Bladder Problems
Bladder Facts

• Average adult passes about 1 ½ quarts of urine each day
• Bladder holds up to 2 cups of urine
• The bladder is a muscle
• When full, the bladder is about the size of a large grapefruit
• Both men and women experience bladder problems
  – Can be painful, disrupt sleep, and significantly reduce quality of life
Urine Incontinence (more common in women)

• More common in women
  – 75% - 80% of people who have urine incontinence are women
  – 1 in 3 women over the age of 35 have bladder problems

• Two common types of incontinence:
  – Stress Incontinence
    • Loss of urine when pressure in abdomen increases
    • Caused by coughing, sneezing, laughing, running or jumping, lifting heavy objects
  – Urge
    • Sudden & severe urge to urinate, followed by an uncontrollable release of urine

• Smoking & obesity increases risk of developing urine incontinence
Interstitial cystitis (more common in women)

• Painful bladder
  – Symptoms: abdominal pain, frequent (urgent!) need to urinate
  – People with interstitial cystitis may go to the bathroom **60 times a day**!

• Normally, a full bladder triggers nerve endings which tell the brain that urination is required

• In people with interstitial cystitis, the nerve endings are triggered before the bladder is full
Benign Prostatic Hyperplasia (only in men)

- Enlarged prostate causes
  - Increased need to urinate at night
  - Difficulty starting urination and a weak urine stream
  - Not able to completely empty the bladder
- 50% of men in their 60s and up to 90% of men in their 70s and 80s have some symptoms of an enlarged prostate
Solution for Bladder Problems in Men AND Women

• *Angelica archangelica* from Iceland
• Clinically studied to help reduce urinary frequency problems
  – Shown to increase bladder capacity and reduce number of urinations at night, particularly in participants who had small bladder volumes
  – **What does this mean?** Participants had to make fewer bathroom trips at night
  – Fewer bathroom trips means better sleep and better rest
Uses for Icelandic Angelica archangelica

• Overactive bladder
• BPH
• Nocturia (nighttime trips to the bathroom)
• Bed-wetting
• Dosage: 100-200 mg daily
• If have bladder problems during the day, take in the morning; if have bladder problems at night, take before going to bed
• Very safe – no significant adverse effects
• In Iceland, Angelica is more popular for bladder issues than saw palmetto
What is In that Juice?
This week on NaturalNews.com

• Welch’s Fruit Juice Cocktails
• Label would lead you to think this product is full of healthy fruits: apple, pear, strawberry and peach
• “Fruity and Refreshing”
• It might taste refreshing but the “fruity” part is debatable...
Look at the Label

• Contains “20% Juice”
• That means 80% of the content is “something else”
• First 2 ingredients are
  – Water
  – High fructose corn syrup
• Sugar content is 33 grams per 8 oz serving
• Same amount of sugar as in a regular size Snickers candy bar
Healthier Options for Kids to Drink

• Water
• Organic milk (free of antibiotics and growth hormones)
• A REAL Fruit Smoothie
New Findings on Vitamin D
Vitamin D – the Sunshine Vitamin

• Vitamin D is well-known for its benefits for bone density and cancer prevention

• Now researchers have found a new benefit – preventing muscle weakness associated with exercise

• Researchers asked fit adults to exercise and evaluated their leg muscle weakness and blood levels of vitamin D
  – The higher the vitamin D levels, the faster the muscle recovery rate after exercise

• Did you know? Only 1 in 10 Americans gets enough vitamin D from food and sunlight alone!
How do you know if you have low Vitamin D?

- Ask your doctor for a Vitamin D test
  - Test for the presence of 25-hydroxyvitamin D in the blood
  - May be covered by insurance
- At home test kits are available
  - Require a finger stick with a lancet and sending in blood sample (just a few drops on blotting paper)
  - The test available through the Vitamin D Council is $65 for one test
- Vitamin D Council recommends a blood level of 50-80 ng/mL; many doctors consider any value over 30 ng/mL to be “normal”

**How much vitamin D do you need daily?** Scientists are calling on the government to increase recommendations to **at least** 2000 IU per day from the current 600 IUs daily for adults

- Some experts suggest 5,000 IU daily, especially during the winter months