**Vitamin & Mineral Supplementation for Genital/Urinary Disorders**

**Bladder Infection (Cystitis)**

According to Mayo Clinic, Cystitis (sis-TIE-tis) is the medical term for inflammation of the bladder. Most of the time, the inflammation is caused by a bacterial infection, and it is called a urinary tract infection (UTI). A bladder infection can be painful and annoying, and it can become a serious health problem if the infection spreads to your kidneys.

Less commonly, cystitis may occur as a reaction to certain drugs, radiation therapy or potential irritants, such as feminine hygiene spray, spermicidal jellies, or long-term use of a catheter. Cystitis may also occur as a complication of another illness.

The usual treatment for bacterial cystitis is antibiotics. Treatment for other types of cystitis depends on the underlying cause.

* **Beta-carotene**

Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

* **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

* **Potassium**

Avocados, burros, mushrooms, zucchini, eggplant, squash, leafy greens, tomatoes, watermelon, coconut water, swiss chard, kiwi, cantaloupe, brazil nuts, dried fruit

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

**Candidiasis**

According to Centers for Disease Control and Prevention, Candidiasis is a fungal infection caused by a yeast (a type of fungus) called Candida. Some species of Candida can cause infection in people; the most common is Candida albicans. Candida normally lives on the skin and inside the body, in places such as the mouth, throat, gut, and vagina, without causing any problems. Candida can cause infections if it grows out of control or if it enters deep into the body (for example, the bloodstream or internal organs like the kidney, heart, or brain). Some types of Candida are resistant to the antifungals used to treat them.

Candidiasis that develops in the mouth or throat is called thrush or oropharyngeal candidiasis. Candidiasis in the vagina is commonly referred to as a yeast infection. Invasive candidiasis occurs when Candida species enter the bloodstream or affect internal organs like the kidney, heart, or brain. Click the links below for more information on the different types of Candida infections.

* **Biotin**

Mushrooms, Walnut, Wild Rice, Avocado, Berries, Tomatoes, Swiss Chard, Onions, Watermelon

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B12**

Cremini mushrooms, nori, cereal, nuts, leafy greens

* **Vitamin D**

Sunlight, mushrooms, dried figs

**Chlamydia**

According to Web MD, Chlamydia is one of the most common sexually transmitted diseases in the U.S. This infection is easily spread because it often causes no symptoms and may be unknowingly passed to sexual partners. In fact, about 75% of infections in women and 50% in men are without symptoms.

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

**Endometriosis**

According to Mayo Clinic, Endometriosis (en-doe-me-tree-O-sis) is an often-painful disorder in which tissue similar to the tissue that normally lines the inside of your uterus — the endometrium — grows outside your uterus. Endometriosis most commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis. Rarely, endometrial tissue may spread beyond pelvic organs.

With endometriosis, the endometrial-like tissue acts as endometrial tissue would — it thickens, breaks down and bleeds with each menstrual cycle. But because this tissue has no way to exit your body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — abnormal bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

Endometriosis can cause pain — sometimes severe — especially during menstrual periods. Fertility problems also may develop. Fortunately, effective treatments are available.

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B5**

Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas

* **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins,

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

**Enuresis**

According to WEB M.D, Enuresis is more commonly known as bed-wetting. Nocturnal enuresis, or bed-wetting at night, is the most common type of elimination disorder. Daytime wetting is called diurnal enuresis. Some children experience either or a combination of both.

This behavior may or may not be purposeful. The condition is not diagnosed unless the child is 5 years or older.

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

**Fibroids – Uterine**

According to Mayo Clinic, Uterine fibroids are noncancerous growths of the uterus that often appear during childbearing years. Also called leiomyomas (lie-o-my-O-muhs) or myomas, uterine fibroids are not associated with an increased risk of uterine cancer and almost never develop into cancer.

Fibroids range in size from seedlings, undetectable by the human eye, to bulky masses that can distort and enlarge the uterus. You can have a single fibroid or multiple ones. In extreme cases, multiple fibroids can expand the uterus so much that it reaches the rib cage and can add weight.

Many women have uterine fibroids sometime during their lives. But you might not know you have uterine fibroids because they often cause no symptoms. Your doctor may discover fibroids incidentally during a pelvic exam or prenatal ultrasound.

* **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

**Menopausal Symptoms**

According to Mayo Clinic, Menopause is the time that marks the end of your menstrual cycles. It is diagnosed after you have gone 12 months without a menstrual period. Menopause can happen in your 40s or 50s, but the average age is 51 in the United States.

Menopause is a natural biological process. But the physical symptoms, such as hot flashes, and emotional symptoms of menopause may disrupt your sleep, lower your energy, or affect emotional health. There are many effective treatments available, from lifestyle adjustments to hormone therapy.

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B5**

Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas

* **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins,

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

* **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

**Premenstrual Syndrome (PMS)**

According to Mayo Clinic, Premenstrual syndrome (PMS) has a wide variety of signs and symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability, and depression. It is estimated that as many as 3 of every 4 menstruating women have experienced some form of premenstrual syndrome.

Symptoms tend to recur in a predictable pattern. But the physical and emotional changes you experience with premenstrual syndrome may vary from just slightly noticeable all the way to intense.

Still, you do not have to let these problems control your life. Treatments and lifestyle adjustments can help you reduce or manage the signs and symptoms of premenstrual syndrome.

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B5**

Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas

* **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins,

* **Vitamin B12**

Cremini mushrooms, nori, cereal, nuts, leafy greens

**Prostate Cancer**

According to Mayo Clinic, Prostate cancer is cancer that occurs in the prostate — a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer in men. Usually prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

Prostate cancer that is detected early — when it is still confined to the prostate gland — has a better chance of successful treatment.

* **Beta-carotene**

Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados

* **Choline**

Chickpeas, Swiss Chard, Mushrooms, Quinoa, Walnuts, Seaweed, Brazil Nuts, Ginger, Sesame Seeds

* **Folic Acid (Folate)**

Rye, walnuts, avocados, chickpeas, guava, strawberries, burros, tahini, cantaloupe, mangoes, papaya, okra, bell peppers, leafy greens, quinoa, arugula, romaine lettuce

* **Selenium**

Brazil nuts, mushrooms, onions, walnuts, sesame seeds, peaches

* **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B3**

Black Currant, Avocado, Tomatoes, Mushrooms, Tahini, Dandelion Greens, Dates, Swiss Chard, Paprika, Prunes, Mangoes, Nectarines, Burros, Baby Bananas, Teff, Bell Peppers

* **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins

* **Vitamin B12**

Cremini mushrooms, nori, cereal, nuts, leafy greens

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

* **Vitamin D**

Sunlight, mushrooms, dried figs

**Prostatitis**

According to Mayo Clinic, Prostatitis is swelling and inflammation of the prostate gland, a walnut-sized gland situated directly below the bladder in men. The prostate gland produces fluid (semen) that nourishes and transports sperm.

Prostatitis often causes painful or difficult urination. Other symptoms include pain in the groin, pelvic area or genitals and sometimes flu-like symptoms.

Prostatitis affects men of all ages but tends to be more common in men 50 or younger. The condition has several causes. Sometimes the cause is not identified. If prostatitis is caused by a bacterial infection, it can usually be treated with antibiotics.

Depending on the cause, prostatitis can come on gradually or suddenly. It might improve quickly, either on its own or with treatment. Some types of prostatitis last for months or keep recurring (chronic prostatitis).

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B3**

Black Currant, Avocado, Tomatoes, Mushrooms, Tahini, Dandelion Greens, Dates, Swiss Chard, Paprika, Prunes, Mangoes, Nectarines, Burros, Baby Bananas, Teff, Bell Peppers

* **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

**Vaginitis**

According to Mayo Clinic, Vaginitis is an inflammation of the vagina that can result in discharge, itching and pain. The cause is usually a change in the normal balance of vaginal bacteria or an infection. Reduced estrogen levels after menopause and some skin disorders can also cause vaginitis.

The most common types of vaginitis are:

**Bacterial vaginosis**, which results from a change of the normal bacteria found in your vagina to overgrowth of other organisms

**Yeast infections**, which are usually caused by a naturally occurring fungus called Candida albicans

**Trichomoniasis**, which is caused by a parasite and is commonly transmitted by sexual intercourse

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

* **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

* **Vitamin D**

Sunlight, mushrooms, dried figs

* **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini