DOCTOR’S SECRETS to a BETTER BLADDER

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BNat, BSc, Dip Herb, Dip MsT, Grad Dip DE, MANPA

Dr. Tracey Seipel is a naturopathic doctor, medical herbalist, clinical nutritionist, and diabetes educator with 30 years of experience in a variety of clinical practice settings. Dr. Seipel is renowned throughout Australia, Asia and America. She is committed to and has been actively involved in both professional and public education in holistic medicine, routinely presenting at scientific conferences, and in radio and television media.

Dr. Seipel is known for her ability to bring clinical research findings to the practitioner and the public for use in everyday settings. She helped to establish the standard of naturopathic practice in Australia as a board member with the Queensland Naturopathic Association (now merged with the Australian Naturopathic Practitioners Association), and as curriculum advisor for the establishment of University-level Naturopathic programs at leading colleges in the southern hemisphere. Dr Seipel has served as an educator for almost 20 years.

Dr. Seipel has worked in the area of healthy aging for most of her career. She pioneered the natural urological healthcare category, receiving a US Nutrition Business Journal award for product innovation in bladder control in 2006.

Understanding that an effective natural solution would need to support the muscle tone of the bladder and help to strengthen the pelvic floor, bladder sphincter and connective tissue, Dr. Seipel spent 15 years in development and testing of her sophisticated, patented formula.

“I am proud to present you with a bladder formulation that has been shown in clinical research to improve bladder control for 90% of users. Taken twice daily, you should begin to experience results in just two weeks with best effects after eight weeks. No more hiding, worrying about accidents and leaks.” Dr. Seipel adds, “On the following pages, I hope to demystify bladder secrets, provide tips and lifestyle changes that along with taking Better Bladder™ every day will significantly improve your life.”

The information in this guide is intended to help you experience the maximum benefit from your Better Bladder™ supplements. If you have additional questions, please contact our Customer Care team and always follow the advice from your healthcare provider.

Did You Know These Bladder Secrets?

- In ancient times, urine was held in high esteem and provided medicinal and beauty properties; not the hidden stigma we feel today. It is believed that Cleopatra maintained her youthful skin by adding urine to the bath. An old army trick is to use urine to treat athlete’s foot (the urea it contains helps to kill the fungal infection). Healthy urine is sterile, so if you have a little accident, don’t panic!

- Bladder control issues are a widespread problem affecting women and men equally with excessive day and night urinary frequency, urgency and even bladder accidents. Sometimes, men with bladder symptoms blame their prostate but may be confusing the symptoms with prostate woes. Prostate enlargement certainly can restrict urine flow. However, excessive day frequency and getting out of bed at night for the toilet, without flow issues, are just as likely to be due to normal aging.

- Bladder accidents alone affect more than 26 million Americans. They can occur with a sudden urge to urinate and difficulty reaching the restroom in time. For women, as a result of pelvic floor weakness post-childbirth, bladder accidents can occur with no warning from simply coughing, laughing, jumping or sneezing.

- “Most people who have bladder problems keep it a secret, and they don’t even tell their families about it. It dramatically interferes with their lives, activities, confidence and even dictates what they will wear. Many of these individuals use adult diapers. Black is the wardrobe color of choice,” says Dr. Seipel, “as it can hide evidence of public accidents.”

- Bladder weakness significantly impairs the quality of life of those affected. They can become reclusive, less active and less social and even result in seeking out nursing care.

- In recent years, bladder control issues have created a $1.3 Billion per annum industry providing adult pads diapers and appliances.

- The good news is, with Better Bladder™ and a few lifestyle changes, you can finally take back control. The first step is learning how.

Let’s start with a Doctor’s inside look at the bladder…

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Did You Know These Bladder Secrets?
What Does The Bladder Really Do?

The bladder stores and transports waste from our body that has been filtered by our kidneys and is released through the urethra. During urination, the bladder muscles contract and the sphincter opens to allow urine to flow out. Urine exits the bladder into the urethra and out of the body. When empty, the bladder is about the size and shape of a pear and can fill to the size of a large grapefruit.

**Muscles of the Bladder** – Help the bladder relax and fill properly and contract to empty completely.

**Pelvic Floor Muscles** – Are the muscles that define and “hold up” the lower organs in the pelvis, including the bladder. The pelvic floor muscles and bladder sphincter muscles control the flow of urine so the bladder can hold the urine and then release it when necessary.

**Connective Tissue** – Supports the structure and strength of lower pelvic organs. Weakness commonly occurs with age or poor urinary habits and contributes to pelvic floor weakness. It is important to support the connective tissue as well as the bladder and pelvic floor muscles for best urinary control.

Why Are Bladder Muscles Important?

Aging and childbearing are common causes of bladder weakness, along with other contributing factors such as obesity and constipation. Male prostate issues with aging can also be a factor, as can some food and medications known to affect bladder control. Ask your health professional to provide their assessment and recommendations for your specific bladder concern.

If the muscles of the bladder lose elasticity and tone, they are not able to contract nor relax in the normal way, meaning the bladder sends the signal it wants to empty too early. This leads to urgency and frequent visits to the bathroom day and night, even accidents if you don’t reach the bathroom in time. Or, if the muscles are too slack, the sphincter and pelvic floor muscles may be weak and unable to hold the urine in as they should; leading to leakage with jumping, coughing, sneezing and laughing.

“Your bladder wall contains a layer of smooth muscles that contract when you tell your bladder to empty. The pelvic floor and sphincter muscles function similar to a rubber band to provide further control. Your bladder can hold up to 600ml of liquid. At about 25% full, the “urge” to go starts, but a healthy bladder can wait until it’s about 75% full. After decades of stretching or pressure, obesity or constipation and with certain medications or foods, the muscle tone of your bladder and sphincter area can become affected. When that happens, even if your bladder is 25% full, it can give the impression it’s ready to explode.” says Dr. Seipel.

Symptoms of poor bladder muscle control:

- Urgency to reach the restroom
- More than 8 urinations in a day
- Inability to empty bladder completely
- Bladder accidents
- Having to get up to “go” at night
What Can I Do To Protect My Bladder?

**Food, drinks, activities TO AVOID**

First, let’s understand what is known to irritate the bladder:

- Alcohol
- Caffeinated drinks
- Carbonated beverages (even sparkling water!)
- Chocolate
  
  *They act as bladder stimulants which may increase bladder activity and leakage.*

- Spicy foods
- Artificial sweeteners
- Citrus, tomato and watermelon
  
  *These foods may worsen bladder symptoms; if you are not sure remove from diet for 2-3 weeks to see if there is improvement.*

- Cigarette smoking
  
  *Smoke and nicotine are bladder irritants, and can trigger the bladder to dump urine and have been proven to increase other health risks.*

- Constipation
  
  *Can put pressure on the adjacent bladder area, which can trigger the need to empty the bladder more frequently.*

- Sneezing (without squeezing), lifting, bearing down
  
  *Avoid increases in intra-abdominal pressure without first bracing the pelvic floor.*

What Can I Do To Benefit My Bladder?

**Food, drinks, activities THAT CAN HELP**

Now, let’s learn how to support the bladder:

- **Adequate Exercise and Moderate Diet** – Can help prevent bladder accidents and undo pressure on the bladder.

- **Drink 6-8 Glasses of Water Daily** – Stay hydrated and avoid constipation or causing urine to be too concentrated (i.e., dark in color). Not getting enough water? Try flavoring water by adding a few drops of lemon or lime.

- **Complete Bladder Emptying at the End of Urination** – When sitting or standing at the toilet and thinking that you have emptied your bladder, try leaning your upper body forward and gently down. This can move the position of the bladder and for many, will support more effective bladder emptying. Or, squeeze and release muscles to “double void”.

- **Leaks & Accidents/Urgency** – May be reduced by pressing all of your toes into the ground while sitting or standing. A message to the brain produces a response that helps to tighten the bladder sphincter and reduce the feeling of urgency.

- **Maintain Good Posture** – This simple adjustment can really matter to pelvic floor muscles.

- **Manage Stress** – With an activity like yoga, meditation, Tai Chi, prayer, knitting or art.

- **Investigate Probiotics** – To help support a healthy digestive tract.

- **Kegel’s (Pelvic Floor) and Bladder Control Exercises** – Done on a regular basis, these are believed to make a real difference in strengthening the tone of your bladder (some instructions are on the next page).

  And, of course, take two Better Bladder™ capsules with breakfast daily. Please keep in mind that the secret to the effectiveness of supplements is consistent use. Better Bladder™ goes to work right away, but best effects can be expected after 8 weeks of regular use.
Yes, these exercises have been shown to help to strengthen the pelvic floor and bladder:

Pelvic Floor (or Kegel) Exercises:
This involves exercising the pelvic floor muscles (PFM) just like you would other muscles in your body. The PFM are inside your body, so they can be a bit hard to identify at first. The next time you are urinating, stop the flow of urine midstream. The muscles that stop the urine flow are your pelvic floor muscles. At other times, while sitting or standing, squeeze those same muscles tight, hold for up to 10 seconds and then release. Repeat this exercise 5 to 10 times in one session. If you can, repeat the session several times each day. These muscles can gradually be strengthened to help improve your bladder control.

Pelvic Tilt:
If standing: Stand with your back against the wall and flatten your lower back into the wall. This will make your pelvis tilt forward, by using the lower abdominal muscles. Try pulling your tailbone up to your navel at the same time. Hold for five seconds and repeat five times.

Or lying down with legs bent: Flatten your lower back into the floor so as you feel your lower back touch the floor, this will activate the lower abdominal and pelvic floor muscles. You will feel your pelvis tilt forward. Hold for five seconds and repeat five times.

Brace Yourself:
Tighten and hold the pelvic floor, so it is supported and can hold when pressure is applied:
- Squeeze your pelvic floor muscles before you sneeze
- Clench your pelvic floor muscles before you cough
- Lift your pelvic floor muscles before you laugh
- Brace your pelvic floor muscles before you bounce

Bladder Retraining:
Teach the bladder to hold on a little longer and not to go “just in case”. The bladder typically has the ability to adjust its filling capacity if you practice “holding it” for 5-10 minutes more every few days.

Neural Reflex:
Press toes into the ground while sitting or standing to tighten the bladder sphincter.

Take 2 Better Bladder™ capsules with breakfast (you may increase dosage to 4 capsules for the first month for faster results)
- Select two Pelvic Floor or bladder exercises to do today
- Drink 4 – 6 glasses of water (stay hydrated, less constipated, don’t worry about increasing accidents).
- Utilize Bladder Symptom Diary (on the next page) for the first month to record daily progress and subtle changes in your body. If you have any questions regarding your results, please feel free to contact our Customer Care team.

“It’s a good idea to track your progress in order to recognize changes in the urgency, frequency, leakage and nocturia (getting up at night to go).” says Dr. Seipel, “Our research shows that 90% of people who follow their regimen daily feel increased self-confidence and see results within 8 weeks. However, many people experience a noticeable difference after only two weeks. Noticing subtle improvements along the way can help you to stay the course.”
### Bladder Symptom Diary

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More Bladder "Secrets"?

1. The average adult can hold 2 cups of urine for 2 to 5 hours. We usually start to feel the urge to urinate when we have a cup full of urine in the bladder.

2. Urine that smells of ammonia is often caused by dehydration.

3. Urine is often diluted and added to potted plants and plants in gardens for its urea content which is a source of nitrogen for plants.

4. The saying ‘read between the lines” is thought to come from Ancient Roman spies who used urine as invisible ink to write secrets between the lines of their official documents. For the receiver to make the message appear, they would simply heat the document.

5. Male lobster’s bladders are in their heads, and when they fight, they squirt each other in the face with urine.

6. Foamy urine can be caused by turbulent urine or it can be a sign of proteins in the urine and may need further investigation from a healthcare professional.

7. Men usually urinate faster than women up until around the age of 50 and then women urinate faster.

8. Vitamin B2 and riboflavin, found in many vitamin supplements can give urine a bright yellow color and drinking carrot juice can also turn urine orange.

9. Equisetum Arvense, an ingredient in Better Bladder™, was first recommended by the Roman physician Galen 2,000 years ago.

What Ingredients Are In Better Bladder ™?

This patented herbal complex has been shown in a double-blind placebo-controlled clinical study to help improve bladder control with reductions in bladder frequency, nocturia (having to get out of bed at night to “go”), urgency and bladder accidents.

**Crateva Nurvala**
Ancient Ayurvedic herb, traditionally used for urinary disorders. Beneficial for improving bladder and shown to strengthen bladder muscle tone.

**Horsetail (Equisteum Arvense)**
Exotic Western herb traditionally used as a urinary tract astringent and for connective tissue support so the connective framework can better hold up the bladder.

**Lindera Aggregata**
Traditional secret of Japanese and Chinese herbal remedies recommended for bladder control and less accidents.

Are there any side effects?

There are no known harmful side effects.

Will it interfere with any other medications or supplements people may be taking?

Better Bladder™ is not known to interfere with any drug medications or supplements. We do recommend you consult your health care professional for specific advice when combined with medications.

Welcome to the Therabotanics™ family of better products for a better life.

Thank you and congratulations, you’re on your way to a Better Bladder™! Therabotanics™ products are manufactured in FDA compliant factories in the USA, with the highest quality ingredients, formulated by leading experts, backed by clinical studies and always include a 30-Day money back guarantee.

Please contact Customer Care with any questions regarding your experience with Better Bladder™ at 800.234.0693 / Monday - Friday 7am - 4pm PT, Saturday 7am - 3pm PT or customerservice@betterbladder.com.

This product is not intended to treat, diagnose, cure or prevent any disease. The statements made about Better Bladder™ in this booklet have not been evaluated by the Food and Drug Administration.