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Facharzt Gynäkologie und
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Treat acute bladder infections with nasturtiums without antibiotics

Nasturtium: The most important things at a glance

Nasturtium (*Tropaeolum majus*) is native to Peru. It reached Europe in the 17th century and quickly conquered a place in the gardens as a spice and ornamental plant. The flowers and leaves are edible and are used in the kitchen, for example as decoration in salads.

Due to the abundant mustard oil glycosides, capuchin cresses are also highly valued as a medicinal plant.

The plants have a strong **antibacterial and antifungal effectiveness**.

The leaves of nasturtium are therefore processed into medicines.

Particularly effective is a combined preparation with horseradish, which is used for cystitis and



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respiratory diseases. Presumably, it also has an antiviral effect.

It therefore helps with various ailments such as inflammation of the urinary tract, bronchitis, runny nose and sinusitis. When used externally, the circulation-promoting effect of mustard oils is used for bruises and sports injuries.

Products and home remedies

Popular is the fresh medicinal plant including fresh plant juice. Higher doses and thus more effective are herbal preparations from the pharmacy.

Nasturtium is well tolerated, but still has few side effects to be considered (do not use for stomach and intestinal ulcers or kidney diseases, allergic reactions are possible).

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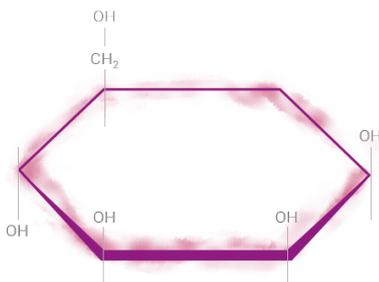


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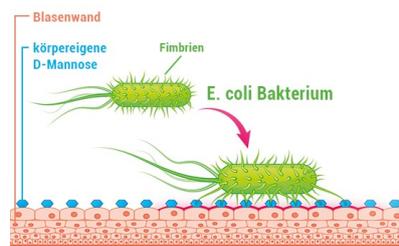
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Treat and prevent cystitis naturally with D-Mannose

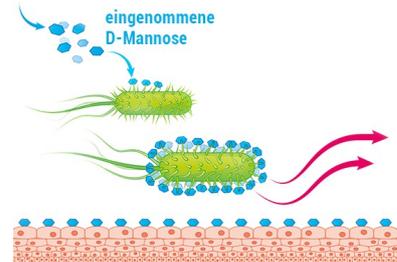
What is D-Mannose?



D-mannose is a monosaccharide, i.e. a simple sugar obtained from glucose and used to treat cystitis. By means of a fermentation process, the active ingredient is extracted from non-genetically modified maize. The human body already produces D-mannose itself in small quantities – as a result, the active ingredient is not foreign to the body and is generally well tolerated. In higher doses, D-mannose prevents E.coli bacteria from settling on the mucous membranes, causing inflammation.



When E.coli bacteria reach the bladder, they attach themselves there with their so-called fimbria to the body's own D-mannose receptors and trigger an infection – the classic burning during urination, as well as the frequent urge to urinate then make themselves felt.



If D-mannose is now taken orally, it is hardly metabolized in the gastrointestinal tract, so a larger amount of D-mannose ultimately enters the bladder. Here, the D-mannose molecules attach themselves to the fimbriae of the bacteria. The consequence: The fimbria are occupied and the bacteria can no longer attach themselves to the bladder mucosa – the bacteria are therefore inactive. They are then simply excreted in the urine.

Does D-mannose have side effects?

D-mannose has no proven side effects. The simple sugar is used in low amounts already produced by the human body, so it is an endogenous substance. This makes D-mannose as an active ingredient against cystitis so well tolerated.



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Treat acute bladder infections with bearberry leaves without antibiotics

If the bladder is inflamed:

Cystinol® is the herbal medicine for the acute treatment of mild, also recurrent urinary tract infections.

It is the highest-dose standardized preparation from bearberry leaves in Switzerland. This is advantageous because the daily intake of 3 x 2 tablets achieves the recommended daily dose of the active ingredient arbutin (420 mg) and thus an antibacterial effect can be achieved.

Most often it is women who are affected by an inflamed bladder, often even several times a year. Cystinol® can also be used several times a year as an acute therapy for cystitis, but a maximum of 7 days per disease.



Application

Cystinol® is traditionally used by women to treat discomfort with mild, even recurrent, lower urinary tract infections.

In order to achieve an antibacterial effect, you should adhere to the necessary daily dosage of 3 x 2 tablets (2 tablets after each main meal).

If the daily dosage is adhered to, an amount of arbutin of 420 mg is achieved.

Cystinol® can be taken for up to 7 days. If the symptoms persist for more than 4 days or worsen during use, you should definitely consult a doctor.

Effect

After taking cystinol® tablets, the main active ingredient arbutin is rapidly absorbed by the organism, metabolized and then released into the urine.

Once in the bladder, the metabolic products of arbutin (cystinol®) are absorbed by the inflammation-causing bacteria. This produces the antibacterial effect necessary for acute therapy.

In addition, the other ingredients of cystinol® have an anti-inflammatory effect and reduce the adhesion of the bacteria to the bladder mucosa. After the effect, the bacteria are excreted in the urine.





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Another cystitis

Arm the immune system against recurrent cystitis.

If the immune system is strong, bacteria have little chance of nesting in the urinary tract.

A preventive medicine that I recommend to you is the prescription Uro-Vaxom.

Studies have confirmed the effectiveness in prevention.

On average, patients suffered nearly 40 percent fewer recurrences of urinary tract infections over a period of six to twelve months.

In addition, patients also benefited from the effects of taking Uro Vaxom: Significantly fewer urinary tract infections even after discontinuation of Uro Vaxom, and if there was a breakthrough infection, the treatment time was shorter.



Photo: Carlo107 - iStockphoto.com

Uro Vaxom was well tolerated.

Inhibition of bacterial adhesion (that the bacteria can attach to the mucous membranes of the bladder).

It makes it so uncomfortable for the bacteria: Certain preparations aim to prevent the attachment of the bacteria to the bladder wall or the urinary tract.

Cranberries and Mannitol both pursue this principle of action.

Cranberry juice has long been used in folk medicine for urinary tract infections.

It's worth trying with cranberry extracts.

Taking mannose per day is as effective as a therapy with an antibiotic – with fewer side effects.

according to www.ptaheute.de

Basic immunization with Urovaxom 90 tablets:

1x1/day for 3 months

30 tablets per year:

1x1/day for 10 days followed by 20 days break