

UTI - If Bacteria causing it will
= produce alkaline urine

=> Bacterial UTI.

look for WBC + bacteria in urine

Normal urine pH slightly acidic
@ 6 - 7.5

normal range is 4.5 - 8

=> If alkaline urine = Bacterial Inf

Pro Strains : Beneficial

L. Acidophilus.

L. Reuteri

Bif. Breve + E-Coli inhibition

B. Longum

pro 2-30
↓
also iron-binding
chelator.

Siderocalin protein - key immune
protein that limits bacterial
growth

Conventional medicine suggest acidic
urine restricts growth But study
shows -

Aromatic compounds - produced by gut
microbes
restrict bacterial
growth

maybe iron-binding to deprive bacteria
of iron.

Foods. Anti-ox.

cranb, blueb, oranges, dark choc.
probiotic yogurt, tam, broccoli
spinach

iron rich diet. !!

she has low iron !!

Biocentre caes Ultra Biotic Urinary

D-Mannose Powder (550mg)
Pro 8-50

Care.

Meds

Betmiga - Bladder muscle relaxant

(methanamine Hippurate) Hiprex - Acidify urine → maintain low pH.

maltofer - Iron supp (100mg equiv)

Inner Health candida SB (LGG, L Acid, SB)

142

- 132