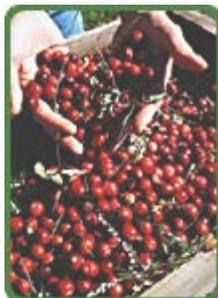


## Maintaining a Healthy Urinary Tract Research Report



### *CranBarrierT* by Melaleuca

Researched and Written by Karen MacKenzie

This report is on cranberry, blueberry and uva ursi (bearberry), all key ingredients in **Melaleuca's CranBarrier™**.

Cranberries, blueberries and bearberries (uva ursi) belong to the same botanical family, Ericaceae. They have been used by native Americans for centuries to treat urinary tract infections (UTI's), kidney stones and many other diseases. Ripe cranberries are particularly sour, so a 'cranberry cocktail' is commercially available, which includes many undesirable additives that can dilute or actually change the cranberry's ability to work effectively. When used synergistically, cranberry, blueberry and bearberry can be used in smaller quantities with greater healing effect.

### Cranberries - CranBarrier™ by Melaleuca

Bandolier is a journal available in print and on the internet. It provides evidence-based advice to both health care professionals and consumers alike. Their conclusion on cranberry and blueberry juice is that they are definitely effective. [This is their report.](#)

This [Finnish study published in the British Medical Journal](#) claims that up to 60% of women will experience a urinary tract infection during their lifetime. The actual study involved 150 women with documented E.coli urinary tract infections. When split into three groups, 50 of the women were given 50ml cranberry-lingonberry juice (*Vaccinium* spp.), every day for 6 months. The next 50 were given 100ml of lactobacillus for 5 days per week for one year and the final 50 had no treatment. The results showed that cranberry juice, taken regularly, reduced the reoccurrence of urinary tract infections, while the lactobacillus and the non treatment had little or no effect.

This paper shows that there is [growing peer-reviewed evidence](#) on the use of Cranberries for preventing urinary tract infections.

### Doctors Do Recommend Cranberries - CranBarrier™ by Melaleuca

[Gabe Mirkin, M.D. writes](#) that many older people have bacteria in their urine, without any sign of infection, and that cranberry juice can help to deplete these levels to minimize the risk of infection occurring.

Dr. Joe Glickman, Jr., M.D. believes in the natural properties of cranberries and blueberries to flush harmful bacteria from the urinary tract. [Here's his report.](#)

The fact that cranberry and blueberry juices have a role in preventing urinary tract infections is well known, but there is a problem with most juices containing a high proportion of sugar and water, which raises the caloric value so that they may cause more health problems than they cure. Added to this, when the sugar is removed, the acidic taste of the juices makes them unpalatable.

### Blueberries - CranBarrier™ by Melaleuca

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When you subscribe to our free newsletter, you will receive a new edition every week. You will also be informed of any news regarding our publications, etc. Below are some testimonials about our publications and newsletters:

"Being a Melaleuca Marketing Executive, it is an advantage when we can show clinical studies to back up our claims about the benefits of becoming a Melaleuca customer. So once again, thank you." S.B.

"All the reports are very informative and helpful. They will definitely be of great help in getting my customer base interested. Many thanks..." S.D.

"Excellent! Thorough and informative. Thank you!" J.A.

"I just wanted to say

Blueberries, like cranberries, are from the *Vaccinium* spp. Their mode of action is similar to that of cranberries and many studies note this. Used together they synergistically enhance each other's health-giving properties.

In the following two studies, 7 fruit juices including cranberry, blueberry, grapefruit, guava, mango, orange and pineapple were tested for positive results in urinary tract infections. It is noted that Cranberry and Blueberry were the only two fruits to have a positive effect.

There are no abstracts available for these two studies. You must be a paying subscriber to access the following studies:

[Anti-Escherichia coli adhesin activity of cranberry and blueberry juices.](#) 1996 Ofek I, Goldhar J, Sharon N.

[Anti-Escherichia coli adhesin activity of cranberry and blueberry juices.](#) 1991 Ofek I, Goldhar J, Zafriri D, Lis H, Adar R, Sharon N.

### Bearberry - CranBarrier™ by Melaleuca

Bastyr University in Seattle aims to teach students all aspects of the natural health sciences, [this is what they say about uva ursi.](#)

### UTIs: Prevention Better Than Cure - CranBarrier™ by Melaleuca

According to the American Urological Association (AUA), over 7 million people suffer urinary tract infections each year, other statistics suggest it is much higher. Approximately 40% of American women will endure this type of infection during their lifetime, and although not as common in men, it is still a serious health risk to both sexes.

Many people, including myself, are concerned by the continued overuse of antibiotics. Doctors are still prescribing prophylaxis antibiotics (low dose, long term) to guard against reoccurring UTI's. There is increasing evidence that antibiotics are becoming less effective in treating urinary tract infections. And, unfortunately, the more we use the worse it is going to get.

[Increasing prevalence of antimicrobial resistance among Enterobacteriaceae uropathogens in Dakar, Senegal: a multicenter study.](#)

[Conventional and molecular epidemiology of trimethoprim-sulfamethoxazole resistance among urinary Escherichia coli isolates.](#)

[Prevalence and antimicrobial susceptibility of pathogens in uncomplicated cystitis in Europe.](#)

### Comments From Your Researcher

Proper medical diagnosis is important at the onset of any illness. Prescribed medication, especially antibiotics, should not be stopped without medical advice. This report is for information purposes only.

I would love to know what you think about this report. You may [contact us](#) with any suggestions or comments about this report.

*Karen MacKenzie*  
March 2004

thank you for the report and to let you know how helpful I found it. — A really useful newsletter! Thanks."  
D.H.

"A real gold mine of info."  
J.K.

"Thanks for your tireless pursuit of truth. It is a huge resource to us!!"  
P.L.

"I love this report, and the leads generated from it..."  
D.B.

