



Knowledge is  
your secret  
weapon to good  
health.

## CLEANSING/DETOX

### Urinary Conditions

*The urinary system consists of the kidneys, ureters, bladder and urethra. These organs work together to remove waste products from the body via urine, keeping body nutrients and water in balance. Potential problems of the urinary system include edema, urinary tract infections, interstitial cystitis, and kidney stones. These conditions can lead to symptoms of swelling, frequent urination, urgency/difficulty/burning while urinating, lower abdominal/back pain, cloudy and unpleasant smelling urine, pus/blood in the urine, absence of urine formation, and chills/fever.*

#### Contributing Factors

Immune system dysfunction, infection/overgrowth, diabetes, poor gut health (imbalance of bacteria, antibiotic use, constipation, food sensitivities), poor diet (excess caffeine, alcohol, artificial sweeteners, sugar, processed/refined foods, sodium), dehydration, toxins (heavy metals, pesticides, prescription drugs, smoking, chemicals), lifestyle factors (sexual intercourse, strenuous exercises, holding in urine, stress, improper wiping methods), hormone imbalance (low estrogen, pregnancy, birth control), structural irregularities

Kidney stones specifically (including the factors listed above): high acidity, hypercalciuria, malfunctioning of parathyroid gland, vitamin D toxicity, antacid use, magnesium deficiency, low fibre intake, diet high in oxalic acid, phosphorus, animal protein, fructose or purines

#### Lifestyle Recommendations

- Proper hydration is key to a healthy urinary system. 8-10 cups per day is recommended, more if you are very active, in hot weather, or drink caffeinated beverages.
- Focus on organic whole foods as much as possible! Ensure 25-35 grams of fibre is included in the diet. Avoid excess caffeine, refined/processed foods, sugars, salts, artificial sweeteners, trans fats and alcohol.
- Avoid calcium supplements that are poorly absorbed, including antacids, as they contribute to stone formation.

#### Product Recommendations

- Fight infection with anti-bacterials: Garlic, Silver, Goldenseal, Echinacea, Juniper
- Prevent bacteria from sticking to urinary tract: Cranberry, D-Mannose
- Support immune function: Probiotics, Vitamin D3, Plant Sterols, Beta Glucans, Medicinal Mushrooms
- Control inflammation: Omega Fats (high EPA, GLA), Turmeric, Quercetin
- Increase urine production with diuretics and cleanse the entire urinary system: Celery, Nettle, Uva Ursi, Dandelion, Parsley, Hydrangea, Horsetail, Cornsilk- You can get these herbs on their own or as part of a formula/cleanse. Only use these cleansing/diuretic type herbs if there are no kidney stones present.
- Kidney stone supports: Chanca Piedra, Hydrangea, Fibre, Magnesium, Vitamin K2 & D3, Betaine HCl, Inositol

**Book a free 15 minute consult with a GNN Product Advisor!**

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