

Diuretics - What are they, What are the Benefits?

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What are Diuretics?

The term diuretic refers to any substance that helps to rid the body of excess body fluids and salts through urination.

These can take the form of prescription or over-the-counter drugs, homeopathic and [Herbal Remedies](#) or certain foods with diuretic qualities that promote urine formation.

Whatever the source, diuretics help to prevent or treat a number of conditions including [Fluid Retention](#) (edema), [High Blood Pressure](#), and glaucoma.

How do Diuretics Work?

Diuretics work by making your [Kidneys](#) excrete more sodium in the urine. The body then tries to balance out this increased amount of sodium [Concentration](#), by adding more water to the urine from the blood stream during the process of urine formation.

By expelling the excess water in the urine there is now a decreased amount of fluid flowing through the blood vessels and pressure on the walls of the arteries is reduced.

What are the Benefits of Diuretics?

Diuretics are commonly used to treat [Hypertension](#) and heart problems related to [High Blood Pressure](#). In addition, certain diuretics can be used to prevent, treat or relieve symptoms of a variety of medical conditions.

Ailments for Which Diuretics May Be Effective

- Congestive heart failure
- [Hypertension](#)
- Edema
- Polycystic ovary syndrome



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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- Certain kidney disorders
- [Liver Disease](#)
- [Diabetes](#) insipidus
- Osteoporosis
- Glaucoma
- [Urinary Tract Infection](#)

What Kinds of Diuretics are Available?

Diuretics can be found in a variety of food sources, prescription medications and [Natural Remedies](#).

Synthetic Diuretics

There are different types of over-the counter and prescription diuretics that work by affecting different parts of your [Kidneys](#) and hence have different side-effects and precautions. When taking synthetic diuretics it is important to do so under medical supervision so that you take one specific to your condition and current health status.

Examples include Hydrochlorothiazide, Furosemide (Lasix), and Spironolactone (Aldactone). We recommend that you thoroughly research any prescription medication and its side-effects before beginning drug therapy.

Food Sources of Diuretics

For those who only require minimal fluid reduction, and who don't have major health conditions, certain foods are natural diuretics and may be a better alternative to drug-based diuretics.

Examples of natural diuretics are [Cranberries](#), [Celery](#), [Parsley](#), asparagus, artichoke, melon, watercress, apple cider vinegar, coffee and other caffeinated beverages. It also helps to reduce salt and carbohydrate intake and to drink plenty of water when on a diuretic diet.

Natural Remedies and Diuretics

Natural [Herbal Remedies](#) are often used as a preferred alternative to synthetic diuretics and can provide the same benefits without the negative side effects. Taraxacum officinale ([Dandelion](#)) and [Buchu](#) are two well-known [Herbs](#) which are natural diuretics and have been shown to provide great relief from [High Blood Pressure](#) and [Water Retention](#).

While natural diuretics are far healthier than prescription and over-the-counter alternatives, they too should be used in a moderate and sensible manner as they are highly effective and extra precaution should be taken if used in combination with allopathic diuretics.

[Natural Remedies](#) such as [Aqua Rite](#) can help support routine water balance in body cells and organs of the body and support healthy energy levels and feelings of well-being.

[Aqua-Rite](#) may also aid in the recovery from [Hypertension](#) by toning the heart and



[Mushroom Glyco Nutrients](#)

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Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

[Cardiovascular](#) system, and helping promote adequate pressure on vein & artery walls.

Taking Caution With Diuretics

Because urine formation is boosted, increased urination is an expected side effect of using any diuretics, other side effects may include dizziness, impotence, dehydration and, depending on the type of diuretic, an imbalance in potassium levels or a drastic decrease in sodium levels.

There are a number of types and sources of diuretics so it is important to be clued up on the various side effects and precautions, especially when taking synthetic diuretics.

Related Products

[Aqua-Rite](#) - Proven [Natural Remedy](#) for [Hypertension](#) and blood pressure control

For Guaranteed, Effective, 100% Natural [Herbal Remedies](#) , please visit [Native Remedies](#)

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Great Health Sites

- [Natural Holistic Health Blog](#)
- [Natural Herbs & Remedies](#)
- [Akobi Natural Health Database](#)
- [Natural Pet Health Blog](#)
- [Anxiety Depression Info](#)
- [ADHD Info](#)
- [Mom's Blog](#)
- [Natural Men's Health](#)
- [Men's Health Zone](#)
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- [Avatrim - Natural Weight Loss w/Green Tea](#)
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- [NicoCure Stop Smoking Aid](#)
- [Prostacet for Prostate Health](#)
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Naturally Helping UTI

Bladder infection (Cystitis) is **inflammation of the interior walls of the bladder**. This inflammation leads to a frequent and urgent need to urinate, although the urine may be very light and the bladder still may not feel empty.

The most **common sufferers are women** because of the female anatomy. The urethra, the tube that conducts urine away from the bladder and out of the body, is very short and its opening is in close proximity to both the anus and the vagina.

It is very easy for vaginal or intestinal bacteria to travel to the opening to the urethra, make their way up the tube, and infect the bladder. The **repeated use of antibiotics can also cause bladder infections** because they destroy the good bacteria needed to fight infection along with the bad bacteria.

Bladder Infection Symptoms Causes

Bladder infection symptoms causes include bacteria from the bowel, which lives on the skin near the rectum or in the vagina, and spreads and enters the urinary tract through the urethra.

Once the bacteria enters the urethra, it travels upward causing infection in the bladder and sometimes other parts of the urinary tract.

Bladder infections symptoms include pain or burning upon urination, frequent need to urinate, and/or a scanty flow or dribbling of the urine. Sometimes the only sign at first can be blood in the urine.

What many people don't realize is that **cramps in abdomen or lower back** along with nausea or vomiting and fever can also be bladder infection symptoms.

Bladder Infection Cures

There are many **natural herbs which are extremely effective** in the treatment and prevention of bladder infections. Some of these have been used for centuries and many have been subjected to clinical trials which prove their effectiveness.

Using the knowledge and experience of experts in the field of natural and indigenous medicine, Native Remedies has developed a unique **formula containing a total of seven therapeutic herbs**, especially selected to relieve the symptoms of bladder infections and promote the health of the urinary system.

UTI-Clear contains a unique combination of potent herbs in therapeutic dosage. It relieves the symptoms of Cystitis, Bladder infections and Urinary Tract Infections (UTI).

Now you can help yourself with **UTI-Clear**.