Urinary Tract Infection: How To Heal It Yourself Through Homeopathy
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According to Dr. Mercola, “UTIs are the most common infectious disease in women: One-third of women in the United States are diagnosed with at least one UTI that requires medical treatment before the age of 24.”

Yikes. This would indicate one of two unfortunate scenarios. Either you’ve had at least one UTI or you will.

But, who says you can’t be prepared? If you’d like to help yourself and your loved ones overcome these nasty infections, check out the following homeopathic remedies. These have been used repeatedly to successfully relieve UTIs without any side effects.

When administering any of the following remedies, remember these helpful and important tips:

- **1 dose** is equivalent to **4 pills/pellets**. Of course, if you take 5 or 6 at once, that won’t cause a problem. What we want from the pills is a response to the stimulus. One match will light a fire just as well as three.

- **Pain and urgency are the indicators** of **how often** you should administer a remedy, as well the potency that is necessary. Stop administering when there’s significant improvement. However, if there’s no improvement after 4-6 doses, then discontinue administering that remedy and re-evaluate the symptoms. This will give you a breather to re-assess and find the next remedy.

- **Frequency** is as important as your remedy choice. Too infrequently, and the remedy will not have an opportunity to stimulate a proper response. Too frequently, and the response may be over stimulated. So, the best template is to administer the remedy every 2 hours, using the body’s best indicators: **symptoms**. The more painful, urgent, or prominent the symptoms, the more frequent the administration of the remedy. This also means that when the pathology is more serious, a dose may be given more frequently. This protocol can be followed for as long as needed, even for days. Sometimes the response is
within hours or a day, while other times it can take many days to experience complete resolution. In any case, improvement means that the correct remedy has been chosen. What is improvement? When you experience less pain, for example, that is a call for notice. If, when the pain occurs, it isn’t as long lasting, then that is also an important sign indicating movement towards wellness. And if you notice that there’s a larger space between each episode of pain, that too, will let you know that you’ve chosen well.

Here are 12 reliable go-to remedies for UTI

**Aconitum 30** When I teach this remedy, I call it “quick shock”. That’s because it’s a useful remedy for when the body experiences a shock which has come on quickly. Think of a hot day of swimming in warm water and then hopping into a cold, air conditioned car while still wet. If a urinary tract infection ensues, you might immediately think of this remedy. A fright, such as after an accident, can also be a call for Aconitum. Burning before urination, as well as a sense of pressure in the bladder, ought to point you to this choice, too.

**Apis 30** During a UTI, the urine can be white, thick, and milky and have coffee bean-like sediment. It may also be dark and bloody. Such urine is scanty, hot, and burning and it may be accompanied by an offensive odor. The kind of pain experienced by someone who needs Apis is like a bee sting: stinging, hot, burning, and perhaps accompanied by a swelling sensation.

**Arnica montana 30** This is the quintessential remedy for injuries, such as from child birthing. Women who contract cystitis after the birth of a baby are often aided with a few doses of this miracle remedy. One remarkable characteristic for the need of Arnica is an inability to empty the bladder, usually due to injury to the perineum. There may some dribbling of urine as well.

**Berberis 30** When there are burning pains in the urethra which are made better with urination, try this remedy. During urination, there may be pain in the loins and thighs. The urine may have thick mucus or have bright red, mealy sediment; it may also be pale yellow. After urination, there is the feeling that urine remains. The kidneys might feel sore, bubbling, and burning, while a cutting and burning pain is felt in the bladder. There may also be sticking, cutting, and violent pains, which travel from the kidneys into the bladder and urethra.
**Cantharis 30** For those who have a strong sense of urgency, yet very little is voided upon reaching the bathroom, look to *Cantharis*. The sufferer may be compelled to rush to the toilet and may even lose urine on the way. Sometimes there’s a sense of frenzied desperation that accompanies the infection and the pain may make this symptom worse. Oddly, the woman may find herself interested in sexual activity during the infection.

**Equisetum 30** *Equisetum* represents a bladder which always feels full and has severe, dull pain. Despite the fact that the woman always feels that she must urinate, urination might result in only a few drops; there may be severe, burning pain in the urethra during urination. This pain might worsen at the close of urination, when she feels a sudden urge to urinate again. Additionally, there may be much mucus in the urine.

**Nux vomica 30** Try this one when the UTI comes as a result of overindulgence of stimulating foods such as alcohol, coffee, or foods that are of poor quality. It’s also useful for those who live a fast paced life or experience anxiety or frustration when ambition is impeded. Most importantly, *Nux vomica* is a remedy for abuse of drugs, whether they are over- the- counter, street, or prescribed. Over indulgence in alcohol can also set up a state that would require this remedy. People who need *Nux vomica* are often irritable and wake in the night about 3 or 4 AM. Sometimes a concomitant symptom is the need to have a bowel movement at the same time as the urine urgency. Chills often accompany the infection and the urgency can be rather extreme.

**Pulsatilla 30** This is the remedy of choice if the woman has urine leaking on coughing, laughing, or sneezing. She’s often a soft, round, and feminine-type who gets a bit weepy when she gets these infections. Nausea and other gastrointestinal issues may also be present, particularly from eating ice cream or other rich, creamy foods. Urination may smart, but it’s nowhere near as painful as the picture presented by the other remedies.

**Sarsaparilla 30** A UTI requiring *Sarsaparilla* has pain that is most concentrated at the end of urination. The urine flows in dribbles and sometimes the woman is unable to complete the void unless standing. This remedy is useful for when the pain is burning, but pain may not be the most pressing symptom.

**Staphysagria 30** Here’s a remedy most chosen for women who frequently get cystitis after sexual activity. It represents the common ailment called “honeymoon cystitis”. This remedy also has a reputation for
aiding women who suffer UTIs after being abused, either physically or emotionally, or after a recent embarrassment. So common is *Staphysagria* in this malady that it ought to be considered if no other remedy seems to fit the “picture” of the symptoms.

**Nat phos 6x** For any urinary problems, this little gem of a remedy can be used in conjunction with any of the above listed remedies. Simply alternate between this and your other remedy of choice. Remember, *Nat phos* is indicated whenever there is an acidic and alkaline imbalance. There is an urging to urinate, yet the woman must wait for the urine to flow. Watch for symptoms such as burning pain and albuminous urine; these signs are made worse after lovemaking and in the evening. She may have weakness, nervous weakness, the urge to urinate, and burning.

**Ferr phos 6x** Have this little cell salt on hand for any inflammatory state, especially where there is throbbing. Consider this when the UTI is accompanied by a fever. She may be nervous, anemic, and sensitive. This cell salt remedy, along with *Nat phos* 6x, can be used in alternation with any of the above listed remedies.

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