

Urinary tract infections:

The role of Cranberry in urinary tract health



Herbs of Gold extends a warm invitation for you to join us for our FREE live webinar:

Urinary tract infections: The role of Cranberry in urinary tract health

Urinary tract infections (UTIs) are one of the most common conditions affecting quality of life, with over 60% of women experiencing a UTI, and 30% with recurrent UTIs¹. UTIs most commonly affect the bladder, which is known as cystitis.

Cranberry is well-recognised for its effects on urinary tract health and for helping to reduce the risk of medically diagnosed cystitis. In this lightening session we'll look at lifestyle strategies for managing UTIs and the latest evidence on Cranberry, drawing from recent meta-analyses to provide best practice recommendations for individuals experiencing cystitis.

In this webinar we'll explore:

- The science behind Cranberry
- Lifestyle measures for reducing the risk of UTIs
- Our two-step protocol for urinary tract health

Products featured in this webinar include:



Cranberry 70 000



Probiotic + SB



Probiotic 60 Billion

When

Wednesday 30th July

Time

7pm AEST (NSW, ACT, VIC, QLD & TAS)
6:30pm (NT & SA), 5pm (WA)

The webinar will run for 15 minutes with a Q&A session at the end.

RSVP

Scan the QR code to register for this webinar.



SPEAKER:

CARA MARKWELL
QLD STATE TRAINER
B.HSC. NATUROPATHY

Cara holds a Bachelor of Health Science in Naturopathy and is an experienced Naturopath with strong skills in both sales and training since 2005.



**CPE CERTIFICATES AVAILABLE
FOR 15 MINS CONTACT TIME**

1. Williams, G., Stothart, C. I., Hahn, D., Stephens, J. H., Craig, J. C., & Hodson, E. M. (2023). Cranberries for preventing urinary tract infections. *Cochrane Database of Systematic Reviews*, (11).

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