



## URINARY TRACT INFECTION (UTI)

Urinary tract infection is a very common bacterial infection. It affects mostly women from all cultures and races and can be very painful.

### How is the human urinary tract network protected from invading bacteria?

The kidneys produce a protective protein (uromodulin) which consists of masses of sugar-rich molecules that neutralise bacteria, excreting it along with the urine. It has been found that UTI occurs more often where insufficient sugar-rich molecules are produced, or where there is a lack of this protective protein. Good, healthy hygiene plays an important role in preventing UTI. Chronic UTI can also be genetic.

Clinical tests indicate that antibiotics, and medication that contain “sugar mannose”, are most effective in the treatment of UTIs. *ALOE FEROX JUICE* may therefore aid the recovery process of UTIs, since sugar mannose is commonly found in the *Aloe ferox* plant.

### What are the symptoms of an UTI?

A burning sensation during urination, frequent and intense urge to urinate, cloudy, dark or bloody urine, or pungent smell. Persons may experience pain in the pelvic area, abdomen or lower back, as well as fever and fatigue.

### How do I prevent UTIs?

Stay well-hydrated, shower rather than bath, visit the toilet regularly and try to empty the bladder completely. Preferably wear cotton underwear in stead of tight, synthetic underwear such as nylon.

### Advice for when I have an UTI

- Drink plenty of fluids, especially water – even if you don’t feel thirsty.
- Increase vitamin C intake to 500-1000 mg per day to help reduce inflammation.
- Cranberries, raspberries and other berries, as well as its juices, promote urinary tract health, and offer protection against infection.
- Avoid bladder-irritating foods/drinks that contain lots of sugar, as they encourage bacteria to grow. Artificial sweeteners, coffee, and caffeinated drinks, sodas, chocolates and spicy foods can irritate the bladder and worsen symptoms. Even too much alcoholic beverages may irritate the bladder.

### Aloe Ferox products

- Take *VITAMIN C+* capsules to supplement vitamin C intake.
- Take *OMEGA-3* soft gel capsules to help clear inflammation.
- Take *ALOE FEROX JUICE* to aid speedy recovery.
- Take *BODY BASICS* to build the immune system and assist the body to fight UTIs naturally.





**ENGLISH:** Jana, a first-year pharmacology student at the NWU in Potchefstroom, suffered serious burns with hot cooking oil. The hospital said that she would not be able to wear a shoe for at least 2 months, and would have to return every other day for wound care. It was just not practical, so she took care of the wound herself. Speedy recovery was paramount since she was not allowed to work in the laboratory without shoes. Jana's mother (an Aloe Ferox distributor) and the friendly Aloe Ferox team ☺, recommended that she applies *SUPER ALDE GEL* and *BITTER ALDE GEL* to the wounds, and taking *VITAMIN C+* daily to encourage wound healing. She was able to wear her shoe after just one month!

"Thank you, Aloe Ferox, for the good advice and fast recovery."

**AFRIKAANS:** Jana, 'n eerstejaar farmakologie-student aan die NWU in Potchefstroom, het ernstige brandwonde opgedoen nadat sy met kookolie gebrand het. Volgens die hospitaal sou vir minstens 2 maande nie kon skoene dra nie, én elke tweede dag by die hospitaal moes wees vir wondversorging. Dit was net nie vir haar prakties moontlik nie, so sy het toe besluit om die wond self te versorg. Spoedige genesing was krities omdat sy nie sonder skoene haar studies in die laboratorium kon doen nie. Met die hulp en raad van haar ma ('n Aloe Ferox-verspreider) en die vriendelike Aloe Ferox-span ☺, het sy die wond versorg met *SUPER ALDE GEL* en *BITTER ALDE GEL*, en daarmee saam *VITAMIN C+* gedrink om wondgenesing te versnel. Na slegs 'n maand kon sy weer 'n skoene aan die voet kry!

"Baie dankie, Aloe Ferox, vir die goeie raad en spoedige herstel."



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# Specials

## JANUARY 2023



R95

SAVE R15

OUTLOOK  
30 Capsules

COMBO  
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EYE CREAM 30 ml  
EYE GEL 15 ml

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## URIENWEGINFEKSIE

Urienweginfeksie is die mees algemene bakteriële infeksie wat wêreldwyd voorkom, en 'n pynlike toestand wat meestal vroue affekteer.

### Hoe word die menslike urienwegnetwerk beskerm teen invallende bakterieë?

Die niere vervaardig 'n beskermende proteïen (uromodulin) wat bestaan uit massas suikerryke molekules wat bakterieë neutraliseer en saam met urine uitskei. Urienweginfeksies kom meer dikwels voor wanneer daar nie genoegsame suikerryke molekules vervaardig word nie, of waar daar 'n gebrek is aan hierdie beskermende proteïen. Goeie, gesonde higiëne speel 'n belangrike rol in die voorkoming van urienweginfeksies. Chroniese urienweginfeksies kan geneties wees.

Volgens toetse is antibiotika, en medikasie wat "suiker-mannose" bevat, die mees effektiewe aanvullings vir die behandeling van urienweginfeksies. Omdat suiker-mannose ook in die *Aloe ferox*-plant voorkom, dra *ALOE FEROX JUICE* by tot die herstel van urienweginfeksies.

### Wat is die simptome van 'n urienweginfeksie?

Branderige sensasie tydens urinering, gereelde en intense drang om te urineer, troebel, donker of bloederige urine, en ongewone skerp reuk. Persone kan pyn in die bekken of lae rug ervaar, asook koorsig en moeg voel.

### Hoe voorkom ek 'n urienweginfeksie?

Bly goed gehidreer, stort eerder as om te bad, besoek die toilet gereeld en probeer om die blaas heeltemal te ledig. Dra verkieslik katoen-onderklere in plaas van stywe, sintetiese onderklere soos nylon.

### Advies tydens 'n urienweginfeksie

- Drink baie vloeistowwe, veral water – al voel jy nie dors nie.
- Verhoog vitamine C-inname na 500-1000 mg per dag om inflammasie te help verminder.
- Drink bosbessiesap (cranberry). Bosbessies, frambose en ander bessiesoorte bevorder urienweggesondheid, en bied beskerming teen infeksie.
- Vermyn blaas-irriterende kosse en drankies wat baie suiker bevat, aangesien dit bakterieë aanmoedig om te groei. Kunsmatige versoeters, koffie of kaffeienryke drankies, sodas, sjokolade en spesery-ryke kos kan die blaas irriteer en simptome van urienweginfeksie vererger. Selfs 'n oormaat alkohol kan die blaas irriteer.

### Aloe Ferox-produkte

- Verhoog vitamine C inname met *VITAMIN C+* kapsules.
- Gebruik *OMEGA-3* om inflammasie te help opklaar.
- Drink *ALOE FEROX JUICE* om herstel te versnel.
- Versterk die immuunstelsel met *BODY BASICS* om urienweginfeksies natuurlik te beveg.

