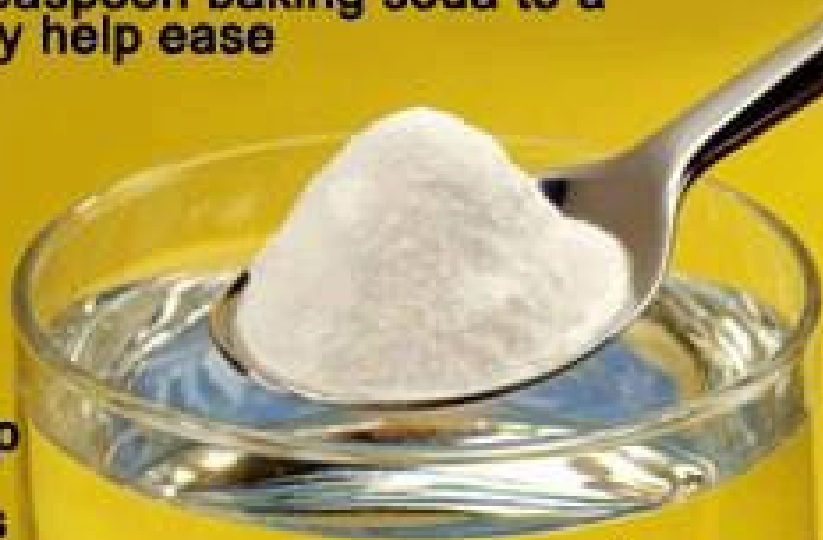


Natural Cures for **URINARY TRACT INFECTION**

UTIs that last longer than two days require medical intervention. Untreated UTIs can infect the kidneys and turn into a much more serious problem. To help prevent a UTI from developing or nip one in the bud, try adding 1 teaspoon baking soda to a glass of water as it may help ease your infection.

The soda neutralizes the acidity in your urine, speeding along your recovery.

Drinking cranberry juice can also help keep your bladder infection-free due to its mild antibiotic effect.



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