Homeopathy Is…

Capable of addressing acute urinary tract infections. This can be accomplished with self care, but professional help should be sought if this is a repeated occurrence. Whether you work with a professional homeopath or on your own, there are some simple measures that can potentially keep an infection from blossoming.

1. Upon the first sign of a UTI, begin drinking cranberry slush. Canned or jarred cranberries are pasteurized so that the live enzymes are cooked away. They'll still help, but there's more power in making a drink with frozen cranberries, raw (unheated) honey to taste and a whole orange including the skin. When all three are thrown into the food processor, they make a slush that is drinkable when water is added. Drinking this liberally can, for many people, halt an upcoming infection.
2. Begin taking *Nat phos* 6x every few hours or so for a few days. This, too, has the ability to abort an infection in the urinary tract, if it is still a mild one.

Now it's time to use homeopathy in an individual way. This is where homeopathy really shines since it treats the person, not the illness. Look at each of these remedies for the sake of interest; however, it would be wise to contact a professional for times when the symptoms below begin to present:

Terebinthina is the remedy of choice when the urine is dark, concentrated looking and there is burning with frequent urging, but not much volume. This is a more common occurrence after suffering a recent acute illness. When there is mucus like discharge coupled with gravelly urine and much irritation, *Bucha* is the remedy to consider. *Thlaspi bursa* is also characterized by urine that is gravelly and a desire to void too often in relation to the small amount that is

presented. The person who needs *Triticum* has to void almost continuously and there may be loss of urine.

Each of these remedies offers a support that can be outstanding and even if your course of action is to take antibiotics, these remedies will not interfere. Homeopathy is a method of resolve that looks to the future. Its goal is to uproot illness, not cover it up.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquires and to seek the advice of a licensed healthcare provider.