

Natural Help 4...

Painful Urination



What is Painful Urination?

Dysuria or **painful urination** is the medical term that refers to difficult urination, sometimes accompanied by a painful, burning sensation. This condition is commonly **caused by bacterial infections** of the urinary tract or genital infection.

It occurs in both men and women, but more commonly affects women who are sexually active and between the ages of 25 and 54. In men, **painful urination** often develops with increasing age or in the case of genital infection.

Diagnosing Painful Urination

The **diagnosis of painful urination** is often associated with a urinary tract infection (UTI) (</ailment/urinary-tract-infections.html>). Other conditions such as an **upper urinary tract infection, urethritis, vaginitis, or STD** (sexually transmitted disease) may also contribute to the **cause of painful urination**.

The diagnosis is **based on your symptoms** as well as a **physical examination**. The physical examination entails checking the entire urinary tract (including the kidney area) for tenderness and examining the pelvic or prostate area. The doctor may also enquire about your personal hygiene and sexual habits.

Symptoms that May Accompany Painful Urination.

- Stinging or burning sensation during urination
- Urinary frequency
- Urinary hesitation
- Urinary slowness
- Urinary urgency
- Vaginal discharge
- Abnormal vaginal bleeding
- Swelling in the bladder
- Nocturia
- Polyuria
- Haematuria (blood in the urine)
- Dyspareunia (pain during sexual intercourse)

Tests to Diagnose Painful Urination.

- **Urinalysis** to check on infection and renal function
- **Urine culture** to identify the organism causing infection
- **Urine dipstick** is a useful screening test for identifying a probable UTI or

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- renal impairment
- **Vaginal and urethral smears** to detect Trichomonas vaginalis, Candida species or Neisseria gonorrhoeae
- **Ultrasonography** to detect for suspected upper urinary tract pathology (e. g., abscess, hydroureter, hydronephrosis, suspected stones or diverticuli in the bladder or in the urethra)
- **Neurological tests**
- **Digital rectal exam** to assess prostate problems
- **Cytoscopy** allows you to look at the interior of the bladder and can help to identify conditions such as interstitial cystitis or tumors

NOTE: Not all of these tests will be performed. Your doctor will chose which ones are the most needed in your case.

What Causes Painful Urination?

[Painful urination](#) can be caused a number of different conditions:

- Bacterial infection of the lower urinary tract – this is the most common cause of painful, burning urination.
- Cystitis – the infection involves the bladder
- Urethritis
- Pyelonephritis – infection of the kidneys
- Interstitial cystitis
- Excessive fluid
- Cervicitis
- Contact dermatitis
- Urinary retention
- Vulvitis
- Diabetes mellitus
- Bladder infection
- Prostatitis
- Radiation cystitis
- Genital herpes
- STDs like gonorrhea
- Anxiety
- Some medications

[Painful urination](#) may also be caused by noninfectious inflammation or trauma, neoplasm, calculi, hypoestrogenism, malformations of the genitor-urinary tract and psychogenic disorders.

Help for Painful Urination

There are **various treatment options that can help** with dysurea. Treatment usually depends on the symptoms and causes of the [painful urination](#), such as cystitis, pyelonephritis, urethritis or vaginitis.

Conventional Medicine

Conventional treatments, natural remedies, and complementary therapies can **provide relief for the individual** and can also be used as combination treatments.

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Antibiotics
- Urinary analgesics
- Antifungal drugs either in tablet form, cream, or suppository

Complementary Therapies

Complementary therapies can also be effective in **treating symptoms and relieving the pain** and discomfort. The ones listed below are usually used in cases of chronic [painful urination](#) and can be of great benefit combined with conventional medicine or natural remedies.

- Acupuncture
- Naturopathy
- Nutritional therapies
- Pelvic floor treatments (to strengthen the pelvic floor muscles)
- Massage
- Biofeedback

Natural Remedies

Natural and holistic treatments are very successful in treating the underlying cause, while also **promoting the overall physical**, mental, and emotional well-being of the individual. Herbal and homeopathic remedies are gentle yet effective, and can provide welcome relief.

A combination of herbal ingredients such as *Agothosma betulina*, *Arctostaphylos uva-ursi*, *Melissa officinalis*, *Avena sativa*, *Hypericum perforatum*, *Vaccinium myrtillus*, and *Echinacea angustifolia* are commonly used **to [treat Painful Urination](#) and other bladder infections**, and are specifically chosen for their supportive properties to the bladder and urinary system.

There are also many proven homeopathic remedies that can help to **reduce [symptoms of Painful Urination](#) and related infections**. These include *Cantharis*, *Staphisagria*, *Equisetum* and *Apis*. Consult an herbalist or homeopath to help choose a remedy that best suits your symptoms.

More Information on Painful Urination

Avoid [painful urination](#) by following these useful tips:

Some Useful Tips

- **Drink lots of water** (at least 8 glasses) everyday to cleanse the system.
- When visiting the toilet, **wipe from the front to back**. This is especially important for women.
- Change tampons and sanitary towels frequently.
- Wear **cotton underwear** and avoid wearing tight jeans, trousers, and wet bathing suits.
- Keep the **genital area dry** and cleanse with a mild soap.
- **Avoid using irritants** such as soap, talc, bath oil, or feminine products around your genital area.
- Practice **safe, hygienic sex** by using latex condoms and washing before

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and after intercourse.

- **Urinate immediately after intercourse** to flush bacteria from the bladder and urethra.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are



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manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

UTI-Clear: Promotes bladder and urinary tract health.

UTI-Clear is a 100% safe, non-addictive, natural herbal remedy formulated by our team of natural health experts for urinary tract health. UTI-Clear can be used consistently to safely **promote health and systemic balance in the urinary system.**

UTI-Clear contains seven herbs selected for their supportive function in maintaining urinary tract health, normal urine flow, and sustained bladder health.

UTI-Clear supports the **healthy functioning of the urinary system**, thereby

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

helping to maintain balanced urine flow, suitable pH in the bladder, consistent elimination of toxins, and routine, healthy performance.

UTI-Clear can make all the difference to urinary tract health, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about UTI-Clear](#)

UT-Tonic: For natural urinary tract and bladder support.

Triple Complex UT-Tonic is a **combination of three cellular-supporting tissue salts** selected for their positive effects on urinary tract and bladder health.

This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the urinary system** as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of minerals that occur naturally at a cellular level in our bodies and all organic matter on earth (plants, rocks, and soil).

In the system of biochemistry, there have been **twelve essential tissue salts** identified as important components of all body cells. Without this combination, true health is unattainable, as each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Cell salts, or biochemic tissue salts help to maximize health efforts, and **enhance the bioavailability** of all **supplements, remedies, and nutrients** in your diet to ensure that all the cells of your body and urinary system are functioning effectively.

Our tissue salts are manufactured to ensure safe yet optimum potency, and they are safe to use for all ages, as well as during pregnancy and nursing.

[Learn more about UT-Tonic](#)

Read the testimonials for these quality products [here!](#)



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