

For urinary tract infections (UTIs), here are some home food remedies:

1. Drink plenty of fluids. Dehydration is linked to an increased risk of UTIs. Regular urination can help flush bacteria from the urinary tract to prevent infection.
2. Vitamin C(in various food and fruits) It can make your urine more acidic, which prevents bacteria from growing.
3. Cranberry juice and cranberry. They can help prevent bacteria from sticking to the walls of your urinary tract
4. Probiotics. They can help keep your urinary tract healthy and free from harmful bacteria. Yogurt, Kefir, Sauerkraut, Kimchi, Pickles, Olives, Pickled beets and cucumber or onions
5. Healthy hygiene (very important). choosing showers over baths can help prevent UTIs( keep the penis clean, if you are not circumcised).
6. Consuming garlic. Garlic has antimicrobial properties.
7. D-mannose. It's a type of sugar that's related to glucose and can prevent certain types of bacteria from sticking to the walls of the urinary tract you can find it in Cranberries, Oranges, Apples, Peaches, Blueberries, Mangos, Gooseberries, Black or Red currants, Tomatoes ,cayenne pepper, soybeans, kidney beans, and lima beans.