BLADDER SUPPORT

Dr. Christopher's Herbal Support for a Healthy Urinary Tract!

Your urinary tract works around the clock — kidneys filtering waste from the blood, the bladder storing it, and a network of muscles and tissues managing when and how it's released.

When that system is weak or overworked, it can show up in different ways: a bladder that doesn't hold urine reliably, urinary tissue that's lost some of its tone, or a tendency toward kidney stones and mineral buildup.

Unlike a sudden infection, these are usually gradual, ongoing issues — the kind that respond to steady, daily support rather than a single fast-acting remedy.

That's the role Bladder Support is meant to play: a balanced, all-around formula taken regularly to strengthen and maintain a healthy urinary tract over time.

This Herbal Combination:

- SUPPORTS healthy bladder control
- REBUILDS and strengthens urinary tissue
- HELPS the body manage kidney stones and mineral buildup
- EASES the flow of urine through an irritated urinary tract
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: Juniper Berry, Parsley Root, Ginger Root, Uva Ursi Leaves, Marshmallow Root, Lobelia, Golden Seal Root



Juniper Berry

One of the two fastest-acting natural diuretics in this formula — traditionally credited with correcting problems in voiding urine.



Parsley Root

The other fast-acting natural diuretic here — well known traditionally for rebuilding urinary tissues.



Ginger Root

A synergist rather than a lead herb — traditionally used to help the other herbs in a formula work together.



Uva Ursi Leaves

A traditional urinary antiseptic, with arbutin as its active principle — credited here with dissolving kidney stones and other inorganic calcification.



Marshmallow Root

A soothing, healing emollient — traditionally used to ease and calm the flow of urine through an irritated urinary tract.



Lobelia

Included here traditionally for its antispasmodic action, relieving spasm in the urinary tract.



Golden Seal Root

A traditional infection-fighter and tissue-healer, rounding out the formula's action against bladder and urinary infection.

HOW IT WORKS

Juniper Berry and Parsley Root work as fast-acting diuretics that also rebuild urinary tissue, while Uva Ursi helps dissolve kidney stones and mineral buildup and Marshmallow Root soothes an irritated urinary tract. Lobelia relieves spasm and Golden Seal Root fights infection and heals tissue, with Ginger Root helping the whole combination work together. Taken regularly, this formula is meant to strengthen and maintain a healthy urinary tract over time, rather than address a single acute flare-up.

Dosage

This is a healing food formula, so dosage is spread out through the day: 1/2 to 1 teaspoon, 3 to 5 times a day, depending on the degree of the issue — loss of control, bacterial concerns, and so on.

KIDNEY SUPPORT, BLADDER SUPPORT, OR BLADDER COMFORT?

Our three urinary formulas share a few herbs, but each has its own job.

Kidney Support is our basic nourishing formula for the entire renal system: food for the kidneys. Taken with Kidney/Bladder Tea, it can be used as long as you like.

Bladder Support is for incontinence and urgency, which are often caused by a mild infection or bacteria in the bladder or urinary tract. It helps clear that urgency and supports bladder control.

Bladder Comfort is used only for the burning pain of a bladder infection. Taken as a single strong drink, it eases that pain while Herbal Aid 1 and Echinacea support the body in clearing the infection.

For more on this formula, see my blog post "Steady, Daily Support for a Tired Bladder" at www.daradietz.me.