

# healthy Urinary Tract

YOUR INTEGRATIVE  
GUIDE TO A HEALTHY  
URINARY TRACT

DO YOU KNOW YOUR  
URINARY TRACT?

TIPS TO SUPPORT YOUR  
URINARY TRACT HEALTH

DIET TIPS TO TRY





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# Welcome

Welcome to your guide to maintaining and supporting urinary tract health. Irritation in the urinary tract can often mean uncomfortable symptoms and a trip to the doctor.



If you are experiencing the symptoms of recurrent cystitis, it is useful to know what steps you could take to help avoid that next episode. Taking some simple precautions could help you stay in the clear for longer.

Read on for some useful tips and hints to help you take a holistic approach in maintaining good urinary tract health.

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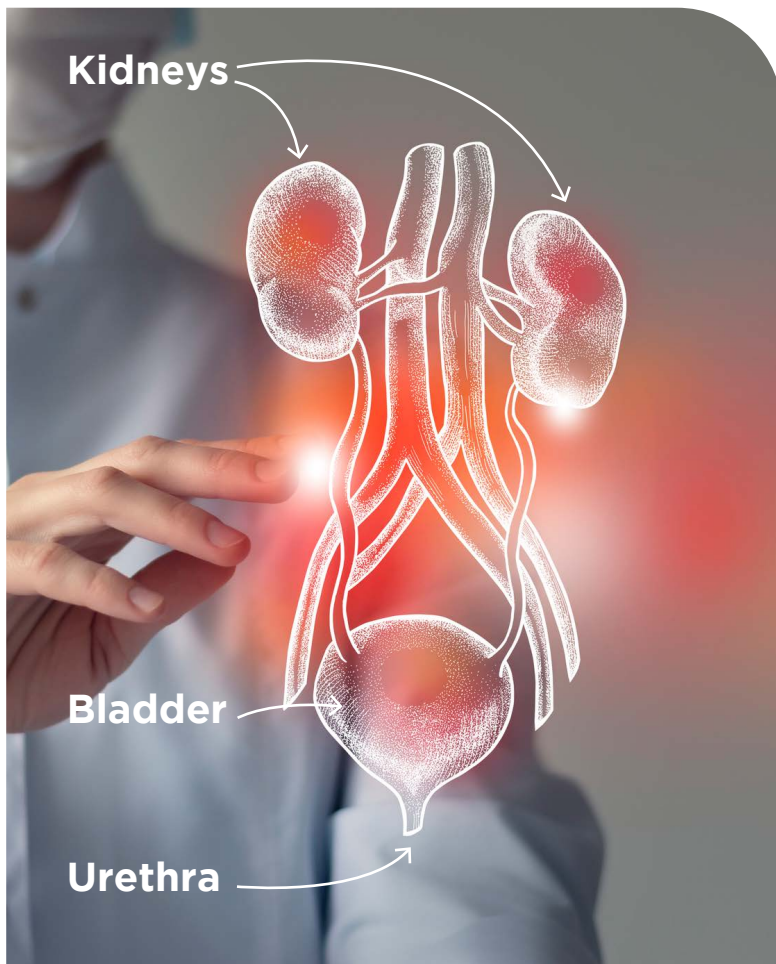
## How much do you know about your urinary tract?

The urinary system removes some waste from the body via urine. It filters urine from the kidneys through two tubes known as the ureters, which collect in the bladder and is then passed from the body through another tube, known as the urethra.

**Urinary tract infections (UTI)** can involve any part of the urinary tract, including the kidneys; however, most infections will involve the lower tract, more specifically the bladder, and infection in this area is known as cystitis.

**Cystitis**, the most common UTI, is mainly caused by bacteria called *E.coli*. It can occur when the bacteria enters your urinary system through the urethra and travels up to the bladder where it attaches to the urinary tract wall, multiplies and leads to often uncomfortable symptoms.

**Recurrent Cystitis** is classified as having 3 or more episodes per year, or 2 episodes in previous 6 months, and if left untreated may lead to a more serious condition.<sup>1,2,3</sup>



## Common symptoms of recurrent cystitis\*

- 1 Frequent need to urinate, even when bladder is not full
- 2 Pain or burning sensation on urination
- 3 Urine that appears cloudy or discoloured
- 4 Lower abdominal pain
- 5 Urinary incontinence



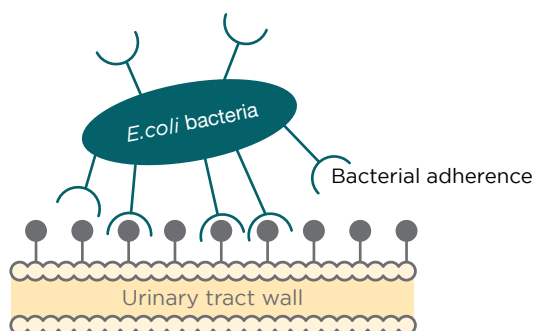
# Cranberries and Recurrent Cystitis

Cranberries have a rich history of use for urinary issues. A link to urinary health was first reported in medical literature in the early 1900's. A natural plant compound called proanthocyanidins, or 'PACs' for short, which is found in the American cranberry *Vaccinium macrocarpon*, has been shown to help support a healthy urinary tract. <sup>3</sup>

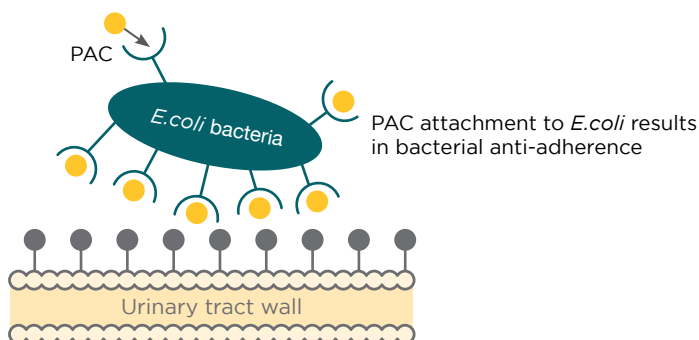
# Choose a cranberry packed with PACs.

There are many cranberry products – both juices and powders available in Australia. When it comes to cranberry, research has shown it's a minimum dose of 36 mg of PACs that is required to help reduce the incidence of recurrent cystitis.<sup>4</sup>

These PACs work by flushing out problematic *E. coli* bacteria in the urine.



*E.coli* attaches to the receptor site on the urinary tract wall.



Cranberry PACs and their metabolites block receptor site attachment, so *E.coli* is flushed out with urine flow.

Ellura is a concentrated cranberry juice powder designed to help maintain urinary tract health. Each capsule of fresh cranberry fruit powder and contains 36 mg of PACs.

Ellura has been used worldwide for many years and is well tolerated in all ages of women.

## How to take Ellura

### Adults and children over 12 years:

Take 1 capsule daily with water or as directed by your healthcare professional.  
Finish the pack of Ellura each episode.

**TIP:** Taking Ellura regularly can help reduce the frequency of medically diagnosed recurrent cystitis and assists with flushing the urinary tract.





## Who Suffers from Recurrent Cystitis

Recurrent cystitis is more common in women than men. This is mainly due to differences in anatomy i.e. women have a much shorter urethra which allows the bacteria to travel more easily to the bladder.



**20% - 30%**  
**OF WOMEN** SUFFERING  
FROM **CYSTITIS** WILL HAVE A  
**RECURRENCE**



# Risk factors for recurrent cystitis in women

## Younger women

- Frequent sexual intercourse
- Mother with history of recurrent cystitis
- Spermicide use

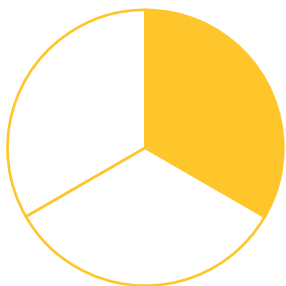
## Older women

- Post-menopausal life stage
- Urinary incontinence
- With prolapsed bladder due to vaginal wall weakening

## Post-menopausal women

Recurrent cystitis in this group is thought to be due to reduced oestrogen levels which can change the microflora in the vaginal area. This further promotes *E. coli* dominance and also contributes to the weakening of urinary tract tissue, hence increasing overall vulnerability to an episode.<sup>1</sup>

## Did you know? <sup>1,7,8</sup>



**ONE THIRD**  
OF WOMEN WILL GET  
**RECURRENT**  
**CYSTITIS**  
NEEDING TREATMENT  
BEFORE THE AGE OF 24



**50%**  
OF FEMALES  
AND **5%**  
OF MALES  
WILL GET RECURRENT  
CYSTITIS IN  
THEIR LIFE TIME



**RECURRENT** cystitis is defined as 3 or more episodes in one year



IN PEOPLE UNDER  
**50** MORE  
THAN **95%**  
OF RECURRENT  
CYSTITIS  
EPISODES  
ARE IN  
**WOMEN**



BUT IN THOSE AGED  
**65 & OVER**  
THE RATE OF  
INFECTION  
RISES TO  
APPROXIMATELY  
**40% MALE**

# Tips To Support Good Urinary Tract Health

## Lifestyle Tips

### Stay Hydrated.

- Drink at least eight glasses of water per day
- Don't hold it in - go to the bathroom as soon as you feel the urge and completely empty the bladder when urinating



### Practice good hygiene.

- Good hygiene and urination is important (for both sexual partners) before and after sex.
- Women should wipe from front to back (urethra to anus), and dry well after emptying the bladder.

### Clothing

- Opt for cotton underwear and stockings since natural fibres allow your body and skin to breathe
- Take a break from tight fitting underwear and clothing every once in a while



### Sensitivities

- Avoid any potential irritants that are vaginally inserted - this may include tampons or diaphragms with potentially irritating chemicals



## Diet tips to try

**A more alkaline (low acid) diet.** Try more vegetarian style recipes. Add a palate of colourful, fresh, and in-season salads and veggies to your usual go-to meals.



1

**Add some prebiotic and probiotic foods to your diet.** Natural yogurt, fermented vegetables, and miso soup are great sources for this.

2

3

**Avoid irritants like alcohol** and caffeine as these may irritate your digestive system and can dehydrate you

4

**Try incorporating greens** into your snacks, salads, and juices

5

### Drink up!

Aside from regularly drinking water here are some other liquids you can try

- Herbal teas, especially those containing marshmallow, buchu and nettle leaf.
- Consume fresh juices or shakes with vegetables such as celery, carrot, beetroot, lemon, and ginger.





# Recipes

SOME NUTRITIOUS  
RECIPES TO KEEP  
UP YOUR SLEEVE...

We've included some great bonus recipes by Judy Davie of **thefoodcoach.com.au**. A consummate foodie, Judy is passionate about inspiring people to improve their eating habits and teaching them that healthy food can taste great.

TRY THESE GREAT FRESH  
FRUIT AND VEGETABLE  
COMBINATIONS.

## Apple, Carrot, Celery, Ginger Juice

SERVES 2

GF WF DF V

### INGREDIENTS

2 Carrots  
2 Apples  
2 Stalks Celery  
2 cm piece of ginger  
Add water as needed

### METHOD

Put all ingredients into a juicer.  
Pour over ice and drink immediately  
for a refreshing start to the day.

## Classic green smoothie

SERVES 2

GF WF DF V

### INGREDIENTS

1 cup kale, washed  
2 stalks celery, trimmed  
1 small handful of mint leaves  
1/4 lemon, peeled  
1 green apple  
1 knob ginger, peeled  
3 cups filtered water

### METHOD

Place all ingredients in a high speed  
blender and blend until completely  
smooth.



# Green bean, egg and walnut salad

**SERVES 2**

GF WF DF V

## INGREDIENTS

1/3 cup raw walnuts halves  
 2 organic or free-range eggs  
 2 cups green beans, trimmed  
 8 cos lettuce leaves  
 3 tbs macadamia oil  
 1/2 tsp umeboshi vinegar  
 1 tbs apple cider vinegar  
 1 tsp dijon mustard  
 Cracked black pepper

## METHOD

1 tbs chives, chopped

Preheat the oven to 180°C.

Arrange the walnuts on a baking tray and place in the oven to roast for about 7 minutes.

Meanwhile, place the eggs in a small pan with cold water. Bring the water to the boil and cook for 4 minutes. Rinse the eggs in cold water and peel.

Steam the green beans for 4 minutes. Plunge in cold water to retain their vibrant colour then pat dry.

Arrange the lettuce leaves on a plate and add the green beans.

Mix the oil, vinegars, mustard and pepper together and drizzle over the greens.

Halve the eggs and arrange over the greens. Serve with the walnuts and chives sprinkled over the top.

# Miso and Tofu Soup

SERVES 2 - 3

GF WF DF V

## INGREDIENTS

1 litre filtered water  
 1 strip wakame, rinsed  
 1 tbs miso paste  
 100 g shitake mushrooms, sliced  
 1 carrot, cut into straws  
 300 g hard tofu, cut into cubes  
 1 cup baby bok choy, washed and roughly chopped  
 1/2 sheet nori, cut into small squares

## METHOD

Add the water to a pan with a strip of wakame and slowly bring the water to the boil.

Remove the wakame and discard.

Spoon about 4 tbs water from the pan and mix it into the miso paste to make a smooth liquid.

Add the shitake mushrooms, carrot and tofu and heat gently for 5 minutes.

Stir through the miso paste and add the bok choy. Heat just enough to wilt the bok choy without the soup boiling. Sprinkle the nori over the top and serve in bowls.

**TIP:** Miso is a fermented paste with a live culture that provides the body with good bacteria for the digestive system – but never boil miso for more than 2 minutes or you will kill the bacteria.

# Red cabbage and fennel coleslaw

SERVES 2

GF WF DF V

## INGREDIENTS

1 cup red cabbage, finely shredded  
1 small fennel, finely shaved  
3 tbs olive oil  
1 tsp umeboshi vinegar  
1 tbs apple cider vinegar  
1 tsp Dijon mustard

## METHOD

Toss the cabbage, and fennel together in a bowl.

Combine the olive oil, umeboshi vinegar, apple cider vinegar and mustard and mix thoroughly through the vegetables.

## VARIATION

If umeboshi vinegar is not available use lemon juice, or brown rice vinegar and salt instead.

## ADD SOME PROTEIN WITH

hummus and brown rice, canned sardines, cooked chickpeas, or a sprinkling of pumpkin seeds.





# References

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# Fed up of recurring cystitis?

Containing the recommended dose of 36 mg bioactive proanthocyanidins (PACs), Ellura has been clinically researched to help:

- Aid flushing of the urinary tract
- Reduce the occurrence of medically diagnosed cystitis
- Support urinary tract health

**Ask your health practitioner about Flordis Ellura for a different way to maintain urinary tract and bladder health.**



**LEARN MORE**

Available now at your local pharmacy or online at [www.flordis.com.au/products/](http://www.flordis.com.au/products/)

ALWAYS READ THE LABEL AND FOLLOW DIRECTIONS FOR USE