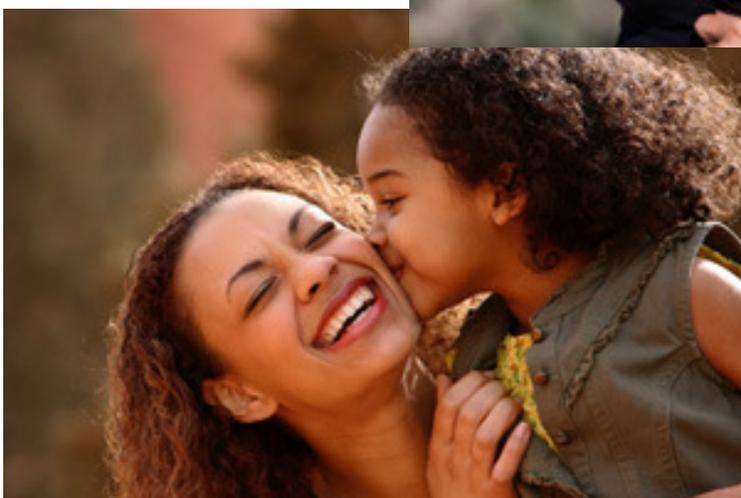
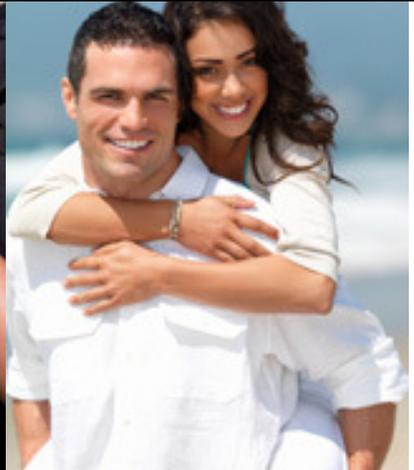


# UTI Pain Relief and Natural Remedy Report



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## MY STORY

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The first time I can remember having a UTI, or Urinary Tract Infection, was when I was in high school. Tight jeans were the rage! While at school I first noticed a slight pain when I urinated. By that night, however, I'm sure I had an infection in full bloom. I was too embarrassed to tell my mom, so I suffered through it...not knowing exactly what to do. I drank a ton of water and it eventually went away.

Fast forward a few years to my wedding day. We were married in the morning, and after our wedding breakfast, we returned home to our apartment to get ready for the reception. By that evening, I was miserable. I was starting to feel the effects of a urinary tract infection. And by the time we got to our hotel, I was downright sick...but how do you tell that to your new husband. I didn't want to spoil our wedding night. So I just kept quiet about it. By morning, I was really in pain. Remembering my experience from high school, I decided to drink lots and lots of water and hoped it would work.

So I went to the grocery store and got a gallon of water and we started on our honeymoon trip to California. I'm pretty sure that is the only time I have not wanted to be in Disneyland. After spending a day there in pain, drinking as much water as I could and feeling the effects of a UTI, I could tell you where every bathroom was!

I was sick and miserable, and kept hoping the water would work like it had in high school. I was too embarrassed to call my mom or ask anyone about it.

(hey it was a different day and age!) We left California on day 4 to head back home.

When we got just outside of Las Vegas the pain was so intense that all I could do was look for the hospital directional signs. My husband could not get me there fast enough.

I then had to endure the scrutiny of a first year medical student as he chuckled about my 'honeymoon disease' with the doctor who felt the need to do an 'all out' examination! They must have been short on patients that day! How ridiculous. But I was too naive to say anything. Then my husband and I were lectured about 'inappropriate' sexual behavior. Are you kidding? We were too young and innocent to even know about that kind of stuff.

Antibiotics were prescribed as well as an anesthetic and we went on our way. You probably know the rest of the story. It wasn't long before I had a yeast infection, which I went to the doctor to get rid of. Then not long after that, another UTI and then started the entire process again: Making an appointment, doing the test, getting a prescription, ending up with a yeast infection, again, etc- and spending a lot of money in the process.

This happened over and over again for 25 years. How fast time flies. I was the typical female thinking I had to totally depend on drugs and the necessary steps to get them to rid myself of the UTI plague.

The final straw came while we were on a cruise in the Mediterranean. The next to the last day, I was starting to feel like I was getting a UTI. I didn't want to visit the doctor on the cruise ship because someone in our group already had and the cost was outrageous. So I just suffered through it until I got home and could make an appointment to see my regular doctor.

We got home on a Saturday morning. Realizing that I could not get to my doctor until Monday, my husband started to do some research on the internet. We were shocked at how many supposed remedies were out there. The question was who should I believe, where should I turn? I was so sick I didn't care. By Saturday afternoon, my husband had purchased an online book that indicated a cure within a day or two. I couldn't start it fast enough!

I followed the directions and surprisingly enough, it worked! By Monday morning, there was no infection. I was stunned. It had been a 12 hour intense process that I did for 2 days, but it was all natural. Some of the items I had in my cupboard! I then waited for the yeast infection...it never happened. Miraculous! Seriously....miraculous!

Each time I got another infection, I experimented a little bit more with other suggested natural remedies. That is when I discovered the secret of parsley! I just couldn't believe that parsley could get me out of pain that fast. I thought back on my years of UTI pain and was even a little mad that it could be so simple. I could have saved my honeymoon, saved so many weekends in pain, and saved so many missed work days.

Although the program we had originally purchased worked (which I will forever be grateful for!), it required me to spend 2 intense days- not allowing me to focus on anything else. My thoughts were this: I loved the fact that I did this without drugs, a doctor visit, and no yeast infection later, but if that worked, was there perhaps an easier solution with the same results? I also started to notice as I tried different remedies, I could simplify my 'remedy plan' depending on how fast I 'attacked' the infection, hours after first sign of a UTI or immediately upon the first symptom.

I eventually found out what worked absolutely the best and quickest. That's what I want to share with you in this report. Hopefully, I can save you a lot of time, money, and grief. There is no need to put up with what I did and what so many women are still doing.

The information in this report will give you a new power and control over this annoying problem that affects so many.

I look forward to sharing it with you. I know it will be as miraculous for you as it has been for me!

*Ferri Forsey*

# UTI

## BLADDER INFECTION

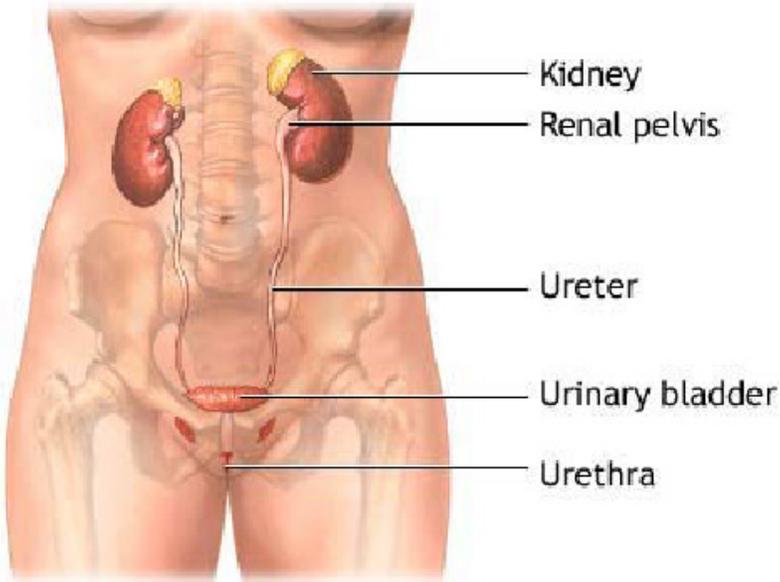
## URINARY TRACT INFECTION

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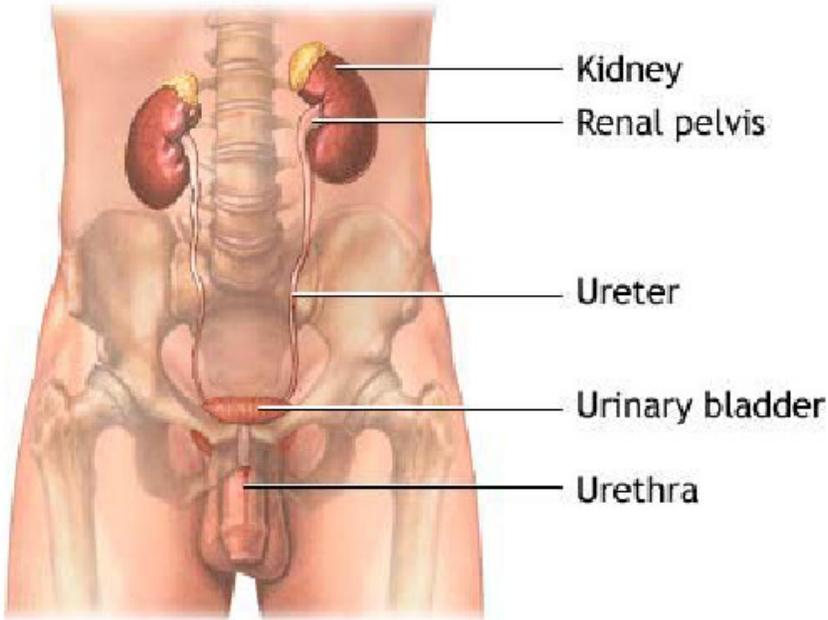
### **URINARY TRACT INFECTIONS (UTI)**

A Urinary Tract Infection, sometimes called a UTI, is a condition where one or more parts of the urinary system (the kidneys, ureters, bladder, or urethra) become infected. UTIs are the most common form of all bacterial infections. They can happen anywhere along the urinary tract. UTIs can have different names, depending on what part of the urinary system is infected.

- Bladder infection – The most common UTI is an infection of the bladder. This happens when bacteria travels up the urethra (where urine exits the body) to the bladder. The clinical name is cystitis. Cystitis is considered a lower urinary tract infection.
- Urethra infection – this is an infection of the tube that empties urine from the bladder to the outside of the body.
- Ureter infection – is rarely seen. It is an infection of the tubes that take urine from the kidney to the bladder.
- Kidney infection – Is an infection of one or both kidneys when an infection travels up the urethra from the bladder to the kidney. A kidney can also become infected when bacteria spread to the kidney from the bloodstream. The clinical name is pyelonephritis. This is called an upper urinary tract infection and is much more serious.



Female urinary tract



Male urinary tract

## WHAT CAUSES UTIs?

UTIs are caused by germs, bacteria that enter through the urethra and then move up into the bladder. Because a women's urethra is so much shorter than a man's, women are much more susceptible to urinary tract infections.

The bacterial strains that cause UTIs include:

- ***Escherichia (E.) coli***. Responsible for most urinary tract infections in women, especially in younger women. E. coli is generally a harmless microorganism that originates in the intestines. If introduced to the opening of the urethra, it may invade and colonize the bladder, causing an infection. The spread of E. coli to the urethra opening most commonly occurs when a female wipes themselves from back to front after urinating, or after sexual activity.
- ***Staphylococcus saprophyticus*** accounts for 5-15% of UTIs, mostly in younger women.
- ***Klebsiella*, *Enterococci*** bacteria, and ***Proteus mirabilis*** account for most of the remaining bacterial organisms that cause UTIs. They are usually found in urinary tract infections in older women.

### IT'S THIS SIMPLE

Basically, any activity that irritates the urethra, and or presents an opportunity for bacteria to come in contact with the urethra's opening, increases the chance of getting a urinary tract infection.

This can include the following:

- Being female (shorter urethra)
- Sexual activity
- Taking a bath
- Improper Hygiene
- Wearing tight clothing
- Catheterization
- Injury to the urethra
- Physical abnormality (enlarged prostate or narrowed urethra)
- Constipation (can physically distort, block, or impair complete elimination of all urine from the bladder) This has recently come to my attention as a major factor in the cause of UTIs for myself and other women I have talked to who must constantly take some kind of fiber and or bowel softener.
- Dehydration is also not recognized by enough women as a cause of this condition. We don't drink enough water!

Pregnancy itself does not necessarily increase the risk of getting a urinary tract infection, but can obviously lead to greater risk to mother and fetus.

When women reach menopause, the loss of estrogen thins the lining of the urinary tract, and this can increase susceptibility to bacterial infections.

UTIs are not contagious by themselves. They are localized infections in a particular area. Direct contact however, with areas that are bacterially infected can of course expose someone else to the risk of infection.