MAJOR DIETARY IRRITANTS TO THE URINARY TRACT

All alcoholic beverages
Cranberry Juice and/or Cranberries
Lemon juice
Carbonated drinks, especially colas
Chilies/Spicy foods, especially HOT ones
Coffee
Acidy foods (Coffee and colas, for example)
Chocolate (sometimes)

SUBSTITUTIONS THAT YOU CAN MAKE IN YOUR DAILY DIET.......  

1. Coffee that has the acid removed.  KAVA and ROMBAUTS are two brands found in grocery stores.

2. Herbal teas provided they don't contain large amounts of citrus.  Weak tea: Dunk a tea bag in water four times quickly to color the water.

3. OVALTINE instead of chocolate drinks.

4. Fruit juices: Apricot nectar, pear nectar and papaya juice.

5. Late harvest dessert wines (low acid content).

6. Fructose, as found in SUPERROSE instead of NutraSweet or Saccharine.

7. Carob for chocolate in a recipe.

8. Orange or lime peel scrapings for flavor.  Do not use white part of rind.

Vitamins: vitamin C only calcium ascorbate co-buffered with calcium carbonate.  Vitamin E: take in powered form instead of oil capsules.  The only B vitamin to use is B6.