

# Urinary Tract Infections

UTI, Bladder Infection, Kidney Infection, Lower Urinary Tract Infection, Cystitis

## **Supplements:**

- Cranberry Concentrate Capsules
- Increase Masaji intake to about 2 ounces a day
- Take Probiotic Plus daily to replenish beneficial bacteria.

## **Internal (orally) essential oils:**

The following oils are all really, really good at killing infection, especially when taken in capsule form. Some people find they get the best results from concentrating on one oil (taking Spice for Life 3-4 times a day), others find that they get best results if they rotate (take Spice for Life in the morning, Oregano in the afternoon, and Thyme in the evening). That said, following are the oils to choose from.

- Thyme, 2-4 drops in a capsule filled with Message oil, 2-3 times daily. Urinary tract antiseptic, useful for all infections of the bladder or urinary tract. Supports the formation of white blood cells. Protects against all forms of infectious disease. Helps protect and heal from urinary tract infections.
- Oregano, 2-4 drops in a capsule filled with Message oil, 2-3 times daily. Remarkably potent against infections.
- Spice for Life, 4 drops in a capsule filled with Message oil, 3-4 times daily. The first thing to grab when you're getting sick.

**NOTE: The oils for this MUST be Be Young I cannot recommend any other to be taken internally like this.**

## **Bathe in essential oils:**

Water is a fabulous tool to use with essential oils. If you bite into a hot jalapeno pepper you don't wash it down with water because that will only increase the bite of the pepper. Why? Because water drives an essential oil into your body faster, the heat from the pepper is its essential oil. So, when you take a bath with essential oil you are driving the oils in the bathwater deep into your body. You always want to add some salt to your bathwater. Why? Two reasons. One, the salt will help your body heal. Fishermen all know that when they get the line ripped through their hands they should bathe them in ocean water (salt water) because it cleans the wound and the salt works both as an antiseptic and helps kill the pain. The second reason is why the salt helps heal the wound—because it draws the toxins out of your body. An infection is a toxin to your body. This is also why you should always rinse/shower off after doing a soak; you don't want your body to reabsorb the toxins on the skin that the salt pulled out of your body. Following are the oils to choose from for your soak:

- Tea Tree (urinary antiseptic)
- Myrtle (has antiseptic properties that can aid with urogenital tract infections, bladder infections and infections of the Ureter. For bladder infections or infections of the ureter, consider use in sitz bath.)
- Lemongrass (antiviral, antiseptic, anti-inflammatory)
- Sandalwood (kidney inflammation, provides relief in urinary tract infections)
- Basil (cleans kidneys, eases cystitis)
- Eucalyptus (healing to the bladder). A drop of Eucalyptus oil on a sugar cube or in honey and water or tea has a strong antiseptic and diuretic effect on the urinary tract. (Drink it.)
- Fennel (neutralizes toxicity of the body. Use to help treat abscesses and strengthen the liver and kidneys. Apply 2-3 drops topically to targeted area or mix with 1 tablespoon of Message oil. Use in warm, moist compress to help treat abscesses and strengthen the liver and kidneys.)
- Frankincense (help maintain normal cellular regeneration, to stimulate the body's immune system)
- German Chamomile (cystitis and eases pain)
- Lavender (used to treat infections and cystitis)
- Marjoram (powerful antifungal and antibacterial abilities as well as having powerful soothing properties when used topically for pain)

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- Lemon (enhances immune system by stimulating white blood cells. Antibacterial properties cleanse and neutralize to help prevent spread of contagious infections.)
- Clary Sage (uterine tonic, genital infections; strengthens kidneys.)

You only want to use one to four of the above oils. Shoot for 5-15 drops total, depending upon how used to essential oils you are. Remember, more is not always better—depending upon your health status to begin with you don't want to overload your body and put it in a healing crisis. (You can always play it safe and just use the Healing Bath Salts and supplement with taking Thyme, Oregano, or Spice for Life internally.) For salt use one of the following:

- Be Young Starflake Salt (best)
- Sea Salt (better)
- Epsom Salts (good)

You'll want to add ½ - 1 cup of salt to your bathwater. You can use 1 cup in a regular size bathtub if you have been doing your Liver Cleanse, if not, cut it down a little to balance out your toxicity (if you're diabetic and haven't been doing the Liver Cleanse, start at ½ cup).

Always drink plenty of water after a soak, it will help wash the toxins out of your body that have been loosened by the soak.

**Anti-Thrush bath recipe:**

15 drops Quiet Scent

6 drops Helichrysum

2 drops Lavender

½-1 cup bath salts (Starflake Salt)

Soak in warm bath for 20-60 minutes. Rinse afterwards so you don't re-absorb any toxins that are on the surface of your skin and drink plenty of clean, pure water.

If you don't have a bathtub you can soak your feet in a mini-bath, keep in mind you are dealing with less water and less of the body is being soaked so you need to cut down the amount of salt and essential oils added to the water in the foot soak.

**Massage:**

Mix any of the oils suggested for a bath with 1 Tablespoon Message oil and then massage the lower abdomen between the belly button and the pubic region. Follow up with a warm compress to drive the oils in. **DON'T MIX YOUR ESSENTIAL OILS!** If you want to use more than one for your massage, layer them. For example, rub Lavender in over the kidneys to reduce swelling and scar tissue and then rub in Fennel to fight infection, put a warm, damp towel on your abdomen area, and then cover it with a dry towel. Keep it on until it feels cool to you (may be 3 minutes, may be an hour, depends upon your body). If it feels too hot, remove and add more Message oil to the area to slow down the essential oil absorption, reapply the compress.

**UTI Massage Recipe:**

5 drops rosemary

4 drops lavender

2 drops peppermint

Layer (that means you put on rosemary, then lavender, then peppermint) over the kidney area and add a warm moist compress.

**Urinary tract infection recipe:**

2 drops lavender

2 drops tea tree

1 tsp carrier oil

Implant with eye dropper in the urethra 2 x day, Vaginal—same but douche.

**Foot Application:**

Instead of taking internally, soaking in, or massaging on any of the above oils, you can apply them to the feet. Just put a little Message oil in the palm of your hand, add a drop of two of your chosen essential oil, and rub in onto the bottom of your feet. If you want to do more than one oil, make sure you layer them. This works especially well for small children and people who are not as able to move about. It probably will not work as fast, though.

**Success Stories:**

I use Orange, Fennel, Myrrh, and Cypress, layered on my feet at night on the kidney reflexology points massaging lightly downward towards the bladder. I also put a couple of drops of Cypress on my back and on my liver. WOW, what a great deep cleaning I am achieving. This along with the Liver cleanse has helped me get to the source of my chronic Urinary Tract Infections. -K.D.

*I was in the early stages of a UTI, increased my fluids and began the liver cleanse but I also increased my intake of Masaji to 2 ounces a day instead of just ½ to 1 ounce. UTI gone in 24 hours!!*

*You can sign me anonymous but have a fresh stock of Masaji b/c now I never want to be w/o it!! --Anon*

**To order, for class information, or if you have questions contact:**

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