



## **Bladder & Prostate Irritants**

- Alcohol
- Caffeine (including chocolate & OTC meds)
- Acidic fruits and fruit juices (orange, grapefruit, lemon, lime, mango, pineapple, cranberry)
- Carbonation
- Tomatoes
- Spices
- Milk products
- Sugars in all its glorious forms
- Artificial sweeteners
- Nicotine

### **Do the Following:**

- Drink plenty of fluids.
- Take Vitamin C (unless you have Interstitial Cystitis or Urethral Syndrome).
- Reduce stress.
- Avoid constipation.
- Get plenty of aerobic exercise and proper sleep.

### **To Prevent Recurrent/Chronic UTI Also:**

- Take cranberry (unless you have IC or take erythromycin) or D-Mannose, a simple sugar that prevents UTI's better than cranberry (available as UTI-Slip through [wellnesspartners.com](http://wellnesspartners.com)).
- For women: Change pads frequently and wipe front to back. Don't use the contraceptive diaphragm. Use lactobacilli vaginal suppositories (now available in drug stores and grocery stores).