GRANDMA'S REMEDIES

How to Make the Most Efficient Natural Antibiotic for Bladder Infection

By bestfolkmedicine · 25/03/2024 · 2 min read



UTIs in women are very common. This is due to the short urethra and the proximity to the anus and vulva (both of which aren't meant to be sterile) and make it prone to infections.

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Since UTIs happen so easily, it's good to know that there are potent natural remedies that can help.

The most common symptoms of a normal, acute, and uncomplicated bladder infection are frequent urination, pain during peeing, and bloody and cloudy urine. UTIs are usually diagnosed via a urine sample and can be treated with antibiotics.

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Treatment of UTIs Is Usually Done with Antibiotics

Women who have recurrent UTIs can use antibiotics. Recurrent stands for two or more UTIs in six months or three or more infections in 12 months.

The three proven antibiotic treatments for the prevention and treatment of recurrent UTIs are one pill after sex, antibiotic refills when symptoms come, and a small dose every day.

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The bacteria known as *Escheria Coli* is responsible for 90 percent of UTIs. In addition to antibiotics, some natural remedies are claimed to have strong antibacterial and antiviral characteristics.

The remedy we're going to share today is claimed to be one of the most effective DIY natural remedies for bladder infections. With natural antibiotics, there's no risk of developing antibiotic overuse or resistance.

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This happens when we're taking antibiotics too often or take them for the wrong reasons. This can lead to changes in the bacteria to the extent that the antibiotics no longer work against them.

Some bacteria today are resistant even to the most potent antibiotics available. And, this is a growing issue.

DIY Remedy with Parsley to Treat Bladder Infections

You will need:

250 grams of parsley root

250 grams of lemon (whole lemon)

250 grams of organic honey

250 ml of virgin olive oil

Preparation:

Rinse the parsley root and then chop it finely. Do the same with the lemon.

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Then, transfer all of the ingredients to a blender and blend them for a couple of minutes. Once the ingredients have combined well, transfer them into a jar.

Keep the remedy in the fridge.

How to use:

Take one tablespoon of the remedy every morning.

Helpful Tips to Reduce the Risk of UTIs

- ***Drink enough water, up to 50 ounces daily***
- ***Consume cranberry juice or tea and parsley tea regularly***
- ***Urinate when you need to, don't hold it in***
- ***Minimize the consumption of added sugar in chocolate and sweets***
- ***Keep your lower body part warm***
- ***Reduce the intake of caffeine and citrus fruits***

Sources:

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