



HEALTH AND HEALING

Help for urinary tract infections

by **Mike Ventresca**
Vital Choice

Urinary tract infections (UTIs) effect up to 20-percent of women at some point in their lives. In fact, symptoms of UTIs are some of the most frequent medical complaints among women during their reproductive years and the risk for recurrent



Mike Ventresca

infections increases substantially after menopause. While women are 30 times more likely to suffer a UTI, men are by no means immune.

The symptoms of a urinary tract infection include: A frequent, urgent need to urinate; a painful or burning sensation during urination; and urine that is typically cloudy. The infection is usually caused by the common bacteria *E. coli*. *E. coli* is actually harmless in the small intestine where it normally resides, but becomes a problem when it spreads to the urinary tract. Once there, the bacteria begin to stick to the bladder—and each other—forming protective communities called biofilms. The result is an uncomfortable infection.

So what can we do to naturally maintain urinary health? The number one remedy is probably cranberry. Cranberry contains

a number of bioactives that can bind with bacteria like *E. coli* making it unable to stick to the bladder and form biofilms. While drinking unsweetened cranberry juice or taking cranberry capsules has been successful for some, there have still been hit or miss results for others—perhaps until now.

A new product called Urinary Tract Take Care™ may remove any guesswork and finally deliver a consistent, effective result. By combining the most effective and unique cranberry extract available combined with a laboratory tested anti-bacterial extract from cinnamon, Urinary Take Care™ delivers comprehensive urinary support that has been clinically shown to provide consistent, anti-adhesion and growth inhibiting effects on urinary tract bacteria. The suggested dose is two capsules per day for seven days.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. They are open Monday through Friday from 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. If you have any concerns about your own health, you should always consult with a healthcare professional.



Learn. Shop...be healthy!

40-885-9505
www.vchoice.com

9243 Sprague Road
North Royalton, Ohio 44133
M-F 10a-8p, Sat 10a-6p, 12p-5p

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