

For menopausal problems, when the urethral sphincter becomes less elastic, due to hormonal changes, the addition of *phytohormones* helps reduce the tissue atrophy.

It is easy to add food containing these plant hormones to the diet.

Soy isoflavones have also been found to be helpful: they contain phyto-oestrogens that bind to oestrogen receptors, thus creating an oestrogenic effect.

50-100mg Soy isoflavones should be taken daily: they are available in capsules and soy-based foods such as soy protein powder, tofu, roasted soy nuts, soy milk and tempeh.

There are also several phyto-oestrogenic and progesterone creams that can be applied directly to the vagina.

If neurogenic bladder problems, poor muscle tone and hormone changes are excluded, there is the possibility that the problem lies in food "allergies", sensitivity to certain food types.

Herbal remedies may be considered, but please ensure that you check this out for interaction with any prescribed medication.

Cleavers is a traditional urinary tonic.

Marshmallow root is soothing: best taken as a cold infusion; after soaking the herb for several

hours in cold water, strain and drink.

Buchu :soothing diuretic (promotes urine) and antiseptic

Corn silk (Zea Mays) soothing, diuretic

Horsetail: astringent, tissue-healing properties, mild diuretic

Usnea lichen soothing and antiseptic

Anti-inflammatory support:

Vitamin C: 500mg two-three times a day, or slow release 1000mg

Bromelain :400mg or *Wobenzyme* 5 tablets, three times a day (not at mealtimes)

Vitamin E : 400IU daily.