

Lost Temple Fitness

Urinary Tract Infection	Best Foods	Worse Foods	Vitamins / Minerals	Supplements, Herbs, Spices or Foods containing	Avoid
<p>The best way to prevent a UTI is to prevent problem bacteria from clinging to the lining of the urethra. Antioxidant compounds in cranberries and blueberries called epicatechin may work directly on bacteria like E. coli, affecting the tendrils on their surface. The bacteria essentially become boats without anchors and are no longer able to attach to the lining of the urethra walls. Cranberry compounds also appear to weaken bacteria cells.</p> <p><i>Best Health</i></p>	Cranberry Juice, <i>unsweetened, pure</i>	Carbonated drinks	Vitamin C	Cranberry supplements	Alcohol
	Blueberries	Coffee		Agrimony	Artificial sweeteners
	Carrots	Spicy food		Baking soda mixed with a glass of water	Caffeine
	Garlic	Sugars		Bromelain	
	Horseradish root			Cinnamon	
	Lingonberry			Couchgrass	
	Onions			Dandelion leaves	
	Rosehips			D-Mannose	
	Sweet potatoes			Elder flower	
	Water			Goldenseal	
	Yogurt			Grapeseed extract	
	Kale			Horseradish root	
				Horsetail	
				Juniper	
		Nasturtium			
		Omega 3			
		Oregon grape root			
		Parsley seeds			
		Plantain			
		Probiotic			
		Uva-ursi			
		Yarrow			