With extensive retention of urine, a putrefying phase may develop in which germs and microbes begin to multiply in the urinary tract, leading to problems. In general, women are more prone to this problem than men. The health of the bladder is usually benefited by the ingestion of a proper amount of liquids to flush out the system. While some individuals may be under a restricted liquid intake because of doctor’s orders, the average person should ingest six to eight cups a day of nutritious liquids. This quota can be met with water, juices, soup, herbal tea, and so forth. People should limit large amounts of coffee, regular tea, alcoholic beverages, and sodas (especially those containing phosphoric acid, which can wear down bones).

Which nutrients are advised for the bladder? A good once-daily multivitamin benefits the entire system, including the bladder. Cranberry juice has been found very useful. It should be taken preferably in a form not loaded with sugar. Some people even make a soup with cranberries as the base. Apparently, cranberry juice has the ability to prevent microbes and germs from adhering to the urinary tract, thus reducing the risk of infection. Some people also find that garlic, either in food or in supplement form, may be beneficial for urinary tract problems. Vitamin C, preferably in its nonbuffered form, is important. The dose should be regulated according to whether the person has a very sensitive stomach. The dose is about 500 milligrams (mg.) two or three times a day. Along with vitamin C, bioflavonoids have been found to be helpful; they may be taken at a dose of 1,000 mg. daily. (Editor’s note: Readers should consult their physicians before taking nutritional supplements.)

Another important nutrient is acidophilus, best taken three times a day. If the person is taking antibiotics, acidophilus should be taken an hour before or after taking the antibiotics.

If infection is suspected (for example, pain on urination or overly frequent urination) or if the urine is not clear, a medical consultation is recommended. As with so many other wonderful systems in the body, a healthy urinary tract can benefit us in many ways, such as promoting better sleep patterns and often preventing irritability.

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Bedwetting: An Overview of Treatment Options

By Howard J. Bennett, M.D.

Five to seven million children in the United States wet their beds. Although bedwetting is rarely a result of a serious medical disorder, it is difficult to live with. In most cases, a child wets the bed because of a combination of being a deep sleeper and having a small bladder. Here are some important pointers to keep in mind:

- Children do not wet the bed on purpose, and punishing a child for being wet does not work.
- Since children do not talk about bedwetting outside the family, most of them think that they are the only ones who have the problem. A good way to reassure children is to let them know how many kids wet the bed at school. In an elementary school of 500 children, 50 are wet at night. In a middle school of 1,000 children, 31 are wet at night.
- Children are more likely to overcome their wetting if they are

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