



6 Common Bladder Problems

*...and how to fix
them naturally!*



Doctor Formulated Supplements

6 Common Bladder Problems and How to Fix Them Naturally

Urine is produced in the kidneys and travels down the tubes called ureters to fill up the bladder.

Imagine an old faucet. After years of use, it begins to rust; the washer wears out, causing drips and leaks. Now think about your bladder. Just like with the old faucet, the bladder muscles get weaker with age, so you become more susceptible to leaks and other problems.

Maybe you are no longer going to the movies because you frequent the bathroom too often, or maybe you're even scared to laugh at jokes due to fear of leaking. You're not alone. Hundreds of men and women alike are in the same situation, but the good news is, many of your bladder woes can be tackled and combated.

Before we get into more specific bladder problems and natural fixes, it's important to understand how the bladder works.

The bladder is actually a muscle which is located directly above the pelvic muscle.

When empty, the bladder is roughly the size of a pear. Urine is produced in the kidneys and travels down the tubes called ureters to fill up the bladder.

The bladder is lined by muscle tissue that stretches in order to accommodate urine. The normal capacity of the bladder is 400 to 600 ml.

To urinate, the bladder muscles contract and two sphincters open to release urine. When the urge to urinate arises, a signal is sent to the brain to prompt us to go to the bathroom. In those with bladder problems, though, this signal may be blocked or lost, resulting in accidents and leaks.

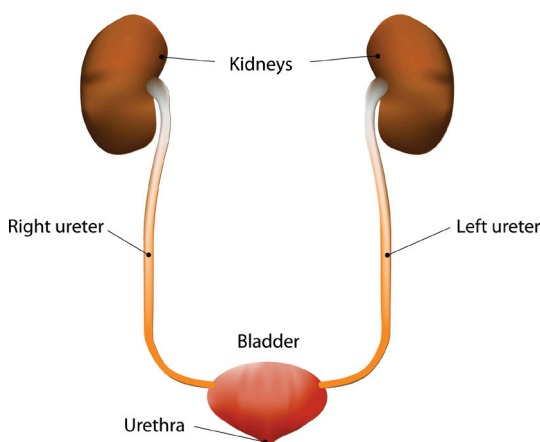
As the anatomy and physiology of the lower abdomen surrounding the bladder is different in men and women, the causes of bladder problems vary. To make it easier for the reader, this report lists the three common bladder problems in women, followed by the three common bladder problems in men.

Bladder problems in women

#1 Urinary tract infections

Urinary tract infections (UTIs) occur when bacteria enter the

HUMAN URINARY SYSTEM



urinary tract or bladder, causing symptoms like pain, burning while urinating, and frequent urination. A reduction in the hormone estrogen is the primary reason why postmenopausal women are more likely to contract a UTI. This is because urinary tract infections develop when unhealthy bacteria such as *E. coli* grow in the bladder. Normally, the healthy bacteria – lactobacilli – prevent urinary health problems by stopping the growth of these unhealthy bacteria, and estrogen encourages a robust level of lactobacilli. However, estrogen levels drop after menopause, and this also means a drop in lactobacilli and, consequently, an increased susceptibility to bacterial bladder problems such as UTIs.

Physical changes in the vaginal wall are also responsible for the increased risk of UTIs amongst postmenopausal women. More specifically, the reduction in estrogen causes the lining of the vagina to get thinner, which makes it easier for unhealthy bacteria to multiply. The vaginal fluid also becomes less acidic, which is problematic because acidity kills harmful bacteria and unhealthy bacteria thrive in alkaline environments. The reduction of estrogen can also hinder the complete emptying of the bladder. Any bacteria that are in the urine will then remain in the bladder,

increasing the likelihood of developing UTIs.

Other factors that increase the risk of urinary tract infections in elderly women include dehydration, a weakened immune system, kidney problems, immobilization, and catheterization. Over time, frequent UTIs can increase a person's risk of developing incontinence later on in life.

Natural fixes for urinary tract infections

If you do develop a UTI, here are some natural remedies to aid in treatment and speed up recovery.

Drink lots of water.

What isn't drinking water good for, really? It helps flush away the bacteria, putting you on track for recovery. Eight glasses a day is a general guideline. Add fresh lemon or lime to boost flavor and help with detoxification.

Sip cranberry juice. Choose the tart, unsweetened juice (sugar adds nothing but calories). Cranberry for bladder health has been a topic of discussion

Water helps flush away the bacteria, putting you on track for recovery.



and study. Some research shows drinking pure cranberry juice can help prevent UTIs in elderly, pregnant women, and hospitalized patients.

Ease the pain with heat.

Inflammation and irritation from UTIs can leave you with pressure and pain around pubic area or lower back. Try some heat therapy. Apply a heating pad at low temperature for about 10 to 15 minutes at a time.

Eat some yogurt. You want to blast that bad bacteria with good bacteria. If you've read anything about yogurt, you'll know this popular dairy treat is packed with probiotics, or good bacteria, for your gut.

Ditch the irritants. Cut out things that can irritate your bladder and make it harder for your body to heal – like caffeine, nicotine, spicy food, alcohol, carbonated drinks, and those nasty artificial sweeteners. On the upside, consume more high-fiber carbohydrates like grains, and healthy fats like nuts and olive oil – all good for digestion.

Run to the bathroom.

While it's unpleasant and annoying, keep making those bathroom trips. Every time you go, even if you urinate only a small amount, you're

getting rid of some of these bad bacteria causing the UTI.

Wipe front to back. Always wipe from the front to back to avoid infection. Don't try to reach from behind – germs from the rectum can be transferred to the toilet paper or your hand. Also, never wipe twice with the same tissue.

Drink parsley water. It is a natural diuretic and can help flush out your system.

Eat more blueberries. They contain ingredients that can work to prevent and treat UTIs.

Take diluted apple cider vinegar. It is a natural antibacterial, so it can help fight off bacteria in the urinary system.

#2 Urinary incontinence in women (leaky bladder)

Up to one-third of women in the United States suffer from urinary incontinence. Research shows that while urinary incontinence risk can be linked to aging, it can also be associated with pregnancy, delivery, and the number of children you have. It doesn't matter whether you had a vaginal or C-section delivery, the risk is still the same. Studies also indicate that women can experience urinary incontinence after menopause due to the drop in estrogen levels, yet taking estrogen doesn't seem to help those who

Consume more high-fiber carbohydrates like grains, and healthy fats like nuts and olive oil.



suffer from urinary incontinence. Excess weight can also increase your risk of getting urinary incontinence.

There are different types of urinary incontinence:

- **Stress incontinence** happens when a movement puts pressure on the bladder, causing the leaking of urine. Often, childbirth can injure the scaffolding that helps support the bladder and can lead to leaking. In these cases, urinary incontinence symptoms include leakage when you cough, laugh, sneeze, exercise, or do any heavy lifting.
- **Urge incontinence** is when you lose urine after you feel the urge to urinate. It can happen after drinking a small amount of water or after hearing water running, during a sudden change of position, or during sex. Some medications are also known to trigger urge incontinence.
- **Overactive bladder** occurs when nerves send signals to the brain, triggering the urge to urinate at the wrong time. Women with overactive bladder go to the washroom over seven times a day. The symptoms can include the urge to urinate that is difficult to control, involuntary loss of urine, frequent urination

(more than 8 times in 24 hours), and waking up two or more times during the night to urinate.

- **Functional incontinence** is a type of urinary incontinence associated with medical problems that interfere with thinking, moving, or communicating, so a person may have difficulty reaching a washroom. People with this type of incontinence may have dementia, poor eyesight, poor dexterity or mobility, or mental health problems such as depression. Functional incontinence is more common among the elderly population and is frequently seen in nursing homes.

Overactive bladder occurs when nerves send signals to the brain, triggering the urge to urinate at the wrong time.



Being overweight can contribute to a leaky bladder.



- **Overflow incontinence** can happen when the bladder doesn't empty properly, causing the overflow. This usually occurs when bladder muscles are weak or the urethra is blocked. Symptoms include a feeling that your bladder is not empty, frequent dribbles of urine, or constant dribbling of urine.
- **Mixed incontinence** is a combination of stress and urge incontinence.

Natural fixes to manage bladder leaks

Maintain a healthy weight.

Being overweight can contribute to a leaky bladder. A study found that for every 5-unit increase on the body mass index chart (BMI), your risk of incontinence rises by 20% to 70%! Carrying extra weight puts additional pressure on the bladder and causes excessive stretching, which can also weaken pelvic floor muscles.

In another study, women who successfully lost weight decreased their weekly incontinence occurrences by 65%.

Exercise your bladder. To hold in urine, your urethra closes tightly to ensure nothing leaks out. In individuals with stress incontinence, any pressure added to the bladder causes a leak,

because the pelvic muscles are too weak to close it properly.

Exercising your pelvic floor muscles is easy and can be done anywhere. Contract your pelvic area as if you are holding in urine. Hold for a few moments, release, and repeat a few times a day to make these muscles stronger and prevent accidents.

You can actually train your bladder to hold more urine. Start by establishing your baseline – how many times a day do you urinate? Once you have an estimated schedule, start training your bladder by holding in your urine for longer durations in-between bathroom breaks each day. By practicing this technique, your bladder will “learn” to hold more urine over time.

Pay attention to your medications. Maybe you have never experienced an episode of incontinence until you started taking a particular medication. This is not as uncommon as you may think. In fact, there are over 300 different medications that can cause or worsen incontinence. If you've noticed your bladder function has changed since you've started taking your meds, speak with your doctor to see if there are any alternatives.

Avoid irritating foods and watch your beverages. Food, too, can play a role in your bladder function. Although triggers may differ from person to person, caffeinated, spicy, and citrus foods

are the common ones. Uncovering your own triggers can help you regain control over your bladder.

When treating a leaky bladder, it's also important to be mindful of the beverages you drink, especially those that can act as diuretics. Coffee, tea, soda, and basically anything caffeinated can have you running for a bathroom. Pay close attention to your caffeine intake, especially in your beverages.

#3 Prolapsed bladder

A prolapsed bladder can be categorized into one of the following grades: mild, moderate, severe, and complete. In a mild grade, only a small portion of the bladder falls into the vagina. In moderate, the bladder drops enough to be felt at the opening of the vagina. In severe, the bladder begins to protrude through the vaginal opening, and in complete, the entire bladder protrudes out of the vagina. This last stage is often associated with other forms of organ prolapse.

The most common cause of bladder prolapse is aging. The muscles that support the bladder become weak over time, especially when women enter menopause. This is associated with a reduced production of estrogen, which is responsible for keeping the muscles strong.

Bladder prolapse can also be brought on by stress to the vaginal tissues and supporting muscles associated with childbirth. Straining caused by heavy lifting, bowel movements, or chronic cough or constipation can also weaken the muscles.

Signs and symptoms of a prolapsed bladder include:

- Frequent urination or a strong urge to urinate
- Incontinence
- Not feeling relief even after urinating
- Frequent urinary tract infections
- Pain in the vagina, pelvis, lower abdomen, or groin
- Heaviness or pressure in the vaginal area
- Pain during sexual intercourse
- Tender or bleeding tissue sticking out of the vagina

To help prevent a prolapsed bladder, you should perform pelvic floor muscle exercises to

To help prevent a prolapsed bladder, you should perform pelvic floor muscle exercises to stay strong.



stay strong. You should also avoid constipation (eat plenty of fiber!), straining, and heavy lifting as much as possible.

Natural fixes to manage a prolapsed bladder

While it is pretty evident that strengthening the bladder muscles will help prevent a prolapse, treating the cause is the most important aspect of prolapsed bladder management.

If the prolapse was brought by sustained bouts of coughing, managing the cough becomes imperative.

If heavy lifting is the cause, avoid any kind of physical activity that puts a strain on your abdomen.

One of the most common causes for a prolapse is constipation. Keeping your rectum clear can also promote bladder health, as there is no added pressure on the bladder.

Here are some natural remedies to relieve constipation.

Eat more high-fiber foods. Fiber is the enemy of constipation. It helps to keep your bowel movements regular, so eating

more fiber is a great way to relieve constipation and prevent future episodes. Some good options for increasing your fiber intake include berries and other fruits; dark, leafy greens like collard and Swiss chard; vegetables like broccoli, Brussels sprouts, and artichokes; whole, unprocessed grains; and prunes.

Drink more water. Hard, dry stools are a common cause of constipation, so the more water you add, the easier it will be to pass the stool. While there is no hard and fast rule about how much water you should drink, about 8 full glasses a day is a good starting point.

Eat yogurt/kefir. Yogurt and kefir contain live probiotics that create the right environment for your digestive system to stay healthy and run on a regular schedule. The bacteria in yogurt help alter the microflora in the gut and reduce the amount of time it takes for your food to be digested and move through your system.

Consume bulking agents. There are several mild herbs that have a laxative effect. Flax seed and fenugreek are good examples.

Walk more. A sedentary lifestyle can contribute to constipation. If you can, try taking hourly walk breaks to “massage” your bowels. If you are severely constipated, this may be somewhat uncomfortable, but don’t be discouraged. It’s better than another day of constipation.

One of the most common causes for prolapse is constipation. Eating more fiber is a great way to relieve constipation.



Don't rush things. When you "go," make sure you have enough time to relax and try to let your bowels do most of the work. Take a book or magazine to read. Or do something (for example, solve a crossword puzzle or Sudoku) that will take your mind off your bowels.

Put pressure on your intestines. Tribal people have their bowel movements while *squatting*, and this position can be helpful as it increases the pressure on your bowels and may ease the passage of a stool. You can also increase the pressure on your intestines by doing a few *yoga* exercises.

By following these fixes to manage the three most common bladder issues – incontinence, prolapse, and infections – most women can get relief they need to live more comfortably. Even women who do not suffer from any of the above conditions can help protect and strengthen their bladder with these fixes.

Bladder problems in men

While men have the same bladder problems as women do, because of the different anatomy,

the causes are sometimes different and, hence, the treatment varies accordingly.

#4 Overactive bladder and urinary incontinence in men

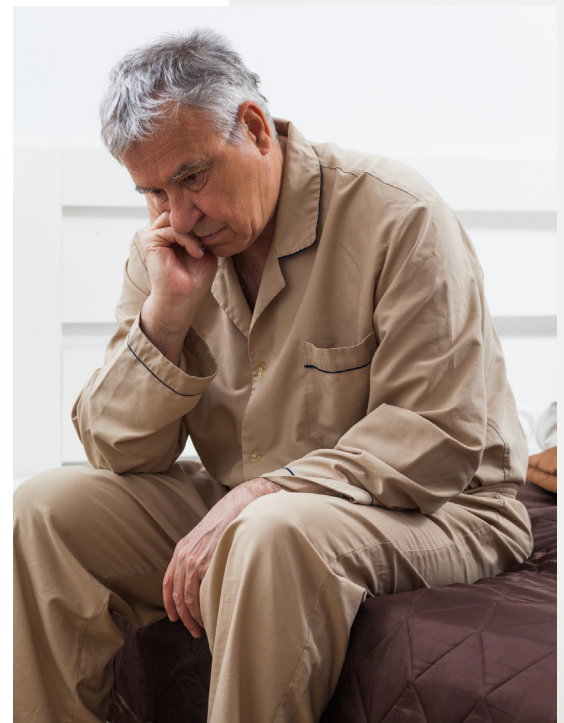
Overactive bladder can be described as frequent urination, a constant urge to urinate, bladder leaks, and nighttime urination. Nearly 33 million Americans live with overactive bladder, and 30% of them are men.

Symptoms of overactive bladder in men include an urgent need to urinate, frequent urination (more than 8 times a day), nighttime urination, and a strong urge to urinate, which can lead to bladder leaks.

For men, overactive bladder is mostly triggered by a bladder infection, bladder stones, or bladder cancer, as well as excessive fluid intake, medications, constipation, and even an enlarged prostate.

Uncontrollable urination, or urinary incontinence, occurs in 11% to 34% of older men, but it is not just an age-related issue. Younger men, too, can experience incontinence due to health problems. The biggest issue with

Nearly 33 million Americans live with an overactive bladder, and 30% of them are men.



incontinence in men is that they are less likely to speak with their doctors about it. This means that the statistics for men could actually be much higher than the current numbers indicate.

Urinary incontinence often results in the accidental leakage of urine from the body, so it can be uncomfortable and inconvenient. A man can feel a strong, sudden need to urinate just before losing a large amount of urine. Doctors refer to this as urgency incontinence. For some people, this condition keeps them from enjoying certain activities, such as sports and exercise. It can also cause a lot of emotional distress.

There are different types of urinary incontinence. Men can experience urgency incontinence, stress incontinence, functional incontinence, overflow urinary

incontinence, and transient (temporary) urinary incontinence.

We have already established what urgency incontinence is. Stress incontinence is leakage when a man coughs, laughs, sneezes, or overexerts himself. Functional incontinence is when physical or emotional disability prevents a person from getting to the washroom in time. Overflow incontinence is when the bladder fails to empty properly and later overflows, while transient incontinence is a temporary form of urinary incontinence. It is usually a side effect of certain medications.

For some people, urgency incontinence keeps them from enjoying certain activities, such as sports and exercise.

Natural fixes to manage an overactive bladder

Keep your weight within the healthy range. Being overweight can contribute to an overactive bladder, as the upper body weight, especially a big belly, can put unwanted pressure on the bladder.

Train your bladder. Exercising your pelvic floor muscles is easy and can be done anywhere. Contract your pelvic area as if you are holding in urine. Hold for a few moments, release, and repeat a few times a day to make these muscles stronger and prevent accidents.

You can actually train your bladder to hold more urine. Start by establishing your baseline – how many times a



day do you urinate? Once you have an estimated schedule, start training your bladder by holding in your urine for longer durations in-between bathroom breaks each day. By practicing this technique, your bladder will “learn” to hold more urine over time.

Watch your medications.

If you’ve noticed your bladder function has changed since you’ve started taking your meds, speak with your doctor to see if there are any alternatives you can try.

Avoid irritants in food and drinks. Food, too, can play a role in your bladder function. Although triggers may vary, common ones include caffeinated, spicy, and citrus foods. Uncovering your own triggers can help you regain control over your bladder.

When treating an overactive bladder, it’s also important to be mindful of the beverages you drink, especially those that can act as diuretics. Coffee, tea, soda, and basically anything caffeinated can have you running for a bathroom. Pay close attention to your caffeine intake, especially in your beverages.

#5 Enlarged prostate problems in elderly

Benign prostatic hyperplasia (BPH) is a non-cancerous

enlargement of the prostate.

There are two prostate growth periods: one during early puberty and another around the age of 25. The prostate continues to grow after the age of 25, but when the gland grows too much, it can cause complications in older men.

As it grows, the gland can press and pinch the urethra, and the bladder walls thicken. Over time, the bladder can become weaker and lose its ability to empty fully. If the urethra continues to narrow and the bladder still can’t empty, complications associated with benign prostatic hyperplasia can arise.

Benign prostatic hyperplasia does not increase a man’s risk of developing prostate cancer. Prostate cancer begins in the outer peripheral zone and grows outward to invade surrounding tissue. In BPH, the growth moves inward, towards the prostate’s core, causing the urethra to become tighter and making it difficult to urinate.

Hormonal changes that occur through aging contribute to the onset of BPH. Genetics can be a possible cause of BPH, too.

Signs and symptoms of an enlarged prostate include:

*Coffee, tea, soda,
and basically
anything caffeinated
can have you running
for a bathroom.*



- Difficulty urinating
- Constant urge to urinate
- Increased urination at night
- Weak urine stream
- Dribbling at the end of urination
- Straining while urinating
- Inability to empty bladder fully

Natural fixes for an enlarged prostate

While there are many natural supplements that can help in supporting a healthy prostate, diet and exercise play a huge role in managing an enlarged prostate.

Diet. Many dieticians and physicians suggest focusing on your overall “pattern of eating”.

Here is what they mean:

- Eat 5 servings of bright-colored fruits and vegetables per day
- Choose wholegrain bread, cereals, and pastas, as opposed to white
 - Limit consumption of red meat and processed foods
 - Limit saturated fats and trans fats, and choose healthy fats like nuts, avocados, and olive oil.

- Avoid sugar-sweetened drinks
- Lower salt intake
- Watch your portion size

Some dieticians suggest drinking watermelon tea to help improve prostate health. Steep 1/8 cup fresh watermelon seeds in a pint of boiling water. Let it cool down. Drink one pint of tea a day for 10 days.

Exercise. Aerobic and resistance exercises as well as Kegels can ease the symptoms associated with BPH.

Aerobic exercises: Walking, jogging, running, and playing physically exerting sports like tennis or basketball.

Resistance exercises: Swimming, push-ups, and lifting weights are a few examples of resistance exercises. They should be done for 30 minutes a few times a week.

Kegel exercises: This is a complex of pelvic-strengthening movements that can ease the discomfort of the enlarged prostate as it tightens pelvic muscles and helps control urination. The easiest way for men to do Kegels is to empty their bladder, lie on the floor with their knees bent apart, tighten the pelvic floor muscles for 5 seconds, then relax for 5 seconds. Repeat 10-20 times, three times a day.

Eat 5 servings of bright-colored fruits and vegetables per day.



Kegel exercises can be difficult to master, but once you get the hang of it, they are easy to incorporate into your daily routine.

#6 Lower urinary tract symptoms

Lower urinary tract symptoms arise as a result of problems with the lower urinary tract, including the bladder, prostate, and urethra. Symptoms can be categorized as either voiding symptoms or storage symptoms.

Voiding symptoms include:

- Hesitancy to release urine
- Weak and poorly directing stream of urine
- Straining to urinate
- Dribbling after urination
- Chronic urinary retention
- Overflow of urine

Storage symptoms include:

- Strong urgency to urinate
- Greater frequency when urinating
- Nighttime urination – nocturia
- Urge incontinence

Natural fixes for urinary tract infections in men

The treatment and management for lower urinary tract symptoms in men are the same as in the case of women. They are listed out briefly here (*for more details, refer to page 3*).

- Drink lots of water
- Sip cranberry juice, parsley water, or diluted apple cider vinegar
- Consume more blueberries
- Eat some yogurt
- Ditch irritating foods and drinks
- Run to the bathroom
- Maintain personal hygiene

If you're a male over the age of 60 and are experiencing any of the above symptoms, you don't have to suffer in silence. Speak to your doctor to uncover the underlying cause of your bladder problems. An effective treatment plan can help you relieve your bladder problems and improve the overall quality of life.

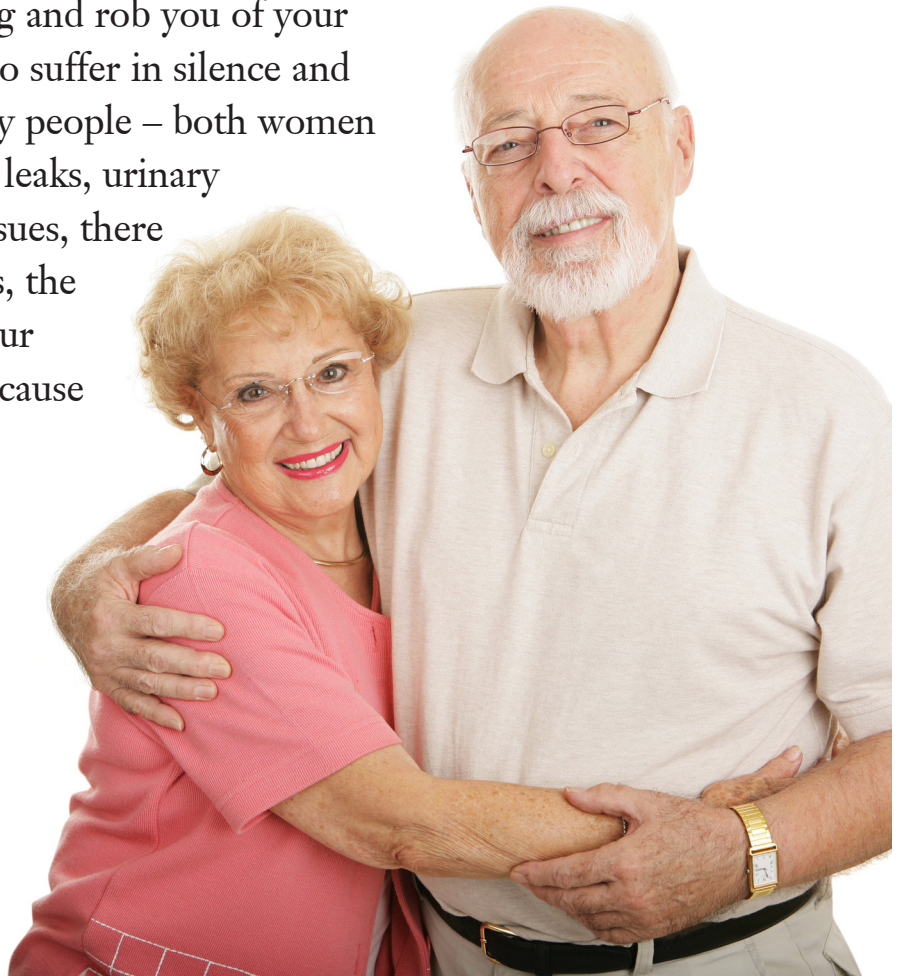
Sip cranberry juice, parsley water, or diluted apple cider vinegar.



Taking control of your bladder

Bladder problems can be annoying and rob you of your self-confidence, but you don't have to suffer in silence and let them rule your life. With so many people – both women and men – plagued by incontinence, leaks, urinary tract infections, and other bladder issues, there is nothing to be ashamed of. And yes, the one thing you shouldn't do about your bladder problems is ignore them. Because they can only get worse with time.

The natural fixes outlined in this report can help you regain your confidence and your peace of mind. By making the necessary lifestyle adjustments and trying different remedies, you may find that you experience less bladder leaks and accidents and start feeling more confident and adventurous, again.



Sources

<http://www.belmarrahealth.com/prevent-bladder-leaks-tips/>

<http://www.belmarrahealth.com/bladder-problems-men-60-urinary-incontinence-overactive-bladder-enlarged-prostate-lower-urinary-tract-symptoms/>

<http://www.belmarrahealth.com/bladder-problems-women-menopause-urinary-tract-infections-urinary-incontinence-prolapsed-bladder/>

<http://www.belmarrahealth.com/causes-bladder-leaks-fix/>

<http://www.webmd.com/urinary-incontinence-oab/picture-of-the-bladder>

<http://www.belmarrahealth.com/urinary-tract-infection-causes-symptoms-natural-home-remedies/>

<http://www.belmarrahealth.com/natural-home-remedies-overactive-bladder/>

<http://www.belmarrahealth.com/10-natural-remedies-for-constipation/>

<http://www.belmarrahealth.com/natural-remedies-exercises-enlarged-prostate-benign-prostatic-hyperplasia/>

<http://health.howstuffworks.com/wellness/natural-medicine/home-remedies/home-remedies-for-prostate-problems1.htm>

Copyright © 2019. *6 Common Bladder Problems and How to Fix Them Naturally* is published by Bel Marra Health, Harvard Square, One Mifflin Place, Suite 400, Cambridge, MA 02138; in Canada, P.O. Box 77001, RPO Martin Grove, Woodbridge, ON L4L 9S3. Contents Copyright 2014 by Bel Marra Health. No part of this report may be reproduced, in whole or in part, in any means or media without written permission of the copyright holder. All rights reserved. This publication is presented for information purposes only, and should not be construed as medical advice or instruction. On any matter relating to your health or well-being, please check with an appropriate health professional. The opinions herein are exactly that, they are opinions of the author. No statement herein is to be construed as a diagnosis, treatment, preventive, or cure for any disease, disorder, or abnormal physical state. Statements herein have not been evaluated by the Food and Drug Administration.

0419

