

URINARY TRACT INFECTIONS

FOREWORD. *This method has been successfully tested for several years, and its effectiveness has been verified by the global community.* Before reading about any of the treatments, you should learn about TENS (Transcutaneous Electrical Nerve Stimulator), which is equivalent to medication, and review its features by reading the corresponding document included in this package. You can purchase it online, but be sure to check that the “Stimulation Modes” include the option: “Normal or Constant.” If this treatment does not result in a cure, you should consult your treating physician.

INTRODUCTION.

This guide explains how to eliminate a urinary tract infection in any part of the urinary tract, or in all parts. Urinary tract infections are among the most common, especially in women—occurring at a rate nearly 300% higher than in men. Bacteria typically enter through the urethra and travel to the bladder; *Escherichia coli* is the most common cause, although an infection can also spread from the throat to the kidneys.

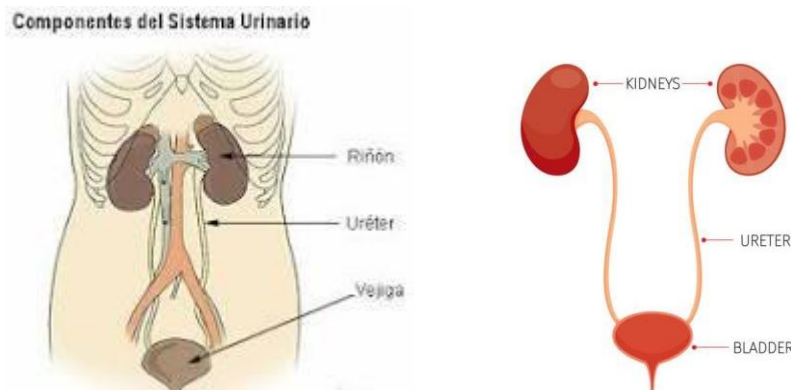


Figure 1. *Location of the kidneys and the tubes that carry urine from the kidneys to the bladder (ureters), where it is stored before being expelled through the urethra in females or the penis in males.*

URINARY TRACT TREATMENT SCHEME

The treatment plan involves stimulation from the kidneys to the urethra (in females, or the penis in males) or the point where urine exits the body, starting at the kidneys, with both pads placed as shown in Figure 2.

I. KIDNEY TREATMENT.

Treatment parameters:

Pad placement.

- a. One pad, for example #1, is placed on the back on one side of the spine, below the ribs and above the hip bone, at the level of the navel; the other pad is placed to one side of the navel, on the same side and at the same height as the corresponding pad on the back.
- b. To treat the other kidney, the procedure is similar and symmetrical to the previous one; a pad is placed on the back on the other side of the spine, at the same level as in the previous case; on the front, the pad is placed to one side of the navel on the same side as the pad on the back (Figure 2).

1. **INTENSITY.** As in all cases, and to avoid requiring a homemaker to use a multimeter, the current intensity should be increased until it begins to be felt and then left at that level.
2. **TIME.** Apply for 10 minutes to each kidney.
3. **TYPE OF PADS.** Preferably use rectangular pads measuring 4 x 8 or 5 x 10 centimeters, or rectangular pads measuring 5 x 5 cm.

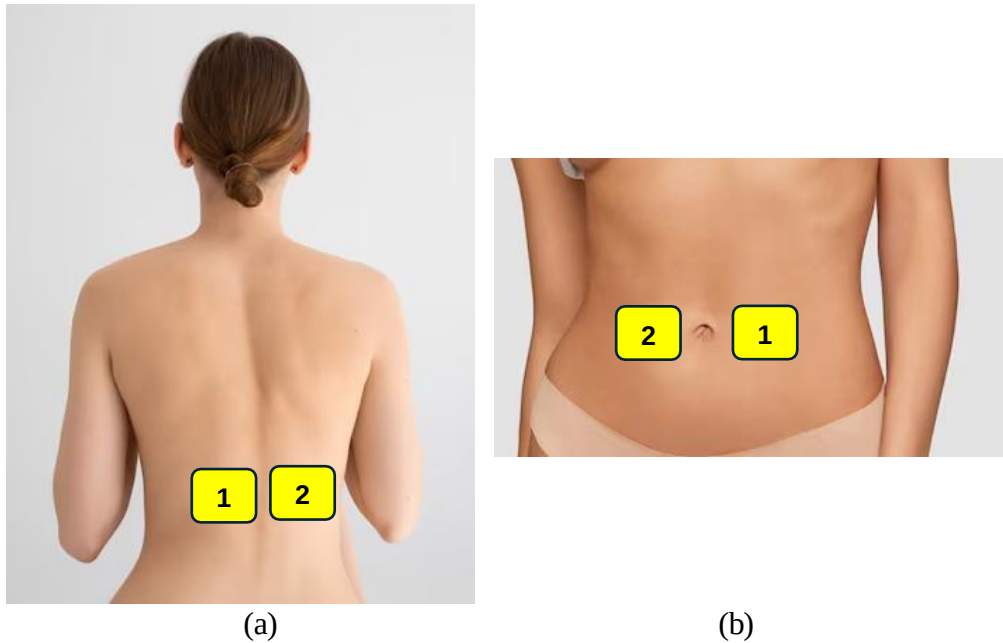


Figure 2. Placement of pads on the front and back to electrically stimulate both kidneys.

II. TREATMENT OF THE URETERS, BLADDER, AND URETHRA.

To treat these areas, place one pad—such as pad (1) in Figure 2(a)—on the back, and the other at the opening of the urinary tract. Then, repeat the process with pad #2 on the back to treat the other kidney.

Treatment parameters:

4. **INTENSITY.** As in all cases, and to avoid requiring a homemaker to use a multimeter, increase the current intensity until it begins to be felt and leave it at that setting.
5. **TIME.** Apply for 5 minutes to each kidney; move the pad on the back to position (2).
6. **TYPE OF PADS.** Use rectangular pads measuring 5 x 5 cm.