



HEALTH & HEALING

Natural help for bladder control

by **Mike Ventresca**
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Today's article is about an issue that many people find embarrassing to discuss, but I can tell you is more common than you might think. In fact, overactive bladder and urinary incontinence are widespread conditions affecting roughly one in six adults over the age of 40. Urinary leakage occurs twice as often in women than men, affecting 13 million Americans. While many think this is a normal part of the aging process, let me be clear...it isn't, and thankfully there are natural options that can significantly help.



Mike Ventresca

Overactive bladder is actually a form of urinary incontinence. Symptoms include an urgent feeling to urinate, increased frequency and incontinence. Urinary incontinence is the accidental leakage of urine and often occurs when individuals cough, laugh, sneeze, or have sudden urges to go to the bathroom and can't get there in time.

While often occurring with older adults, incontinence can also result from childbirth, weight gain or other conditions that stretch the pelvic floor muscles. In men, urinary incontinence is often related to

BPH, a benign enlargement of the prostate.

So what can you do? For centuries, natural health experts have recommended pumpkin seeds and pumpkin seed oil for urination problems. Recently, modern science has begun to agree! Several clinical studies of a specific pumpkin seed extract called EFLA® 940 has produced significant improvement of symptoms. Specifically, these studies showed that 60% of subjects reported relief after 2 weeks of use and 80% reported relief after just 6 weeks of use.

This clinically studied extract is now available in a product called Go Less™ from Country Life. According to the manufacturer, Go Less™ is designed to support healthy bladder tone and function for both men and women. To achieve maximum results, the suggested dose is 1 capsule three times daily for the first two weeks, then 1 capsule two times daily thereafter.

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. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00126583



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