- You're uncomfortable.
- You’re in pain.
- And, you’re searching for a way to eliminate your UTI discomfort…NOW!

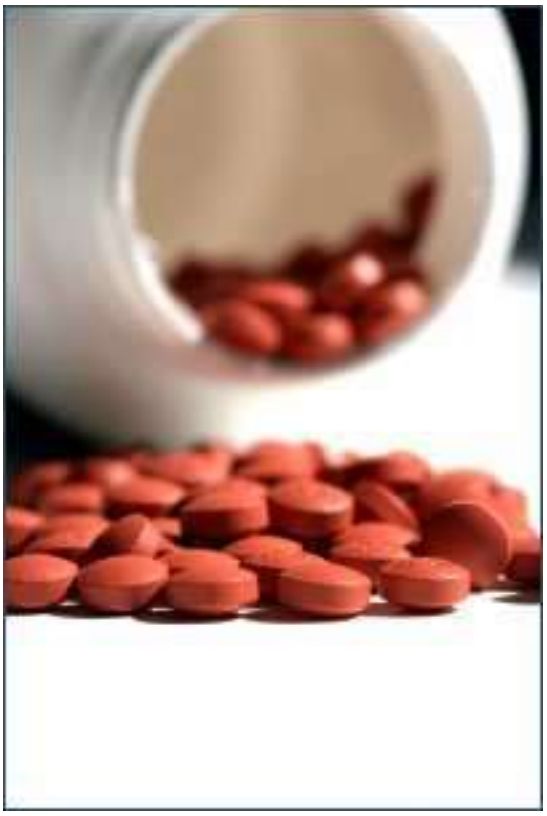
To start on the path to feeling better, begin following your step-by-step plan to relieve your pain and symptoms in just 12 hours or less. Most of the remedies below will help relieve the pain and burning you experience upon urination. A number of the remedies will also work to flush the bacteria out of your body and completely eliminate your infection. All of the remedies provided below have been tried and tested successfully by individuals suffering with Urinary Tract Infections.

Follow the hour-by-hour guidelines to achieve the maximum benefits.

HOUR ONE

1. Begin your 12-hour journey to health by taking two (2) cranberry tablets with one 8-ounce glass of water. In most cases, you should be able to find a bottle of cranberry tablets at your local grocery or health food store for less than $10.

2. Wait 30 minutes. Then, mix 1 Tsp. baking soda with 8-ounces of water and drink.



Why This Works: The cranberry tablets are acidic and create a hostile urinary environment for the bacteria and helps to flush the bacteria from your system. On the other hand, the baking soda acts to neutralize the acids that contribute to the burning sensation you feel upon urinating.

Note: Do not take the baking soda with cranberry juice, use water instead. Baking soda and cranberry will actually neutralize each other.

HOUR TWO

1. Boil 1 cup of water
   or celery
2. Add 1 Tsp. parsley (can be fresh or dried leaves)
3. Allow mixture to steep for 10 minutes
4. Strain parsley from water. Then, drink.

Why This Works: Parsley is not just a favorite garnish, it also provides the urinary system with *apiol*—a volatile oil that acts as a urinary tract antiseptic. You should notice relief from the discomfort and pain you feel in your bladder for several hours. This remedy should start working within 20 minutes.

HOUR THREE

1. Drink 1 glass of unsweetened cranberry juice

2. Take a two capsules of acidophilus with bifidus. These capsules can be found at most local grocery stores, too; at a cost of between $8-20 per bottle.

Why This Works: As we have seen, the unsweetened cranberry juice helps flush your system and acidify your urine to help kill bacteria. The acidophilus and bifidus helps restore a normal pH balance in the system by helping regenerate the "good" bacteria that populates and defends your digestive and urinary tracts.

HOUR FOUR

You are one-third of the way through your 12-hour treatment. How are you feeling? This next detoxifying flush will greatly aid you in your quest to be free of UTI pain and discomfort.

Begin by drinking 1 8-ounce glass of water mixed with a packet of Alka-Seltzer.

Then, combine the ingredients below in a large container to create a detoxifying flush.

- ¼ cup potato peelings
- ¼ cup carrot peelings
- 1/3 cup chopped beets
- ¼ cup chopped onion
- ¼ cup chopped spinach
- ¼ cup parsley
- 2 hot peppers
- 1 gallon water.

Simmer on low for 2 hours. Then, strain vegetables and drink the broth. You will likely be unable to drink the entire gallon in one hour, and that's perfectly fine. Drink as much as you feel able, and continue sipping the broth for the remainder of the day.

Why This Works: The Alka-Seltzer helps relieve pain and burning and helps maintain the pH of the urinary system. The detoxifying broth will help offset any imbalance in your pH and help flush out your infection. In addition, many of the vegetables are high in vitamin C. Also known as ascorbic acid, vitamin C both makes urine more acidic and therefore more hostile to bacteria and it also strengthens the immune system which will help you fight your UTI more effectively.

HOUR FIVE

1. Combine 1 Tbs. apple cider vinegar with one 8-ounce glass of warm water.
2. Stir well. Then, drink.
3. Wait 30 minutes and take 2 cranberry tablets.

Why This Works: In addition to the affect of the cranberry tablets, the apple cider vinegar is rich in enzymes and potassium, as well as many other trace minerals. In addition, apple cider vinegar is a natural antibiotic and will help attack the "bad" bacteria of the infection. The combination will help flush bacteria from the body. You can repeat up to three times per day to help prevent future infections as well.

HOUR SIX

You should be proud of yourself—you're half way through your 12-hour program. Renewed health and diminished pain is just around the corner!

1. Combine 1 Tsp. olive oil with 1 Tsp. pure garlic juice
2. Mix with 1 glass warm water and drink

Why This Works: Pure garlic juice helps kill the bacteria that cause Urinary Tract Infections. Garlic itself is often considered the "heavy weight" of all herbal remedies because it has such inherently strong antibacterial properties.

HOUR SEVEN

If the garlic juice was a little difficult for you to swallow, be thankful. In Hour Seven you simply need to drink a cup of juice.

1. Drink 1 8-ounce glass of unsweetened cranberry juice

Why This Works: As we have seen, cranberry tablets keep bacteria from clinging to the walls of the urinary tract (flushing out "bad bacteria") and, because of its high vitamin C levels, cranberry acidifies the urine. Cranberries also help to deodorize urine.

HOUR EIGHT

If you were missing the taste of apple cider vinegar, it's your lucky hour.

1. Combine 1 Tbs. apple cider vinegar with 1 8-ounce glass of warm water
2. Drink.

HOUR NINE

1. Mix 1 Tsp. baking soda with 8 ounces of water
2. Drink.

Why This Works: Remember, baking soda helps alleviate residual pain and burning upon urinating.

HOUR TEN

You are in the home stretch to finding success against your UTI. The end is near!

1. Combine 1 Tsp. olive oil with 1 Tsp. pure garlic juice
2. Mix with 1 8-ounce glass of warm water and drink

HOUR ELEVEN

To begin your eleventh hour, simply pour yourself a tall glass of unsweetened cranberry juice.

1. Drink 1 8-ounce glass of unsweetened cranberry juice

HOUR TWELVE

In your final hour, congratulate yourself for following the step-by-step program to the end and conclude with the following steps.

2. Take 1 8-ounce glass of water with 1 packet Alka-Seltzer

3. Drink another bowl of detoxifying flush remedy (see Hour Four)

HOORAY!

If you completed all of these steps, you should notice a significant reduction in your pain and discomfort in just these 12 short hours or less.

If you are serious about preventing UTI in the future, there are a number of additional steps that you should consider taking to improve your chances of remaining UTI-free for life. Specifically, these steps ask you to pay special attention to the foods you eat and the supplements you take as well as to maintaining good hygiene.

Establishing a healthy, strong, and clean body with an equally sturdy immune system is one key to preventing any further UTIs!

Ingredients for the broth:

- 2 bowls Potassium broth- 3.75 litres water , ¼ cup potato peelings, ¼ cup carrot peelings, 1/3 cup chopped beets, ¼ cup chopped onion , ¼ cup chopped spinach, ¼ cup parsley, 2 hot peppers

Shopping list

- 4 cranberry tablets
- 16 oz water
- 1 tsp parsley
- 2 caps acidophilus with Bifidus
- 16 oz water
- 8 oz warm water
- 2 tsp garlic juice
- 2 tsp baking soda
- 1 cup boiled water
- 3 glasses unsweetened cranberry juice
- 2 pkt Alka-Seltzer
- 1 Tbsp apple cider vinegar
- 2 tsp olive oil
- 2 glasses warm water