

Continol™

Continol™ contains a total of **three active B.E.E.™ ingredients** to act as a natural alternative to antibiotics for Urinary Tract & Bladder Infections and drugs or surgery for Urinary Incontinence (Overactive Bladder). **Continol™** can eliminate more than 90% of all Urinary Tract & Bladder Infections and restore the bladder function (Incontinence) to normal within 1 to 2 days with guaranteed positive results!

Continol™ is designed to help clear and clean the urinary tract by preventing bacteria from adhering to the wall of the urinary tract, increasing urine flow and inhibiting kidney stone formation, thereby fighting urinary tract infections and promoting healthy urinary tract and kidney function.

Applications:

Continol™ has been successfully used to:

- Promote smooth urination for people who have urinary tract infections that cause pain
- Promote normal urination in people with incontinence
- Provide an alternative solution to prescription medication and surgery
- Improve the abnormal smell, color and appearance of urine in people who might have UTI's
- Increase urine flow and inhibit kidney stone formation
- Control muscle contraction of the urinary bladder
- Keep urine clear of mucous buildup
- Help infected urinary track recover sooner in comparison to drugs
- Help maintain a normal urine flow and reduce the chances of getting urinary track infections

Continol™ also helps to keep a stable balance of salts and other substances in the blood. It may also normalize the pH of the urine. This aids in preventing crystallization (stones), which can cause irritation or infection.

Pumpkin Seed B.E.E.™: contain abundant essential fatty acids that are responsible for diuretic activity, which relieves bladder discomfort. The phytosterol constituents are also believed to increase urine flow. It is helpful for dysuria (difficulty of urination) secondary to Benign Prostatic Hyperplasia (BPH), bladder irritation and pyelonephritis (kidney inflammation). It also helps prevent the most common type of kidney stone by reducing the levels of substances that promote stone formation in the urine and increasing levels of substances that inhibit stone formation. **Pumpkin Seed B.E.E.™ (*Curcubita pepo*)** may also decrease frequency of urination.

Pumpkin seeds are a natural source of Zinc and Linoleic Acid (Vitamin F), which has been purported to be important in helping to lessen residual urine.

Historically, pumpkin seeds have been used to treat urinary tract infections.

Eating a ground-up mixture of the seeds--or simply snacking on a small handful of seeds once or twice a day--can calm the irritated and overactive bladder occasionally associated with bedwetting. Germany's Commission E has approved using pumpkin seeds for bedwetting and other bladder problems.

Today, a number of European countries (including Germany) approve of their use for lessening urination problems in men. The exact mechanism for the seeds' effectiveness is uncertain but it may involve a fatty oil in the seeds that promotes urine flow. (The fatty oil appears to block the action of the hormone dihydrotestosterone).

In one of the few clinical trials on cucurbita seeds (pumpkin specifically), significant improvements in such symptoms as post-void dribbling, weak urine flow and time spent urinating were reported in many of the participants.

Native Americans also commonly used pumpkin seeds to treat a variety of kidney problems.

Eclectic physicians (doctors who recommended herbal medicine) at the end of the 19th century used pumpkin seeds to treat urinary tract problems.

Animal studies have shown that pumpkin seed extracts can improve the function of the bladder and urethra.

Two trials in Thailand have reportedly found that eating pumpkin seeds as a snack can help prevent the most common type of kidney stone. Pumpkin seeds appear to both reduce levels of substances that promote stone formation in the urine and increase levels of substances that inhibit stone formation.

Cranberry Fruit B.E.E.™: contains fructose, polysaccharides and proanthocyanidins that help relieve Urinary Tract Infection (UTI), prevent recurrence by reducing the activities of bacteria (*E.coli.*), which help to cause UTI and prevent and eliminate bacteria from adhering to the cells lining the wall of the bladder, probably also through its diuretic and antiseptic activities. **Cranberry B.E.E.™** also helps people with urostomies and enterocystoplasties (2 terms of urinary tract surgical operations) keep their urine clear of mucus buildup and possibly reduce the risk of UTI. In addition, it also has anti-carcinogenic and urine deodorizing activities.

In test tube studies, cranberry prevented *E. coli*, the most common bacterial cause of UTIs, from adhering to the cells lining the wall of the bladder. This anti-adherence action is thought to reduce the ability of the bacteria to cause a UTI. The proanthocyanidins in the berry have exhibited this anti-adherence action. Cranberry has been shown to reduce bacteria levels in the urinary bladders of older women significantly better than placebo, an action that may help to prevent UTIs. A small double-blind trial with younger women ages 18–45 years with a history of recurrent urinary tract infections, found that

daily treatment with an encapsulated cranberry concentrate (400 mg twice per day) for three months significantly reduced the recurrence of urinary tract infections compared to women taking a placebo. Other preliminary trials in humans suggest cranberry may help people with urostomies and enterocystoplasties to keep their urine clear of mucus buildup and possibly reduce the risk of UTIs.

In traditional North American herbalism, cranberry has been used to prevent kidney stones and “bladder gravel” as well as to remove toxins from the blood.

Cranberries are rich in polyphenols, a potent antioxidant.

Barley Bran B.E.E.™: is rich in magnesium and low in calcium, which helps reduce the risk of kidney stones.

A traditional approach from Britain for soothing the urinary tract is barley water. This has been used in the way that cranberry juice has in North America. They work in different ways but achieve similar results. It may be used in all cases where frequency, dysuria or other distressing symptoms occur.

Barley water is also a wonderful way to control Urinary Tract Infection during pregnancy. Upon regular usage, the foul smell of urine as well as burning sensation totally disappear.

Barley has a cooling, anti-inflammatory action on the urinary tract.

Barley Bran B.E.E.™ also improves sleeping patterns and increases strength and stamina. It is a booster for the immune system, has anti-inflammatory, antioxidant and wound-healing properties and protects cells from free-radical damage.

SUGGESTED USE:

Take 1-2 capsules up to 3 times daily with a glass of water. Use every day to maintain a healthy urinary tract.