

We are happy to share the following links which will allow you to obtain, via AMAZON, supplements that we recommend. We believe these substances will help lower the degree of inflammation in your bladder and in your body:

PLEASE TAKE ALL SUPPLEMENTS FOR THE FIRST 6 WEEKS

1- Vitanica Bladder Ease Capsules 3x3 a day.

https://www.amazon.com/Vitanica-Bladder-Ease-Capsules-Count/dp/B004W6RU6K/ref=sr_1_2_s_it?s=hpc&ie=UTF8&qid=1522852819&sr=1-2&keywords=bladder+ease

2-Marshmallow root natures way 2-2x a day.

https://www.amazon.com/Marshmallow-Root-480-Milligrams-Capsules/dp/B075RRN4MD/ref=sr_1_10?dchild=1&keywords=marshmallow+root+natures+way&qid=1591299943&sr=8-10

3- 2 tablet spoons of organic ground flaxseed with a meal of choice

4- Thorne Research - Thiocid-300 - Alpha Lipoic Acid Supplement (300 mg) 1-2X A DAY

5. Magnesium Bisglycinate Powder 400-600 mg per day, start at 400 and work up to avoid diarrhea

https://www.amazon.com/Thorne-Research-Bisglycinate-Production-Metabolism/dp/B0797HBL3/ref=sr_1_10?dchild=1&keywords=magnesium+glycinate+powder&qid=1625662552&sr=8-10

6. Thorne Research - B-Complex #6

https://www.amazon.com/Thorne-Research-B-Complex-Essential-Vitamins/dp/B0797RXHJ7/ref=sr_1_15?dchild=1&keywords=thorne+vitamin+b+complex+6+100mg&qid=1625662943&sr=8-15

7. Vit b12, 1 mg Monday, Wednesday, Friday by integrative therapeutics sublingual

https://www.amazon.com/Integrative-Therapeutics-B12-Active-Fast-Absorbing-Methylcobalamin/dp/B001ALWPJM/ref=sr_1_5?dchild=1&keywords=integrative+therapeutics+vitamin+b12&qid=1625664149&sr=8-5

8. Vital Nutrients - Pancreatin and Ox Bile Extract (if omnivore)

https://www.amazon.com/Vital-Nutrients-Pancreatin-Supplement-Vegetarian/dp/B0058HXI3Q/ref=sr_1_4?dchild=1&keywords=pancreating%20Foxbile+by+vital+nutrients&qid=1625663136&sr=8-4

Or Enzymedica, Digest Gold + (if vegetarian)

https://www.amazon.com/Enzymedica-Potency-Enzymes-Digestive-Capsules/dp/B00HLXPYAA/ref=sr_1_1_sspa?dchild=1&keywords=enzymedica+gold+plus+digestive&qid=1625663259&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFZNENFMDNaSENBR04mZW5jcnlwdGVkSWQ9QTA1MTA4MjI3MTdaVE1QTIBJQkYmZW5jcnlwdGVkQWRJZD1BMDgxMzUxMzFERk5EVlpXSzRHTDImd2kZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl

9. GoodBelly Probiotic Supplement

https://www.amazon.com/GoodBelly%C2%AE-Probiotic-Supplement-Digestive-Health/dp/B00USCCF5S/ref=sr_1_5?dchild=1&keywords=Good+belly+probiotic&qid=1625663397&sr=8-5

10. Nordic Naturals Algae Omega 1- 2 tabs daily

https://www.amazon.com/Nordic-Naturals-Algae-Omega-Vegetarian/dp/B009KTUGSS/ref=sr_1_5?dchild=1&keywords=Nordic+Naturals+alpha+omega&qid=1625664304&sr=8-5

For MALE patients please substitute supplement #1 for:

(Vital Nutrient) Saw Palmetto/Pygeum/Nettle

<https://www.amazon.com/Vital-Nutrients-Palmetto-Supports-Prostate/dp/B000LNQ2T4>

- 1) 7-9 hours of good quality sleep (Traditional Medicinals Organic Nighty Night Valerian Relaxation Tea)
- 2) Anti-inflammatory diet(FOODS THAT FIGHT PAIN by Dr. Neal Barnard)
- 3) 30 minutes of walking daily
- 4) Avoid toxins, including tobacco and alcohol
- 5) Mind-body practice - meditate 10 minutes per day (healthyminds app)
- 6) Consider intermittent fasting (the book The Longevity Diet by: Dr.Valter Longo is a good reference) (3-12) - *DINNER 3 HOURS BEFORE BED AND NO EATING FOR 12 HOURS.*

Let us remember that inflammation mostly comes from the lifestyle choices we make!