



# Bladder



LPT

LILAC PHYSICAL  
THERAPY

# Irritants

Are you struggling with urinary urgency? Check your diet for the following items to see if some simple changes could make a **big** difference.

- Caffeine
- Alcohol
- Carbonated beverages
- Processed foods (saturated fats, transfats & cholesterol)
- Artificial sweeteners
- High acid & high oxalate foods
  - Citrus & tomatoes
  - Spinach, almonds & cashews, miso, grits, bran & shredded wheat cereals

Looking for additional support?

Schedule a consultation at: [www.lilacpt.com](http://www.lilacpt.com)