

# Improved Urinary Tract Health

## WITH PUMPKIN SEED EXTRACT

Urinary incontinence and bladder irritability, while not the most pleasant of conversational topics, are common complaints, affecting approximately 5 percent of the U.S. population. Because urinary problems can be embarrassing for those who suffer from it, people may go a long time without help. Those with irritable bladder have to urinate so frequently that it interferes with their work and their sleep schedules. They may be afraid to go out for fear of suddenly having to urinate, *this instant*.

For the millions of women and men with irritable bladder, we've found an excellent clinically studied, branded product called Sanhelios Curbita Bladder Caps that fulfills all of our highest criteria for being a great-quality product for supporting urinary health.

by Melissa L. Block

### URINARY PROBLEMS ARE COMMON—AND CAN BE EMBARRASSING

**B**OTH MEN AND WOMEN can experience *irritable bladder*, where even a small amount of urine in the bladder causes the organ to contract, bringing on feelings of having to urinate as soon as possible. Irritable bladder is also known in the medical world as *urge incontinence*, *overactive bladder*, *spasmodic bladder*, or *detrusor hyperreflexia*.

When the bladder begins to fill with urine, it signals us early on that we should start thinking about heading for the restroom. The average bladder holds 350 to 500 ml of urine, and at about 200 ml, we get the first signal. In people with irritable bladder, the bladder responds to even a small amount of urine by strongly contracting. This sort of irritability can happen in men with benign prostatic hyperplasia (BPH), too. In both men and women with urge incontinence, urine can leak embarrassingly.

### PUMPKIN POWER TO THE RESCUE

Pumpkins are native to the U.S. and are cultivated worldwide, growing on vines that sprout from small white or orange seeds. Those seeds, aside from their capacity to yield pumpkins of all sizes (the largest weighed in at 1,600 pounds), have long been valued as natural medicines. Today, extracts from pumpkin seeds have earned one of the world's best-known stamps of approval for useful herbal medicines: a German Commission E monograph.

One of the traditional uses for pumpkin seed extract is as a natural support in some types of urinary incontinence—specifically, those that are caused by a hyperreactive or irritable bladder wall.

Pumpkin seed contains phytochemicals that enforce the contractility of the musculature of the urinary tract, enhancing both the ability to hold urine in and to completely empty the bladder. These chemicals improve the expulsive force of the bladder muscles and improve the tone of the sphincter that opens and closes the pathway to the urethra and out of the body.

Sanhelios® Curbita™ Bladder Caps, distributed by Bioforce USA, is a highly concentrated soft gel capsule that contains 1,000 mg of pumpkin seed oil from a special medicinal pumpkin, botanical name *Curcubita pepo*. As its name suggests, it supports optimal bladder tone and helps curb urinary incontinence, bed-wetting, and residual urine (urine left over in the bladder after urination).

In clinical studies, pumpkin seed oil was shown to reduce bladder pressure. Pumpkin seed extract improves bladder function and tone and has been found to help promote better urinary tract health in people with irritable bladder. In one study, a group of women with urge incontinence took pumpkin seed extract for six weeks. Their average nighttime urinations went from 3.5 to 2.0; their average daytime urinations went from 9 to 6.7; and their number of incontinent episodes fell dramatically.

We like Sanhelios Curbita Bladder Caps because of the company's strict attention to quality and gentle processing techniques. This pumpkin seed oil supplement matches the potency and purity of the versions recommended by Commission E and suggested by existing studies. ■

References available at [www.freedompressonline.com](http://www.freedompressonline.com).

### RESOURCES

You can find Sanhelios Curbita Bladder Caps in health food stores across the country. To find a retailer near you, visit [www.bioforceusa.com](http://www.bioforceusa.com) or call the company at (800) 641-7555.



### Pumpkin Seeds Contain:

**Amino acids**—components of protein

**Phytosterols**—plant compounds that compete with dietary cholesterol for absorption, helping to keep cholesterol levels healthy

**Squalene**—the same kind of fat found in shark liver oil, a popular cancer preventative

**Minerals** (selenium, zinc, calcium, copper, iron, manganese, phosphorus, potassium)

**Pectins**—soluble fibers that help to maintain healthy cholesterol levels

**Healthy fats** (palmitic acid, stearic acid, oleic acid, linoleic acid)—pumpkin seed oil is a good source of omega-3, omega-6, and omega-9 fatty acids

**Vitamin E** (gamma-tocopherol and beta-tocopherol)

### Carotenoids

**Phytoestrogens** (secoisolaricresinol, enterodiol, enterolactone)—plant chemicals

with weak estrogenic activity, known to benefit heart health and prostate health, and believed to help protect against certain cancers

