THROUGH IT **frequently** would LOOOOVE some support in this MATTER. So with all of this information you can gain **perspective** and KNOWLEDGE to be able to be a REAL CONTRIBUTION to Us, or if you are one of us, to yourself, finally!!

I have suffered from UTIs 4/5 of my Life, literally since I was an **early teen**, and it has been quite chronic. When I was a teenager Doctors Diagnosed Me and let me know that I would have to be more CAREFUL, my entire life,

than **most** people because my Urethra is EXTREMELY **shorter and thinner** than usual. So even being a Virgin I was used to having UTIs frequently and my Mom is exactly the same way.

I was always ending up at the Doctor's Office and always having to take **Medication** for it, no matter how EXTREMELY CAREFUL I was to take **all of the possible** PRECAUTIONS you can take to AVOID UTIs.

So after 2 Decades of getting a UTI almost **every 6 weeks** count-on-ably, my Doctors and I got TIRED of dealing with it over and over and they decided that I needed to take ANTIBIOTICS Daily, specifically to AVOID the **exaggerated amount** of UTIs. So, I took daily ANTIBIOTICS for years, and it DID NOT HELP. I suffered from the same exact amount of UTIs.

What happened is that it actually became **worse** because my body's immune system was **weaken** and it became WAY MORE CHALLENGING to heal from UTIs and from anything, such as simple COLDS, Stomach FLUs, etc. **Everything** was a MAJOR DEAL to heal from, because my IMMUNE SYSTEM'S productively with the Daily ANTIBIOTICS was weakened.

So I **stopped** my Daily ANTIBIOTICS and I started my Journey of looking for NATURAL Solutions for my Health DILEMMA. To make the very long story SHORTER, **I tried everything** including ACUPUNCTURE, Herbal Remedies, Reflexology, CHINESE Medicine, Ayurvedic Medicine, ETC, ETC. I have tried almost ALL Possible Natural SOLUTIONS out there separately and in Combinations.

And many Natural ALTERNATIVE Treatments helped to a **certain degree**, but nothing really RESOLVED the frequency of going through a Chronic UTI every 6 weeks. Finally I completely SWITCHED my Diet to a Raw Vegan Living Foods Diet... that is



CAROLINA ARAMBURO

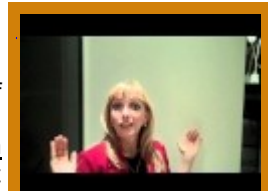
the only thing that **actually** TOOK the Torture of UTIs in my life, from occurring ever 6 weeks for 3.5 Decades, down to **2 times a Year!** Whoooooo!!!!

Now here is the 2nd important part... even with a Raw Vegan Living Foods Diet I **do still get severe** UTIs 2 times a year, and even though I am **super grateful** that it is ONLY 2 versus almost 9 UTIs a year, I still wanted to have those 2 times not last 2 weeks and not be as BAD as they usually are.

So this is what I discovered from those 2 times:

FIRST: Taking ANTIBIOTICS does not Guarantee that I will HEAL from the UTI. Many times I take the ANTIBIOTICS and I **continue** having the UTI. This is because my Body (and the bodies of 65% of the UTI suffering Population) doesn't RESPOND to ANTIBIOTICS during the **first 10 day treatment** any more, because of how the bacteria and viruses have Evolved and because of **antibiotic resistance** that is prevalent today.

So many of Us, as I did, **ruin our Im** (Cont. on next page)



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Men, Women and Children suffer from UTIs that can be Prevented and Healed Naturally!!! (Cont.)

Immune Systems for almost 2 weeks by taking ANTIBIOTICS and don't heal from the UTI. Then we need to take ANOTHER STRONGER ANTIBIOTIC for an entire round. This ruins our entire Body's IMMUNE Balance even more, while creating for ourselves **many side effects** and entering into a horrible **vicious cycle** of UNWELLNESS.

SECOND: It was **really scary** for me to SURRENDER to TREATING my UTIs ONLY NATURALLY, because after my entire Medical History with this condition my Head kept saying: little PLANTS won't DO...

But I did do it. I literally HEALED COMPLETELY from UTIs naturally, **without any Meds at all!!!** It is possible even in EXTREME cases, like mine!!

It's not EASY, but it is SIMPLE and totally WORTH IT, because by doing so **I did not damage my Immune System**, as a matter of a fact it was totally the opposite. I will share here what I did that worked for me to heal my UTI naturally but I must advise you to **consult with your Wellness Coach**, because this was designed and monitored by my WELLNESS COACH and your case maybe different. Also, if you want me to contact you with my RADICALLY EXTRAORDINARY Wellness Coach, ask me and I will be honored to do so.

A) Before anything else I **alkalized my Body**. As you may know, (you can read about this in our Newsletter on Alkalinity) for illness to exist the body needs to be Acidic. I alkalinized my Body through cleaning my diet completely through a 100% Raw Vegan Living Foods Diet **-no sugar at all** (not even natural sugar), no cooked foods and applying 100% Rigor in my Diet.

In addition I included **3 liters or more of water**, Lime in my water, 2 Green Hippocrates Health Institute (HHI) Juices, 2 Wheat Grass Juices, 2 Raw Living Foods HHI Meals, all my Supplements and ENOUGH Right Sleep, etc.

B) I alkalinized my **State of Mind**, deal-

ing with what it was **Emotionally and Mentally** that I was manifesting through the UTI and HEALED it Holistically, Kindly and Compassionately, though JOURNALING, Yoga, Breathing, Walks and all of the usual Healing Practices.

C) I added **Natural UTI Supplements** that Contain the **D Mannose**, UTI Crisis Intervention Formula. You can get those Supplements in a Natural Market Supplement Store. I added **Grape Seed Extract**, more Specifically Designed Natural Vaginal Probiotics to my daily Supplement intake and Colloidal Silver almost every 30 minutes. I multiplied my normal intake of **Probiotics** from 80 to 200 Billion and also multiplied my daily intake of Systemic Enzymes from 5 to 20 a Day.

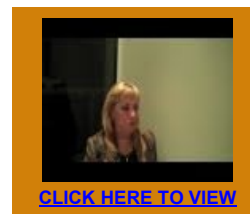
D) I added to my Juices Pure **Unsweetened, Unpasteurized** Organic Cranberry Juice, Moringa, Blue Green Algae, Turmeric, Ginger, and tons of Garlic. I multiply my daily intake of Sauerkraut from 1 handful to 5 to 6.

E) I took Baths with **Healing Salts**.

F) ABOVE ALL, I mentally and HOLISTICALLY DECIDED that **I would heal this illness** NATURALLY and I would not GIVE INTO the notion that my body needs to Chemically KILL all DEFENSES to heal abnormally. This detail I think made a MASSIVE DIFFERENCE because I was like an **unmovable MOUNTAIN** saying THIS SHALL GO MY WAY, and it did!!!!

I know it sounds like a lot, but believe me, for those of us that know the torture of frequent UTIs, this TRIUMPH was **Heavenly** and I share it with YOU all because it made and still makes a massive DIFFERENCE in my entire WELLNESS!!!!

Urinary tract infections (UTIs) are the **second most common** reason people visit their doctors each year. Men and women of all ages and also children get UTIs, but they are much more common in women. More than **eight million women** head to their doctor for UTI treatment annually in the US alone. And **20 percent** of these women will get a second UTI. Whether you have experienced a UTI or not chances are that you or someone your love will in your life-



If you would like to **have a FREE inquiry conversation** about our Radical HEALTH Coaching & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

time so it is important to learn the **real facts** about UTIs and to be able to treat them naturally.

No matter how much you think you already know about UTIs in this Newsletter we will be addressing causes and **ways to prevent and heal** from UTIs that you may not know. As always our approach is a holistic and natural approach that will allow you to honor your body and keep you from the **side effects** caused by antibiotics and other **prescribed medications**, which may damage your health in multiple other ways. Please read this newsletter to the end so that you can keep your Urinary Tract and the rest of your body at Optimal Health.

Urinary tract infections (UTIs) are a general term for infections from **bacteria or other organisms** anywhere within the urinary tract, usually in the **bladder or kidney**. These infections may be of the lower tract are of the urethra (urethritis) or the bladder (cystitis). Infections of the upper tract are of the kidney (pyelonephritis) or the ureters (ureteritis). Usually, when someone talks about UTIs, they are referring to **cystitis**. Urinary tract infections are at (Cont. on next page)

Men, Women and Children suffer from UTIs that can be Prevented and Healed Naturally!!! (Cont.)

best uncomfortable and at worst can lead to serious complications, even organ **damage** of the bladder and kidneys.

Anatomy is the reason that UTIs are **more frequent** in woman than men. Women's urethra tube is shorter than men's, and the opening is just a short distance away from the vaginal tract and the rectal openings. Because of this, there is a **higher risk** of bacteria from these adjacent areas to move up the tube into the bladder. For men, an uncircumcised male (especially with a foreskin which is difficult to retract) is more likely to **experience** a UTI.

Among infants, UTI occurs **more often with boys**, but among toddlers, girls are more prone. Uncircumcised baby boys tend to accumulate bacteria under the foreskin. Young children with severe **constipation** problems are also more prone to UTIs.

Individuals who suffer from UTI often have an **urgent** need to urinate, and experience a painful burning sensation while urinating. The urgent need to urinate may cause **uncontrollable loss of urine** (incontinence), especially in older people. Urinary frequency (in small amounts) also increases during the night.

Some people describe a **tingling** sensation in their fingers when they are developing an UTI, and just overall feeling poorly. Some may feel pain in the **lower abdomen** (above the pubic bone) and general pain in the lower back as well. Symptoms of fever and pain in one side of the back, just under the rib cage, suggest that the infection has spread to one of the **kidneys**. Some patients, however, do not have any of these symptoms.

Pain from UTIs can begin and then **increase** to an unbearable pain quickly if the infection continues to expand. The urine, during a UTI, is often cloudy, with strong odor, and may contain **visible blood** in some.

Urinary tract infections are almost always (90% of the time) caused by the **Escherichia coli (E.coli) bacterium**, although some Viruses (herpes simplex virus type 2 (HSV-2)), Fungi

(Candida causing candidiasis), Parasites (*Trichomoniasis* & Malaria) and Worms (*Schistosomiasis*) can also damage the bladder and the kidneys and cause UTIs. Bacteria entering from the **intestine or vagina** cause a majority of infections.

In most cases, the bacterium causes a UTI because of factors **within** the body, such as a bladder that has not yet healed from another infection. Certain blood types have been found to be associated with a **higher chance** of UTIs. Some people also have certain **proteins** in the bladder that make it easier for bacteria to stay in the bladder and grow.

A healthy person with a very good immune defense system is able to **fend off** bladder and kidney infections. However, when there is **stress, illness, physical injury or nutritional deficiency**, then immune defenses weaken allowing the bacteria to take over. Pregnancy, menopause and sexual intercourse for women can also **increase** the risks of UTI.

On occasion, a patient will have an underlying **anatomic problem** or other factors that causes the infections to occur. These may include stress that inhibits the immune system, obesity, kidney stones, an **enlarged prostate gland**, diabetes, advanced aging, immobility, insufficient fluid intake, surgical procedure within the urinary tract, Chemotherapy, Radiotherapy, taking **oral steroids**, use of condoms coated in spermicide and urinary tract abnormality caused at birth.

Other causes of UTIs are **Inflammation** of the urethra resulting in scarring, tampons, sanitary pads, restrictive pants, bowel incontinence, the presence of a foreign body (such as a catheter), a narrowed urethra, the use of a **diaphragm** for birth control and poor emptying of the bladder (which can be caused by cystocele or prolapsed bladder, from **behavioral** tendencies like holding the urine and not emptying completely, or from functional problems such as nerve damage).

Recurring infections tend to happen

because of a vicious cycle of bladder inflammation and disruption of the normal bacteria in the body. Because urinary infections most often come from bacteria that are normally present in the body, having **unhealthy bacteria** in the body is a set-up for infections. When the bladder is already inflamed from a recent infection, it becomes much easier to get another infection, and the **cycle begins**.

One in five children who have one UTI will have more. Unfortunately, long-term studies have demonstrated little success with antibiotics. With children a diagnosis is particularly important because of the **risk for recurrent** urinary tract infections, which can predispose them to **scarring** of the kidney and possibly renal failure (end-stage kidney disease, requiring either dialysis or renal transplant).

Taking antibiotics kills the infection but also tends to **kill the good bacteria** in the body as well (the bacteria that do not cause infections), and those that are more likely to cause infections then replace the good bacteria.

Many of the bacteria, which cause UTI's, have also developed **resistance to antibiotics** and the impact is frightening. Multi-drug resistant pathogens, or MDRs, are not impacted typical antibiotics and need to be addressed with a more **aggressive**, heavy-duty antibiotic. Enterococci bacteria are especially resistance to standard antibiotics. Those who suffer from recurring UTI's and take antibiotics then face the concern of **increased infection** by antibiotic resistant bugs. Clearly, **prevention** is best measure in the battle against UTI's.

Bacteria also develops resistance to antibiotics since antibiotics have been (Cont. on next page)

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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overused and are being fed to us through our food systems in meats, dairy and other animal products. So further down the track you will probably end up with other problems (along with a painful reoccurrence of your urinary tract infection) such as **chronic candida overload** (thrush). This is a serious problem as candida fungus releases toxic candida buds that eventually find their way into the blood stream and **poison the blood**.

The only way to know for sure if an infection is present is to perform a **urine culture**, in which the urine is sent to the lab and **monitored** to see if bacteria grow from it. In most cases, the urine can be cultured from that obtained from a "clean catch, mid-stream" specimen.

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a

healthy, long lasting life. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The following research links will provide you with more detailed information about UTIs:

- <http://www.hippocrateshealthlifestyle.com/311/kidney-diseases-treatment/> - Kidney Diseases Treatment
- <http://www.medicinenet.com/urinary-tract-infections-in-children/article.htm> - UTIs In Children
- <http://nanda-nursinginterventions.blogspot.com/2012/05/nursing-interventions-for-urinary-tract.html> - Nursing Interventions for Urinary Tract Infections
- <http://www.healthline.com/health/bladder-infection#Overview1> - Bladder Infections
- <http://greatist.com/grow/causes-of-urinary-tract-infections> - 11 Sneaky Causes of Urinary Tract Infections
- http://kidshealth.org/parent/medical/kidney/recurrent_uti_infections.html - Recurrent UTI Infections

- <http://www.webmd.com/a-to-z-guides/kidney-infections-symptoms-and-treatments> - Kidney Infections Symptoms and Treatments
- <http://www.all-creatures.org/health/uti.html> - Another Reason to Go Vegetarian - Eating Meat Causes Urinary Tract Infections
- <http://www.globalhealingcenter.com/natural-health/10-shocking-facts-about-urinary-tract-infections/> - 10 Shocking Facts About Urinary Tract Infections
- <http://www.pbs.org/wgbh/frontline/article/can-e-coli-in-supermarket-meat-cause-utis/> - Can E. Coli in Supermarket Meat Cause UTIs?
- <http://www.nhs.uk/Conditions/urinary-tract-infection-adults/Pages/causes.aspx> - Urinary tract infections in adults - Causes
- http://www.medicinenet.com/urethral_stricture/article.htm - Urethral Stricture
- <http://nutritionfacts.org/2014/01/28/how-avoiding-chicken-could-prevent-bladder-infections/> - How Avoiding Chicken Could Prevent Bladder Infections
- <http://www.britishhomeopathic.org/bha-charity/how-we-can-help/conditions-a-z/bladder-problems-2/> - Bladder problems

Diet, Exercise and Lifestyle is the ANSWER to Prevention and Healing UTIs!!!

There are **many natural ways** to prevent and heal UTIs. A healthy balanced diet with appropriate exercise and a stress free lifestyle is always a nutritional basis for a **healthy immune system**, digestive system and Optimal Health. Let's start with what to avoid which is:

- Avoid foods and drinks rich in **sugar**. Curtail your intake of table sugar, soft drinks, concentrated sweet fruit drinks, chocolate with any chemicals, sugar, artificial sweeteners, dairy, coffee and alcoholic beverages. **Bacteria thrive in a sugary environment** as it impairs the ability of white blood cells to destroy bacteria.
- Other foods to avoid are **processed foods**, refined foods like white bread and pasta, spicy foods, fats, citrus food, tomatoes, **dairy**

products, meats, chicken and shellfish. These foods are acid-forming (not to be mistaken with acid tasting food like the citrus fruits). Acidity formed from these foods **increase bacterial infections**. We now have evidence of direct links between farm animals, meat, and bladder infections. There is also solid evidence that urinary tract infections can be a zoonosis (an animal-to-human disease). We've known for **36 years** that it's not always the meat, but the cross-contamination, that causes the infection. This means that you do not even need to eat the meat but simply having it in your environment can have bacteria spread.

If you're eating the Standard American Diet (SAD) of fast and prepared foods, then **upgrading your diet** could prevent recurrent UTIs. The SAD overload

of sugar, refined grains, and bad fats sets the stage for acidosis, an **unhealthy imbalance** in the body's pH levels. Long-term acidosis can cause inflammation of the kidneys, a factor that could play a role in UTIs. A 100% Organic, Vegan, whole Food Diet is one way to keep infections down in your body and a raw Vegan diet will even **show improvements** over a regular Vegan diet.

The following foods, because of their **unique nutritional components**, have proven to be helpful in preventing and healing UTIs:

- **Cranberries and Unsweetened** (Cont. on next page)

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- **Cranberry Juice**
- Blueberries
- Sweet Potatoes
- Carrots
- **Cinnamon**
- Horseradish
- Kale
- **Coconut Water & Coconut Oil** - Coconut water contains cleansing and healing properties so it can cure urinary problems. Coconut water can cure bladder infections and even dissolve kidney stones. The medium chain fatty acids (MCTFA) of coconut oil contain powerful **antibacterial properties** that destroy all kinds of disease-causing organisms such as viruses, parasites and bacteria. The other good thing about coconut oil is that it only attacks the bad bacteria and doesn't kill the beneficial ones.
- Baking Soda
- Indian Gooseberry
- **Garlic and onions** help fight urinary tract infections because of their antimicrobial activity that kills bacteria such as E. coli, and other microorganisms to prevent them from growing in the body.
- Cucumber
- Cream of Tartar & **Lemons/Limes**
- Drink six to eight glasses of 100% filtered living water a day, but consult with your doctor about the correct amount of fluid to drink if you have kidney failure
- **Diuretic Foods** to enable the body to release urine and any bacteria with it are: Celery, Asparagus, Cucumber, Fennel, Celeric, Cranberries, Kohirabi, Jicama, Radish, **Blueberries**, Coconut, Watermelon, Grapefruit, Lemon & Lime, **Ginger root** and Lemongrass, Parsley water.

The **best herbs** for bladder infections are Barosmabetulina (Bucchu), Chimaphilia (Pipsissewa), Berberis aquifolia (Oregon grape), **Uvaursi** (Bearberry - AVOID IF PREGNANT), and Usnea (lichen - USE INSTEAD OF UvaUrsi IF PREGNANT). Other herbs commonly used for bladder infections are Hydrastiscanadensis (Goldenseal), Rosehips, Goldenseal, **Tea Tree Oil**, Zea mays (corn silk), Nettle, Echencia, Dandalion root and

Althea officinalis (Marshmallow root).

In addition here are some vitamins, minerals and other **key nutrients** in both preventing and healing from UTIs:

- High levels of **flavonols**, which prevent bacteria from attaching to the cells in the bladder, and consequently the bacteria, will get flushed out with the urine.
- **Probiotics**: helps to replant friendly bacteria – organic sauerkraut
- Coenzyme A: acts as an antioxidant and removes harmful substances from the body.
- Vitamin A: to heal urinary tract lining.
- Vitamin B complex: overall support and for nephritis.
- Vitamin B6, choline, and inositol: to reduce fluid retention.
- **Vitamin C** with bioflavonoids: acidifies the urine, boosts immune system, and aids healing. Keeps your bladder and urethra healthy and working well. Can be found in Chili Peppers, Red & Green Peppers, Kale, Broccoli, Papaya, Strawberries, Cauliflower, Brussels Sprouts, Pineapple, Kiwi, mangos
- Vitamin E: promotes immune function.
- Vitamin D: boosts immune system.
- Calcium: for proper mineral balance.
- **Magnesium**: for water absorption.
- L-Arginine: for kidney disease.
- L-Methionine: for improved kidney circulation.
- Lecithin granules: for nephritis.
- Enzymes: for proper digestion.
- Potassium: kidney stimulant.
- **Zinc**: An important inhibitor of crystallization and crystal growth. Produces white blood cells and eliminates bacteria. Some of the best sources of zinc are ginger, flaxseeds, sunflower seeds, Brazil nuts, oats, and almonds.
- **Castor oil packs** applied to your lower abdomen two or three times a week can work wonders in preventing UTIs because they appear to improve immune system functioning.

Pure **D-mannose** helps support your urinary tract health, maintain a healthy balance of flora, support optimal digestive health, support your immune system, contribute to the maintenance of

healthy intestinal flora. It is amazingly **10 -50 times stronger than cranberries** usually used for UTIs, non-toxic and completely safe, with NO adverse effects. D-mannose can help cure more than 90 percent of all UTIs within 1 to 2 days! D-Mannose is a naturally occurring sugar, closely related to glucose and you even produce it in your body. And very importantly, it does NOT **produce the metabolic stresses** that fructose does because it's more like glucose. D-mannose can be derived from berries, peaches, apples, and some other plants.

The following lifestyle changes may **help reduce** or eliminate the occurrence of bladder infections:

- Drink **six to eight** glasses of 100% filtered living water a day, but consult with your doctor about the correct amount of fluid to drink if you have kidney failure.
- Urinate as soon as you feel the need, **don't hold it in**.
- Wear cotton underwear and loose-fitting clothes (for Men wear boxer shorts).
- Urinate before and within 15 minutes after sexual activity.
- Use only **white unscented, chemical free toilet paper** to avoid potential dye reactions, or better yet—a bidet.
- For women: Wear **chemical free** sanitary pads instead of tampons.
- For women: Avoid using a diaphragm or spermicide and change to an alternate form of birth control.
- For women: Use non spermicidal lubricated condoms.
- For women: Wipe from front to back after urinating.
- For women: Don't use douches, feminine hygiene sprays, or powders.

In addition there are other activates that will help your stay healthy, **boost your immune system** and circulatory system and help you reduce stress. Here are a few of those:

- **Exercise** – Exercise has been proven to boost your circulation and your immune system. This allows for bad (Cont. on next page)

Diet, Exercise and Lifestyle is the ANSWER to Prevention and Healing UTIs!!! (Cont.)

bacteria to move more quickly through your body.

- **Get adjusted** - That power starts in the brain and travels thru the spinal cord to every organ and cell of your body. Chiropractic looks for any interference in the spine which prevents the healing power from traveling to the places it needs to.
- **Yoga poses** can be good alternatives to "traditional" health remedies because they relax the body and mind, improve circulation and respiration, reduce tension and help the body through it's healing process.
- **Aromatherapy** can help to minimize discomfort and speed recovery. Essential oils such as bergamot, eucalyptus, cedarwood, thyme and tea tree oil are helpful.
- **Massage Therapy** not only treats those parts of you, which are a problem, but also affects the whole of your metabolism through normalizing your circulatory, muscular and nervous systems and their interdependent functioning.
- **Reflexology** offers homeostasis, which is a significant contribution to UTIs.
- **Acupuncture and traditional Chinese medicine** will resolve what is referred to as heat or damp heat in the bladder and kidneys allowing them to heal. It has been proven to be very effective with UTIs.

The following research links will provide you with more detailed information about the **natural and holistic** prevention and treatment of UTIs:

- <http://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-tract-infection.html> - Home Remedies for Urinary Tract Infection (UTI)
- <http://articles.mercola.com/sites/>

UTIs can be caused by Stress and have a Physical, Mental, Emotional and Spiritual Impact!!!

UTIs themselves can cause confusion, agitation and changes in **behavioral and mental status** particularly with elderly persons or persons already suffering with Alzheimer's, dementia or depression. UTIs don't

[articles/archive/2011/04/20/a-simple-natural-treatment-for-urinary-tract-health.aspx](http://articles.archive/2011/04/20/a-simple-natural-treatment-for-urinary-tract-health.aspx) - D-Mannose: Destroy Urinary Tract Infections Without Antibiotics or Cranberry Juice

- <http://www.besthealthmag.ca/best-you/prevention/natural-ways-to-prevent-utis> - Natural ways to prevent UTIs
- <http://juicing-for-health.com/symptoms-of-urinary-tract-infection.html> - 16 POWER FOODS YOU CAN EAT TO PREVENT URINARY TRACT INFECTION
- <http://www.mommypotamus.com/natural-remedies-for-urinary-tract-infection/> - 10 Natural Remedies For A Urinary Tract Infection
- http://www.healthy.net/Health/Article/Bladder_Infections_Rapid_Relief/455 - Bladder Infections Rapid Relief
- <https://wholewoman.com/blog/?p=555> - A Holistic Approach to Urinary Tract Infections
- http://www.huffingtonpost.com/2011/11/11/uti-remedies_n_1087609.html - UTI Home Remedies -- What Works, What Doesn't
- www.healwithfood.org/uti/ - Tips on How to Prevent UTIs Naturally
- <http://www.healwithfood.org/uti/diet.php> - Anti-UTI Diet Plan For Preventing Recurrent UTIs
- <http://www.healwithfood.org/uti/foods.php> - 10 Best Foods for Preventing Recurrent UTIs
- <http://www.healwithfood.org/uti/recipes/> - UTI and Diet: Recipes Using UTI-Fighting Ingredients
- <http://chriskresser.com/treat-and-prevent-utis-without-drugs/> - Treat and Prevent UTIs Without Drugs
- <https://wholewoman.com/blog/?p=555> - A Holistic Approach to Urinary Tract Infections
- <http://www.newportnaturalhealth.com/2012/03/stop-utis-without-antibiotics/> - Stop UTIs Without Antibiotics

<http://www.suesnutritionbuzz.com/2013/03/18/natural-foods-that-heal-urinary-tract-infection/> - Natural Foods That Heal Urinary Tract Infection

- <http://www.life-saving-naturalcures-and-naturalremedies.com/natural-remedies-for-uti.html> - Natural Remedies for UTI
- <http://www.theartofdoingstuff.com/how-to-obliterate-a-bladder-infection/> - How to Obliterate a Bladder Infection
- <http://everydayroots.com/uti-remedies> - 14 Natural Home Remedies for UTI Pain & Discomfort
- <http://www.thevirgincoconutoil.com/articleitem.php?articleid=280> - Coconut Water Prevents and Cure Urinary Tract Infections (UTI)
- <http://www.everydayhealth.com/urinary-tract-infections/helpful-home-remedies-for-urinary-tract-infections.aspx> - 7 Home Remedies for Urinary Tract Infection (UTI) Symptoms
- <http://www.mommypotamus.com/natural-remedies-for-urinary-tract-infection/> - 10 Natural Remedies For A Urinary Tract Infection
- <http://articles.mercola.com/sites/articles/archive/2011/04/20/a-simple-natural-treatment-for-urinary-tract-health.aspx> - A Simple Natural Treatment for Urinary Tract Health - D-Mannose: Destroy Urinary Tract Infections Without Antibiotics or Cranberry Juice
- <http://www.allthingshealing.com/Homeopathy/Natural-Cures-for-Urinary-Tract-Infections/9273#.Vpz9EPGeelw> - Natural Cures for Urinary Tract Infections
- <http://www.britishhomeopathic.org/bha-charity/how-we-can-help/conditions-a-z/a-common-problem-for-women/> - A common problem for women

restrict themselves to only to physical symptoms, but come with a whole lot of psychological and emotional issues as well.

Frequent or prolonged UTIs, often im-

pacts one's **self efficacy** and thereby over all self-confidence. In some severe (Cont. on next page)

UTIs can be caused by Stress and have a Physical, Mental, Emotional and Spiritual Impact!!! (Cont.)

cases, individuals, especially women, may also be prone to depression. Other common feelings associated with UTI include: Feeling of **insecurity, anger, apathy**, dependence, guilt, indignity, feeling of abandonment, shame, embarrassment, as well as denial. There are also **fears that arise** with recurring UTIs such as fear of using public toilets, sexual anxiety and fear of pain.

On the other side is the impact that **stress** can have on our health and how it plays into UTIs. There have been numerous studies on how **cortisol**, the stress hormone, can lead to a lowered immune system. It would make sense that continuing stresses in life could be a **cause of bladder infection** and recurring bladder infections due to that lowered immune system.

Louise Hay, author of You Can Heal Your Life, says that, "Bladder infections are to do with **conflict**, in particular with your partner." She calls it being "**pissed off**" which is pretty appropriate for a bladder infection. She also points to money-worries or feeling powerless or not in control with money as a source of recurring UTIs.

In Chinese medicine UTIs are looked at as a way that body tries to **release anger**. Also, since it is a condition that affects the genitals, the view is that UTIs involve emotional conflicts that happen around relationships,

specifically relationships that **involve sex** and maybe created by the body to prevent sex or respond to sex issues in a current or past relationship.

Christiane Northrup, author of "Women's bodies, Women's Wisdom" says, "Pay attention to what happened in your life and relationships **24 to 48 hours** before the onset of the symptoms". Northrup says that for people suffering from chronic bladder infections or many recurring bladder infections, it may be that angry emotions are ongoing and **not even at the surface**.

The bottom line is that UTIs are infections and indicate that our bodies are **not balanced**. As with any health issue when the body is impacted physically and if that physical impact is recurring then the chances increase that we will be **impacted mentally and emotionally**. Finally there is a **spiritual impact** as it becomes more difficult to hear the quiet voice of your soul when dealing with physical complications and pain along with mental changes and emotional stress.

The following research links will provide you with more detailed information about the mental, emotional and spiritual impact of UTIs:

- <http://www.acupuncturetoday.com/mpacms/at/article.php?id=31903> - Urinary Tract Infections and the Heart
- <http://humanityhealing.net/2011/10/the-metaphysical-functionality-of-the-kidneys-i/> - Metaphysical Functioning

of the Kidneys

- http://www.allthingshealing.com/Homeopathy/Natural-Cures-for-Urinary-Tract-Infections/9273#.VpmXd_kr1k - Natural Cures for Urinary Tract Infections
- <http://in5d.com/metaphysical-explanations-of-specific-physical-aches-pains-and-sicknesses>
- - Metaphysical Explanations of Specific Physical Aches, Pains and Sickness
- <https://www.agingcare.com/Articles/urinary-tract-infection-symptoms-151547.htm> - UTIs Cause Behavioral, Not Physical Symptoms in Elders
- <http://www.theguardian.com/lifeandstyle/2010/feb/27/urinary-tract-infection-mental-physical> - Urinary tract infection and mental-physical wellbeing
- <http://www.bladder-infection-recovery.com/bladder-infection-cause.html> - The bladder infection cause I didn't believe related to me, when I began this article
- <http://www.metahealthacademy.com/articles/emotional-cause-of-cystitis-preview/> - META-Health Uncovers the Emotional Cause of Cystitis
- <http://reflexologyforthespirit.com/blog/tag/uti/> - Bladder Infections can take many forms due to germs in the kidneys, ureters, or bloodstream.
- <https://www.agingcare.com/Articles/urinary-tract-infection-dementia-155344.htm> - Urinary Tract Infection and Dementia

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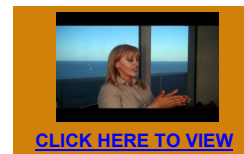
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