

GHA Cystitis Natural Support Plan

SUPPORT TOOL

Resource 1

Your Natural Support Plan





"Your journey to overcoming
cystitis naturally starts here"

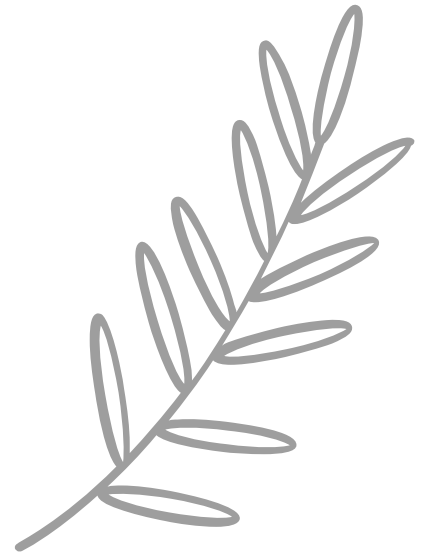


Welcome to your natural support plan.

The information within your plan resources will guide and empower you on your journey over the next 6 days.

You may be in some discomfort and keen to get started with your action schedule, but it will benefit you to read through ALL the information provided before getting started.





You will now have access to the following 7 resources:

- 1) Your Natural Support Plan
- 2) **Your 6-Day Natural Prescription**
- 3) **Your 6-Day Action Schedule**
- 4) Shopping List
- 5) Meal Ideas
- 6) Recipes
- 7) Your Next Steps



Your 6-day natural prescription and action schedule make up your **CORE PLAN**

Your core plan will guide you on the **essential** actions you need to take over the next 6-days.



All other resources are your **SUPPORT TOOLS**. These tools will enable you to action your core plan with more efficiency and ease.

"It is not essential that you follow all the guidance within your support tools, but doing so may improve your results"



How The Plan Works

Your natural support plan focuses on 3 key principles. These are:

Fuelling



Hydrating



Bladder Emptying



Each key principle has a specific role to play in helping you to overcome your cystitis. Read on to find out how.

Fuelling

Fuelling is about consuming carefully selected food and drinks to provide your defence system with the energy it needs to beat the infection easily and quickly.

Much of the fuel your defence system uses comes from the nutrients within the food and drinks that you consume every day.

During an active infection, your defence system is working extra hard and requires more fuel to function well.

The right nutrients and fueling can also help to reduce inflammation at the site of infection which can be a cause of pain.



"If your defence system is unable to find enough of the right fuel it can become underpowered which can make it harder for you to fight the infection and you may suffer for longer than necessary"

But what are the right nutrients to fuel your defence system?

One of the main nutrients your defence system is fuelled by is **vitamin C**. Other nutrients include vitamins A, D and E, and minerals iron, zinc and selenium.

Together, these are a combination of powerful **antioxidants** that help your defence system to work at its best.



The foods within your natural prescription have been selected because they are rich in vitamin C and many of these other nutrients.

Research shows that vitamin C is safe to consume in greater quantities than the UK recommended daily amount and is the most effective vitamin at supporting the defence system when it is actively fighting infection.

Please use the link to find out more about vitamin C and safe limits.



Hydrating

Drinking frequently will help to move fluids through your bladder and flush out the harmful bacteria causing the infection.

Regular fluids will also keep you hydrated which enables your defence system to function optimally.

Regularly drinking water (tap, filtered or bottled) and herbal teas will also fill your bladder and make emptying it often easier and more comfortable.

Your 6-day schedule will prompt you to drink at regular intervals.



The herbal teas I have chosen not only provide hydration but are also a source of antioxidants which can help you fight the infection.



Tip

Warm your water to help keep your muscles relaxed and to maintain body and bladder warmth

Bladder Emptying

Bladder emptying is about peeing often to eliminate the harmful bacteria from your urinary tract.

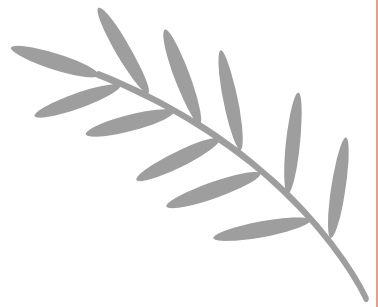
I CANNOT STRESS ENOUGH HOW IMPORTANT THIS STEP IS!

When you empty your bladder you flush out the harmful bacteria which prevents it from hanging around within your urinary tract and gaining the chance to multiply and build a bigger army able to overcome your defence system.

In your 6-day schedule, I advice that you empty your bladder as frequently as every 30 – 45 minutes.

You may not neccessarily feel the need to go this often but it is important that you do!

Each time that you empty your bladder, push your pee out to ensure you have fully emptied. This may feel uncomfortable at first, but the discomfort should ease each time.



These **3 key principles** make up the main elements of your core plan and have been used to create the action steps that you will follow within your 6-day action schedule.



To help maximise the effectiveness of your core plan over the coming 6 days, here are some additional actions that I recommend you take...



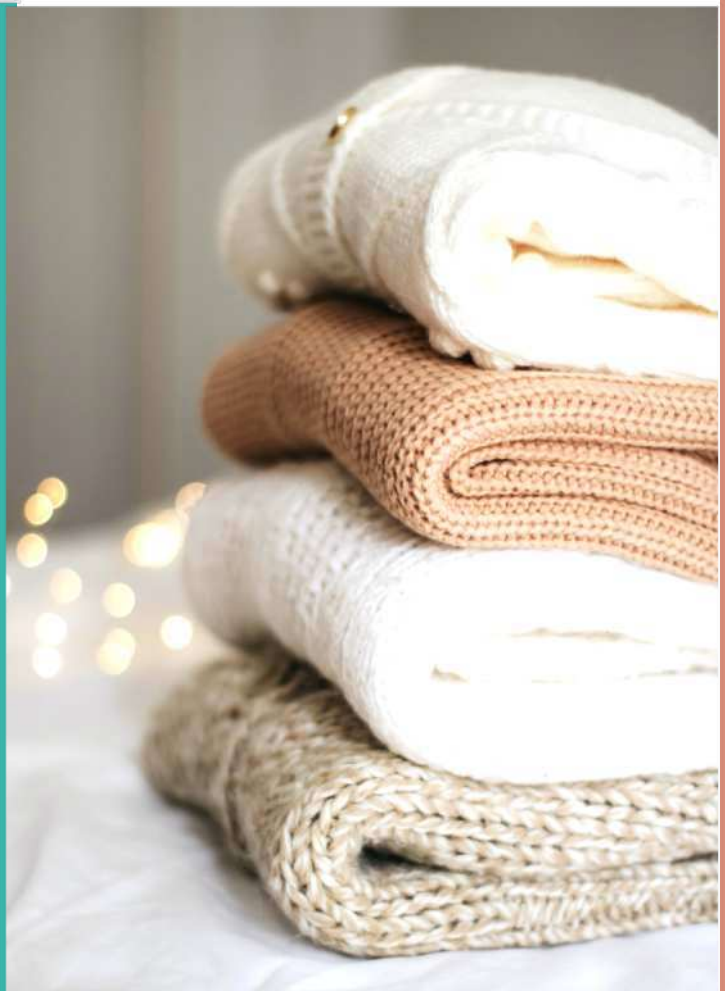
Keep Warm

Keeping your body warm, especially your lower stomach and pelvic area, can help to relax your bladder and the surrounding muscles which can become tense during an infection.

When the muscles are relaxed, it helps to reduce discomfort and make it easier to fully empty your bladder.

I suggest placing a blanket or hot water bottle on your lap when sitting down and having a warm bath before bed.

Maintaining a warm body temperature may also help to kill off the harmful bacteria as it can struggle to thrive in warm environments.



Reduce Activity

It is best to reduce activity for 1 – 2 days at the beginning of an infection and rest when possible.

By this I mean, restrict moving about as much as you can, no exercise and limit how much walking you do.

Moving around can aggravate the urinary tract and cause the bladder and muscles to tense and become painful in the area.

Resting will help to relax your pelvic muscles and provide the same benefits as keeping warm.



Ideally, take a day or two off work or other commitments to give yourself the best chance of recovering from the infection quickly and to prevent it from returning.

Being at home will also make it easier to follow the actions steps within your 6-day schedule.

Ask for Help!



Don't be afraid to ask for help with commitments such as going food shopping, collecting the kids from school and making meals. This is the time to use your support network.

If you are concerned about taking time off from work or education, it can help to explain to your employer/educator that you have been advised to reduce activity as part of your recovery with this plan.

If you are self-employed then take notice of this advice and follow it!

Giving time to your recovery now
can improve your health and
well-being in the long-term and
may help to prevent infections
returning.



Practise Good Personal Hygiene



If possible, have a warm shower or bath daily to remove impurities and toxins that you are peeing and sweating out over the 6-days.



Avoid Sexual Intercourse



It is best to avoid sexual intercourse when you have a urinary tract infection.

Sexual intercourse can aggravate the condition and slow your chance of recovery.

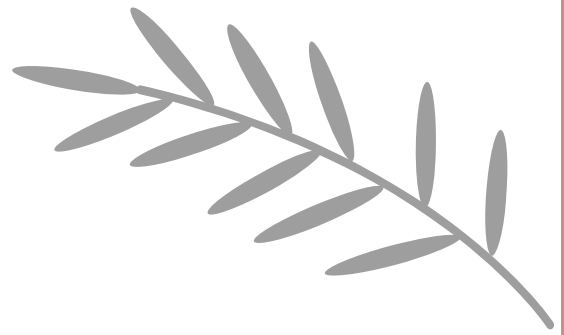


You may wish to return to normal sexual activity once your urinary tract infection has fully resolved and you feel comfortable to.



[Click here for additional sexual hygiene tips.](#)

For Best Results...



- **Follow your natural support plan from the early signs of cystitis** - Early signs are a slight discomfort when you pee, off-smelling urine or the feeling of pressure in your lower stomach and pelvic region. The plan may not be as effective for you if your infection is too developed when you begin.
- **Follow the plan and your schedule closely** - Missing steps may reduce its effectiveness.
- **Give the action schedule your full time and commitment** - This is not a quick fix but the start of a life long ability to overcome urinary tract infections naturally.





I hope you now have a better understanding of what your natural support plan is all about and how to get the most out of it.

Please use this knowledge to motivate you as you follow your 6-day action schedule.



Ensure to refer back to this resource to remind yourself of the additional recommendations as you are not prompted to action these within your schedule.

