

Support Your Body Systems for Better Health

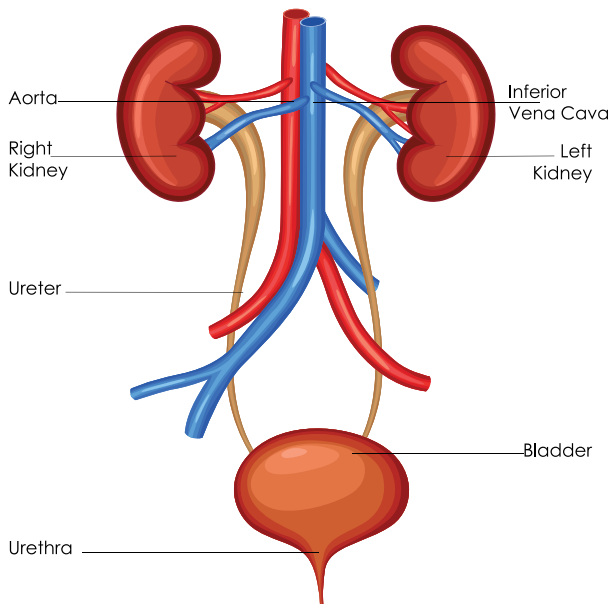
Urinary System



The System functions:

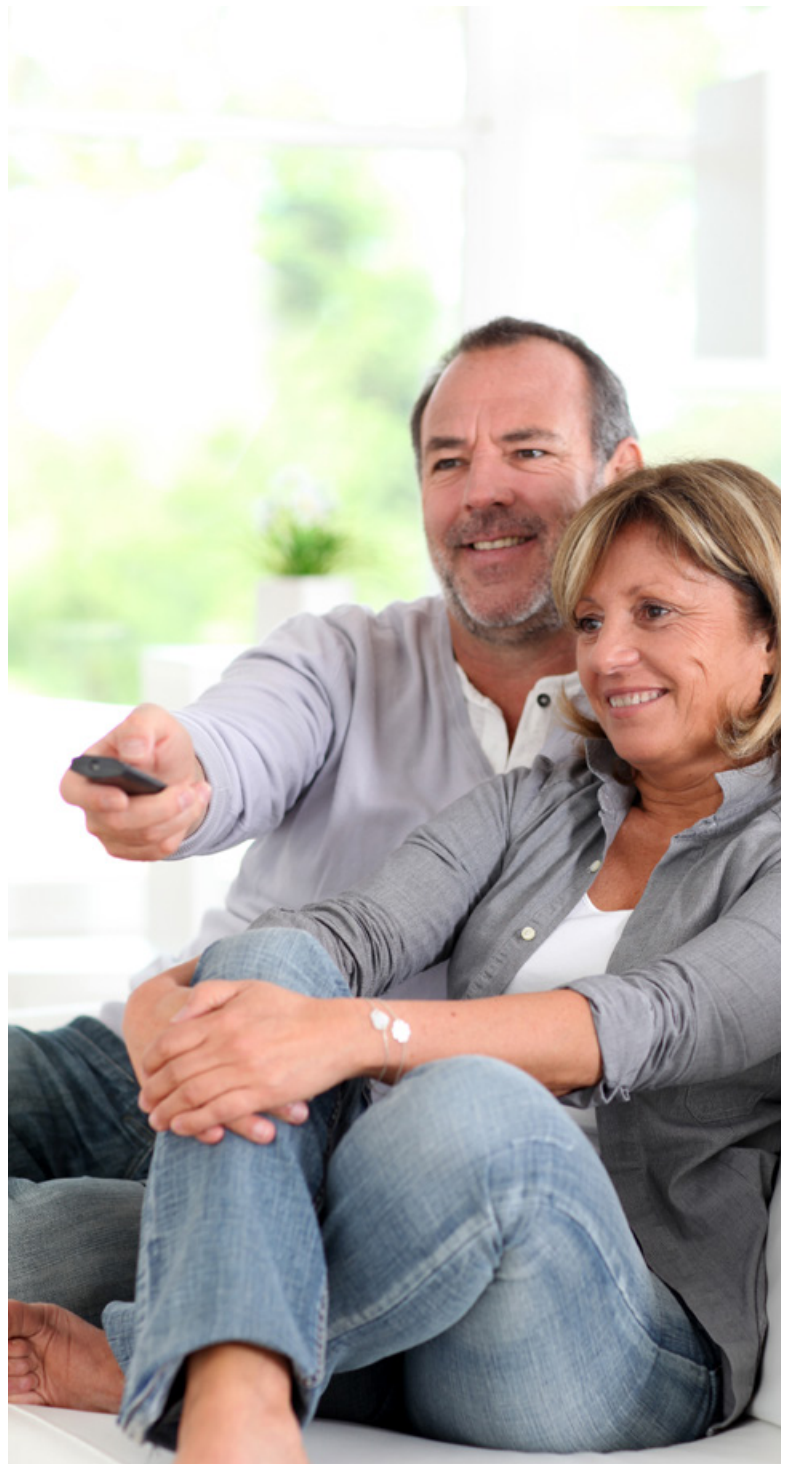
The urinary system is responsible for filtering and eliminating wastes from the body in addition to maintaining the homeostasis of water, ions, pH, blood pressure, calcium and red blood cells.

Urinary System at a Glance



Associated organs:

Kidneys, ureter, bladder and urethra





What you can do to support a healthy Urinary System:

Recommended Dietary Supplements: VitaCal-MagD™ K2, VitaDaily™, Vital C.™

Amazon Herb Supplements: Rainforest Treasure Tea, Enviro Defense.

Essential Vitamins & Minerals: Vitamin C.

Foods to Include:

Fruit	Vegetables	Protein/Dairy	Nuts & Seeds	Miscellaneous
Cranberries	Broccoli	Wild-Caught Fish	Quinoa	Garlic
Blueberries	Brussels Sprouts	Organic Pasture-Raised/Grass-Fed Chicken	Almonds	Turmeric
Blackberries	Spinach	Pasture-Raised Eggs	Cashews	Cocoa
Apples	Kale	Organic Yogurt	Brazil Nuts	Cinnamon
Grapes	Cabbage	Organic Sour Cream	Chia Seeds	Kombucha
Citrus Fruits	Cauliflower	Organic Cheese	Flaxseeds	Sauerkraut

Note: Be sure to do your best to shop organic, grass-fed, free-range, unprocessed and low sodium.





What you can do to support a healthy Urinary System (continued):

Daily morning cleanse: 8-12oz of lemon water

Foods you should avoid or limit:

Do your best to read the labels on packaged food. If the names are too hard to pronounce, they are likely chemical based ingredients and not very good for you.

- Processed and high-sodium foods such as cured ham, bacon, sausage and potato chips
- Foods that contain all-purpose flour such as pizza, bagels, pretzels, white bread, and flour tortillas
- Artificial sweeteners containing Sucralose such as yogurt, cereal, whole grain muffins and breads and microwave popcorn
- Beware of "reduced sugar" labels which are usually loaded with **artificial sweeteners** such as fruit juice, ketchup, jams, jelly, syrup, soda, sports drinks, ice cream and salad dressings. Below is a list of artificial sweeteners you should try to avoid:

- | | | | |
|------------------------|--------------|-----------------|----------------|
| ■ Aspartame | ■ Equal | ■ NutraSweet | ■ Sorbitol |
| ■ Acesulfame potassium | ■ Glucin | ■ Nutrinova | ■ Sucralose |
| ■ Alitame | ■ Kaltame | ■ Phenylalanine | ■ Twinsweet |
| ■ Cyclamate | ■ Mogrosides | ■ Saccharin | ■ Sweet 'N Low |
| ■ Dulcin | ■ Neotame | ■ Splenda | ■ Xylitol |

Recommended Activities:

Physical activity is essential for good health. New studies show even 15 minutes of elevated heart rate from activity has numerous benefits. Find activities you enjoy doing and aim for at least 15 minutes 4 to 5 times per week.

CARDIO: Biking, Hiking, Walking, Running, Swimming, Dancing, Zumba

STRENGTH: Weight Training, Resistance Training and Pilates

FLEXIBILITY: Yoga and Stretching





Additional Information:

Common Symptoms: Lower back pain, pelvic pain, urinary tract infections, trouble with urination, blood in urine and kidney infections.

Common Disorders:

- **Interstitial Cystitis** - Chronic pain in the bladder due to inflammation.
- **Kidney Disease** - Longstanding disease of the kidneys leading to renal failure.
- **Kidney Infection** - Inflammation of the kidney due to a bacterial infection.
- **Kidney Stones** - A small, hard deposit that forms in the kidneys and is often painful when passed.
- **Nephritis** - Inflammation of the kidneys caused by infections, toxins or autoimmune disorders.
- **Urinary Tract Infections (UTI)** - An infection in any part of the urinary system; kidneys, bladder or urethra.

