

Herbs for the Urinary System:*Analgesic Herbs*

Goldenrod (*Solidago spp.*)
Valerian (*Valerian officinalis*)

Anodyne Herbs

Bearberry (*Arcostaphylos uva-ursi*)

Anti-inflammatory Herbs

Bearberry (*Arcostaphylos uva-ursi*)
Bergamot (*Monarda spp.*)
Celery Seed (*Apium graveolens*)
Cleavers (*Galium aparine*)
Corn Silk (*Zea mays*)
Cranberry (*Vaccinium spp.*)
Goldenrod (*Solidago spp.*)
Horse Chestnut (*Aesculus hippocastanum*)
Jamaican Dogwood (*Piscidia piscipula*)
Licorice (*Glycyrrhiza glabra*)
Plantain (*Plantago spp.*)
Yarrow (*Achillea millefolium*)

Antilithic Herbs

Chamomile (*Chamomila matricaria,)*
Couchgrass (*Elymus repens*)
Gravel Root (*Eupatorium purpureum*)
Hydrangea root (*Hydrangea arborescens*)

Antimicrobial Herbs

Bearberry (*Arcostaphylos uva-ursi*)
Bergamot (*Monarda spp.*)
Calendula (*Calendula officinalis*)
Couchgrass (*Elymus repens*)
Echinacea (*Echinacea spp.*)
Oregon Grape Root (*Mahonia spp.*)
Usnea (*Usnea spp.*)
Yarrow (*Achillea millefolium*)

Antiseptic Herbs

Bergamot (*Monarda spp.*)
Blueberry (*Vaccinium spp.*)
Cranberry (*Vaccinium spp.*)
Juniper (*Juniperus spp.*)

Antispasmodic Herbs

Bergamot (*Monarda spp.*)
Jamaican Dogwood (*Piscidia piscipula*)
Lobelia (*Lobelia inflata*) LD
St. John's Wort (*Hypericum perforatum*)
Valerian (*Valerian officinalis*)

Astringent Herbs

Calendula (*Calendula officinalis*)
Blueberry (*Vaccinium spp.*)
Cranberry (*Vaccinium spp.*)
Goldenrod (*Solidago spp.*)
Juniper (*Juniperus spp.*)
Yarrow (*Achillea millefolium*)

Demulcent Herbs

Corn Silk (*Zea mays*)
Licorice (*Glycyrrhiza glabra*)
Marshmallow Root (*Althea officinalis*)
Slippery Elm (*Ulmus rubra*)

Diuretic Herbs

Bearberry (*Arcostaphylos uva-ursi*)
Cleavers (*Galium aparine*)
Corn Silk (*Zea mays*)
Couchgrass (*Elymus repens*)
Blueberry (*Vaccinium spp.*)
Cranberry (*Vaccinium spp.*)
Dandelion (*Taraxacum officinalis*)
Goldenrod (*Solidago spp.*)
Gravel Root (*Eupatorium purpureum*)
Jamaican Dogwood (*Piscidia piscipula*)
Juniper (*Juniperus spp.*)
Nettles (*Urtica dioica*)
Parsley Root (*Petroselinum crispum radicosum*)
Plantain (*Plantago spp.*)

Nervine Herbs

Bergamot (*Monarda spp.*)
Oatstraw (*Avena sativa*)
St. John's Wort (*Hypericum perforatum, H. spp.*)
Valerian (*Valerian officinalis*)

Ways to Maintain Urinary System Health:

- ~ Drink plenty of water, especially when you are thirsty. The best test to make sure you are getting enough water is by the color of your urine. It should be light in color with little smell.
- ~ Be mindful of your caffeine intake as they are harsh diuretics.
- ~ Keep your salt intake moderate. Switch to sea salt instead of iodized table salt.
- ~ Bring a bottle of water with you when you are away from home, especially if you will be exercising or in the sun.
- ~ Avoid ingestion of essential oils as they can damage the tissues of nephrons.
- ~ Squat to urinate, especially if you find you are having problems completely emptying your bladder (men and women)

Recommended Herbal Books (*indicates available through library loan system):

- ~ The Gift of Healing Herbs : Plant Medicines and Home Remedies for a Vibrantly Healthy Life by Robin Rose Bennett*
- ~ The Herbal Handbook: A User's Guide to Medical Herbalism by David Hoffmann
- ~ Herbal Medicine From the Heart of the Earth by Sharon Tilgner, N.D.
- ~ The Authentic Herbal Healer by Holly Bellebuono
- ~ Down There: Sexual and Reproductive Health by Susun Weed

Online Resources

Learning about the Urinary system:

<http://www.innvista.com/health/anatomy/urinary-system/>

Medicinal Plants of the Southwest on UTI's: <http://medplant.nmsu.edu/Diseases/uti/uti.HTML>

Rosalee de la Foret: <http://www.herbalremediesadvice.org/anatomy-urinary-system.html>
<http://www.herbalremediesadvice.org/urinary-system.html>

Susun Weed on bladder infections: http://www.menopause-metamorphosis.com/An_Excerpt-120_Bladder_Infections.htm

David Hoffmann on Dysuria: <http://www.healthy.net/Health/Article/Dysuria/1355>

David Hoffmann on Gout: <http://www.healthy.net/Health/Article/Gout/1653>

David Hoffmann on Kidney Stones: http://www.healthy.net/Health/Article/Kidney_Stones/1353/1

Sharol Tilgner on Urinary Tract Health: <http://www.herbaltransitions.com/Newsletters%20and%20other%20goodies/Urinary%20tract%20ezine.pdf>

The benefits of squatting to urinate: <https://bhls.wordpress.com/2011/03/14/it-is-wise-and-healthy-always-pass-urine-peacefully-in-squatting-posture/>

The squatty potty: <http://squattypotty.com/5-problems-with-sitting-on-your-toilet/>

Notes
