

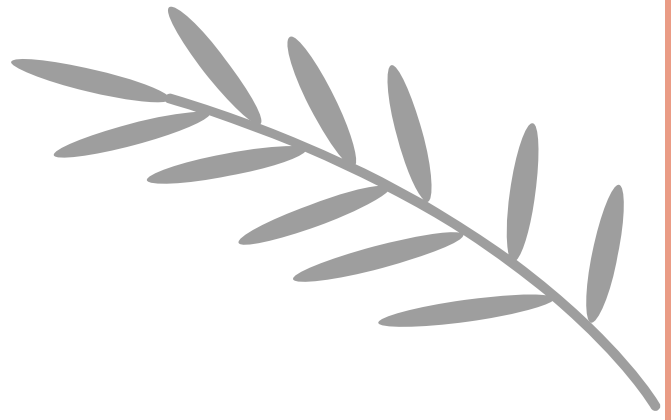
GHA Cystitis Natural Support Plan

SUPPORT TOOL

Resource 7

Your Next Steps

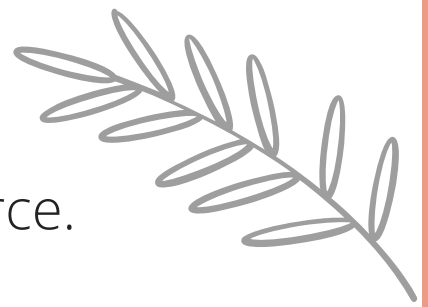




"Good health is a journey,
never a destination"



Welcome to your next steps resource.

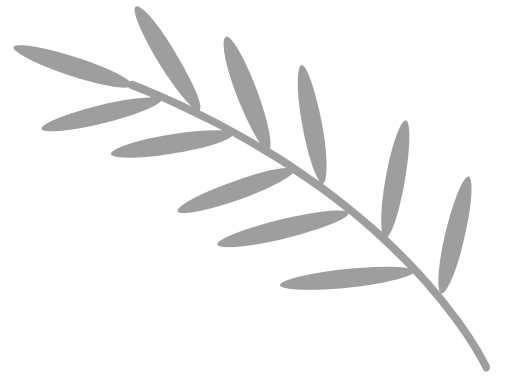


Whether your symptoms have resolved, or not quite yet gone, the information within this resource will help you to choose the appropriate course of action now that you have completed your 6-day schedule.

Please read through to find which option best applies to you.



Your Symptoms Have Resolved



If your symptoms have resolved after 6-days then congratulations!.

You have clearly followed the plan well and have managed to combat your infection without the need for medication.

This is now a tool for life and should be used at the first sign of infection in the future.





An Opportunity to Reflect & Reset

Once your symptoms have resolved it is important to continue taking care of yourself.

Your body can be vulnerable for a period of time following an infection as it continues to recover and repair from any damage.

I recommend that you continue to stay well hydrated and to consume food and drinks that support your defence system.

Use your meal suggestions and supporting foods list to help guide you on what to eat to support your overall health and resilience.

Continuing to eat and drink healthily can reduce your risk of developing a repeat infection.



It is also a great time to reflect on the reasons that your defence system may have been underpowered.

To recap, this could be due to one or more of the following factors:

Persistent stress	Older age and immunosenescence (age-related weakening of the defense response)
A lack of nutrients in your diet or difficulty absorbing nutrients from foods	Underlying health conditions or illness
High alcohol intake	Poor quality sleep
Hormonal imbalances and hormonal changes during the menopause	Lack of self-care, enjoyment and rest
Repeated or long-term antibiotic use	Smoking & other toxic substances

Listen here to find out how stress can weaken your defence resilience



If you feel one or more of these factors might be affecting you, and you would like to explore in more detail your unique reasons for suffering with urinary tract infections, then why not book in for a free 20-minute discovery call where we will discuss how nutrition & lifestyle coaching can help you. Please email me at carla@thegoodhealthally.co.uk for more information.

Your Symptoms Have Not Resolved



I am sorry to hear that you are still experiencing symptoms. There could be a few reasons that the plan has not yet worked for you.

Here is what I suggest you do next:

- **If your symptoms have significantly reduced but not fully resolved**, I recommend you repeat days 4-6, while returning to otherwise normal activity. These extra 2 days may just get your through to full recovery. If symptoms persist or worsen after this then please see your doctor.
- **If there is no change in your symptoms** please reflect on how closely you followed your natural management plan over the 6-days...



- Did you rest days 1 and 2?
- Did you empty your bladder as frequently as every 30-45 minutes?
- Did you consume high vitamin C foods daily?
- Did you avoid drinking alcohol?
- Did you add any of the recommended food and drinks to your meals?
- Did you avoid or minimise the food and drinks your were advised to in your natural prescription?
- Did you avoid sexual intercourse?
- Did you avoid exercising?



Answering **NO** to any of the above can reduce the effectiveness of the natural support plan. The more action steps and recommendations you were unable to follow, the less effective the plan will be and this may be the reason your infection has not resolved.

If you answered **YES** to most or all of the above but symptoms have continued then please read on.

Caution

If your symptoms continue to worsen after 6 days then please stop following your natural support plan and arrange to see your doctor for further help.

There could be other health reasons that have prevented the natural prescription from working for you this time or the infection may have been too developed when you started.

It is still advisable that you follow your natural support plan at the very early signs of infection in the future or as a preventative to cystitis. Go to page 11 to find out more 

Please do not lose hope that this natural support plan cannot work for you. It is highly possible for you to build defence resilience if you consume the right foods and drinks and follow the right lifestyle based actions. It is worth trying again if you do go on to have further infections.



If you found it difficult to do adhere to your action schedule or make the changes recommended, then you might benefit from 1:1 coach support.

**Please contact me at
carla@thegoodhealthally.co.uk
for more info.**

A Note on Alcohol

High alcohol consumption for women is >14 units per week.

A 175ml glass of wine = 2.3 units of alcohol. This means if you are drinking a large glass of wine every day you will be exceeding 14 units weekly.

As well as being a factor that can weaken your defence resilience, high alcohol consumption can impact the body in other negative ways and can be a contributor to other health issues such as poor sleep.



For more information about alcohol limits and to find support if needed, please use this link.



How the plan can be used as a tool to help prevent cystitis

The main principles of the plan can be used to support urinary tract health before infections strike.

Knowing the factors that make you vulnerable to infection will help you to identify the right time to implement your action schedule.

You may not need to follow the schedule so precisely but implementing as many of the actions as possible could help you to cleanse your bladder and keep it free of harmful bacteria.

Along with this, continuing to follow the meal and lifestyle advice within your support tools can help to improve your overall defence resilience.

I recommend that you follow days 4-6 of your schedule at times you feel most vulnerable to infection. This may be when you are unwell, if you are dealing with high stress, if you are suffering with a hangover or the day after having sex.



A final note from me



I fully support your decision to take a natural approach to overcoming cystitis and thank you for choosing my natural support plan to help you.

I hope you found all the resources informative and that the plan can continue to guide and inspire you with your ongoing natural health journey.

Much love,
Carla x



Your comments and feedback would be very welcome and of great value to me. If you would like to share your experience then please contact me at carla@thegoodhealthally.co.uk

