



URINARY TRACT INFECTION (uncomplicated)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid smoking and alcohol consumption.
2. Avoid stress and extra obligations.
3. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).

Dietary Recommendations:

1. Avoid all sugars. Replace sugar with the polyol sugar xylitol.
2. Drink plenty of water.
3. Drink 3-4 glasses per day of unsweetened cranberry juice mixed with water if under 40 years of age. (women over 40 may experience bladder irritation from cranberry juice).
4. Avoid white flour and all refined carbohydrates including cereals and pasta.
5. Get a balance of omega 3 fats (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, and avocados).
6. Eat protein at every meal including fish, chicken and lean meat.
7. Avoid hydrogenated vegetable oils and fried foods. Cook with olive oil at low heat.
8. Snack on vegetables and small amounts of nuts, olives or avocado.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

UT Synergy:	3 caps 4 times daily - 6-8 per day for 3-4 days
Allicillin:	2 caps 3 times daily - 6 per day for 3-4 days
Olive Leaf Extract:	2 softgels 3 times daily - 6 per day for 3-4 days
Silvercillin Liquid:	2 tablespoons 3 times per day

*If significantly elevated temperature, flank pain, and/or severe burning on urination develop, or if infection persists past several days, a full medical evaluation should be performed and antibiotic therapy considered.

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