

Understanding Urinary tract infection



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data

About Urinary Tract Infection

A Urinary Tract Infection (UTI) is an infection in any part of your urinary system, which includes your kidneys, ureters, bladder, and urethra. Most infections involve the lower urinary tract — the bladder and the urethra.

Home Remedies

- **Hydrate**
- **Vitamin c**
- **Garlic**
- **Probiotics**
- Cranberry juice

Do's and Don'ts

Do's:

- DO drink a lot of water, even if you're not thirsty. This will help flush out the bacteria.
- **DO eat blueberries. They may have the same effect as cranberries, which is keeping bacteria from sticking to the lining of your urinary tract.**
- **DO eat probiotics — plain Greek yogurt and fermented food such as sauerkraut and pickles. They contain “good” bacteria that can help keep the bad bacteria at bay.**

Don'ts:

- **DON'T drink coffee, alcohol or caffeine until the infection is gone. These drinks can irritate your bladder.**
- **DON'T eat spicy food. It could irritate your bladder.**

Dietary Recommendations

Breakfast (8:00- 8:30AM)	1 cup <u>milk</u> (no <u>sugar</u>) + 1 moong dal cheela with stuffed <u>paneer</u>
Mid-Meal (11:00- 11:30AM)	1 cup coconut water
Lunch (2:00- 2:30PM)	1 cup chana dal + 1 cup bhindi + 2 chapatti + 1 cup curd + salad
Evening (4:00- 4:30PM)	1 cup pomegranate juice
Dinner (8:00- 8:30PM)	1 cup beans and peas vegetable + 2 chapatti + 1/2 cup curd