

Natural Healing Express Weekly

Column Volume 63 That Awesome Tea and Urinary Incontinence

Isn't this weather something else? I think Global Warming is starting to scare me a little. Near sixty degrees around December first and we're not anywhere close to the Mason Dixon line, let alone the equator. When selecting this week's topic, I was leaning toward the immune reactions of barometric pressure and temperature changes. I decided, however; to postpone that topic, thinking we will witness even more of these changes.

One concern we are seeing more and more of lately is the inconvenience and irritation of urinary incontinence. Urinary incontinence is loss of bladder control. This can range from a mild leaking to an uncontrollable surge and anything in between. Needless to say, this concern can lead to many more issues such as increased stress levels or even lifestyle changes such as sitting out a party or event due to its uncontrollable nature.

Many times urinary incontinence occurs when muscle become weak or overactive. If the muscles are weak, you will notice your accidents occur more when you laugh, lift something or even when you sneeze.

If the muscles are too active, you may feel the need to urinate even when there is little urine in the body. There are other causes such as nerve damage, infections and overall prostate concerns, as well as other factors such as stress and emotional imbalance.

Because this concern can be embarrassing and sometimes immobilizing, many folks have been creating in finding their own, shall we say, "Creative" solutions such as wearing double underwear or crossing their legs while attempting to walk to the bathroom. I have had some clients who have tried to control their urine output by simply deciding not to drink water. I considered not mentioning this fact, but upon re-consideration, I wanted to mention this as what NOT to do. Your body needs water and a lot of it to maintain proper function. I usually ask my clients to consume at least 8 glasses a day. Depending on size and activity levels, I may ask them to consume more.

In the mind of someone suffering from urinary incontinence, this suggestion seems excessive and perhaps borderline rude. So, what do we do about this darn problem? Hopefully, we have you covered.

As most of you know, I research approximately 2 days a month attempting to find new products, remedies and education that help all of us get along a little better in our daily lives. For those of you who know me well or have been on one of our R & D escapades, you know not many items cut the mustard. Our products have to perform, do what they say they do and be fair in price. Plus it helps if the supplier has a sense of humor. Nothing worse than dealing with mean spirited herbalists.

For urinary incontinence I have found nothing better than the Bell Bladder Control Tea for Women and the Bell Ezee Flow Tea for men. As you can imagine due to the differences in anatomy between men and women, the formulas are somewhat similar, but different where it counts.

The Women's Tea contains cranberry, golden rod, marshmallow, nettle, parsley, rosehips, uva ursi, willow and citrus. It also provides Iron and Calcium with no caffeine. This tea is loose leaf, so you will need a loose leaf diffuser or tea pot with one built in. Also, there are no known side effects. We have been seeing effective results in as little as one week. The thing I love about it the most after knowing it works is that it comes with a money back guarantee.

The Men's Tea contains chamomile, cinnamon, cranberry, damiana, willow flower, ginseng, lavender, lemon, red peony, saw palmetto, stinging nettle and water plantain. This tea is guaranteed to make urine flow easier, with no known side effects.

So, bottoms up with your water intake!! Come see us for some Bell's tea if you are concerned with output!

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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