


A large orange circle is positioned behind the title text on the top slide.

Step by Step Solutions for Bladder Issues

Lisa King Rph

**At the end of the presentation
you will learn:**

A large orange semi-circle is positioned at the bottom center of the slide.

What foods to avoid that cause bladder irritation
What 'healthy' foods that can cause bladder irritation
Naturally reducing inflammation in the body for better
bladder health
Steps to reduce sugar in the diet
The importance of self care, mindset and goal setting

Let me introduce myself!



Lisa King Rph

Overactive Bladder Statistics

You are not alone!

What are overactive bladder symptoms and how many people experience these symptoms?


Dietary changes are the first step in control OAB symptoms





Foods to avoid :
Spicy foods
Acidic foods
Sugary foods and drinks
Chocolate
Alcohol

.... but do include fiber filled healthy
choices!!



Healthy Foods that can cause bladder irritation:
Vitamin C
Certain Supplements
Certain Health Drinks
Fermented Foods

Listen to your body!

The Importance of Reducing Inflammation In Your Body Through Diet

Inflammatory foods:
Gluten
Dairy
Alcohol
Sugar



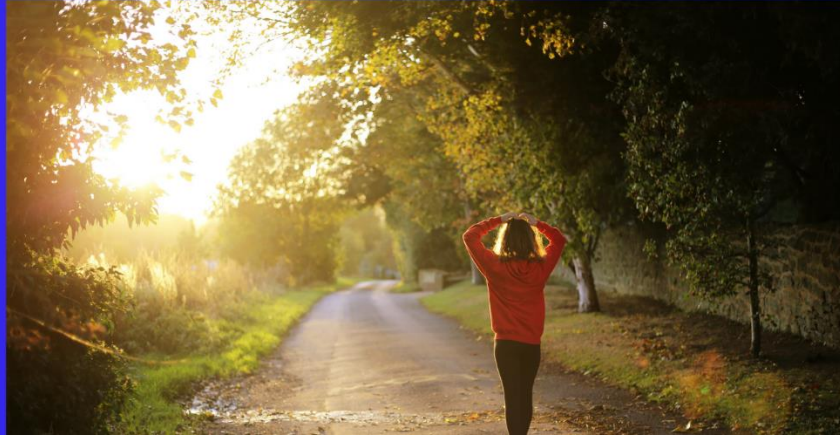
Steps to Naturally Reduce Sugar in Your Diet for Disease Prevention



Goal setting in a healthy living journey



Mindset Matters



Contact me!
Lisa@tinylifechanges.com

[www.ditch bladder pain.com](http://www.ditchbladderpain.com)
[@thefulfilledpharmacist](#)

Thank you!

