

Probiotics: Turns Out They Can Prevent Urinary Tract Infections

Description

Having a urinary tract infection can be the most uncomfortable situation to be in. It can not only affect your health but can also make it difficult for you to go about your day. Sometimes, a UTI can be a one-time thing, but for some people, it's a recurring thing. In order to keep these horrible episodes at bay, there are steps you can take to prevent them; one of these methods is the use of probiotics.

What Is A Urinary Tract Infection?

Before you can learn [how to get rid of a uti without medication](#), it helps to know what a UTI is. It is a bacterial infection that can take place in the kidneys, urethra, bladder, or ureters. The symptoms of a UTI include frequent urination, the urgency to urinate, and a burning sensation when urinating. If left untreated, a UTI can spread and start to affect the kidneys. It can spread even further into the bloodstream, with dire consequences.

What To Do If You Have A UTI

If you've been [diagnosed with a UTI](#), there are some steps you can take to help it go away faster and to prevent more in the future.

- Take the antibiotics that you've been prescribed, for the length of time stated even if you feel better.
- Drink plenty of water to stay hydrated. This will help to flush the bacteria out of your system.
- Urinating after sexual intercourse; this is also good for removing any bacteria that might be in the area.
- Avoiding irritating feminine products, such as diaphragms, spermicide-treated or unlubricated condoms.
- Taking probiotics. Studies have shown that improving your gut biome can have a positive effect on UTIs.

How Diet Lowers Your UTI Risk

There are some foods you can add to your diet that can help prevent UTIs in the future. As mentioned before, probiotics can make a dramatic difference in how often you might experience a UTI. Other foods include:

- [cinnamon](#): it possesses antibacterial properties, as well as anti-inflammatory effects which can reduce the severity of your UTI pain.
- blueberries: blueberry is a superfood when it comes to protecting your gut lining from bad bacteria.
- cranberries: cranberries prevent bad bacteria from sticking to the lining of your urinary tract, thereby reducing your risk of UTIs.

Good Sources of Probiotics To Prevent UTIs

One of the easiest ways to get probiotics into your system is to take supplements. The most effective probiotic is any lactobacillus strain. It would be a good idea to do your research into the various products that are out there so that you can find the one with the best quality.

If youâ€™ve taken many of the steps and suggestions mentioned above and youâ€™re still experiencing UTIs, then it might be a good idea to seek medical attention. Your UTI could be the result of another condition you might not be aware of, so itâ€™s a good idea that you speak to a medical professional to help you figure out whatâ€™s going on so that you can start effective treatment as soon as possible.

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