

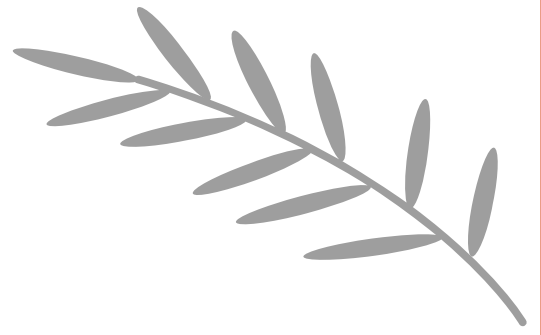
GHA Cystitis Natural Support Plan

INFORMATION RESOURCE



Guidance & Safety Information





"Never did nature say
one thing and wisdom
say another"



Welcome! to this guidance and safety resource for the GHA Cystitis Natural Support Plan.

This resource contains important information. Please take the time to read thoroughly to ensure the GHA Cystitis Natural Support Plan is suitable and safe for you to follow before you consider purchasing.



Who IS the GHA Cystitis Natural Support Plan suitable for?



- Adults over 18 years of age
- If you are generally in good health
- If this is the first episode of cystitis diagnosed by a doctor
- If you are suffering with recurrent uncomplicated episodes of cystitis *
- If you are looking to avoid taking antibiotics and want to look for natural alternatives
- If you are looking to prevent recurrent cystitis infections
- If you would like to learn more about cystitis and urinary tract infections and how natural support works
- If you are able to consume a normal diet
- You are experiencing the very early signs of cystitis or recovering from an episode of cystitis



*Uncomplicated episodes of cystitis are bacterial infections that occur within the lower part of the urinary tract in people who are otherwise healthy.

[Click here to find out more](#)



Who is the GHA Cystitis Natural Support Plan NOT suitable for?





- Children under the age of 18 years
- If you are unable to consume a normal diet
- If you are undergoing active intrusive medical treatment
- If you have diabetes
- If you have symptoms of upper urinary tract infection experiencing high fever and vomiting

If any of these apply to you, please see your doctor for support overcoming cystitis.

Please refer to the "GHA About cystitis and natural support" resource for more information.

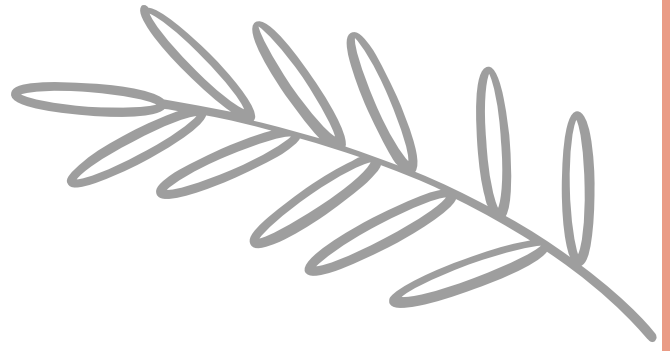
And who should take caution?



- If you are over 65 years of age
- If you are taking multiple prescription medications (excluding the contraceptive pill)
- If you are an allergy sufferer
Please follow the home management plan according to their own dietary needs. Substitutes have been suggested where possible.
- If you are pregnant
Some of the foods recommended should be avoided when pregnant. Alternatives have been suggested where possible.
- If you have a long-standing medical condition or are generally unwell

If you are unsure if the plan is suitable for you at this time, please check with you doctor.

FREE Consultation with GHA also available
Email carla@thegoodhealthally.co.uk



Good to Know Before Choosing this Natural Support Plan



- Your Natural Support Plan lasts 6 days.
- You will be given the GHA Natural Prescription and Daily Action Schedule to follow
- Your Natural Prescription recommends specifically chosen **fruit**, **vegetables** and **herbal teas**. You will need to purchase these before starting the plan
- A shopping list is provided
- Your Daily Action Schedule is designed to make following the steps in your plan as simple and easy as possible
- You will need access to water and hot drink making facilities



- You will need regular access to a toilet
- No supplements or medications are recommended within the plan
- The plan is sent to you via email. You will need a device such as a smartphone, laptop, tablet or computer to view
- For the plan to be most effective your effort and commitment to recovery is essential over the 6 days



Thank you for reading through this guidance and safety information.

Once you have read "About cystitis and Natural Support" you will have all the information you need to decide if the plan is right for you.



Please be reassured
that all the
recommendations
within the plan are
natural and safe to
action if followed as
advised.

