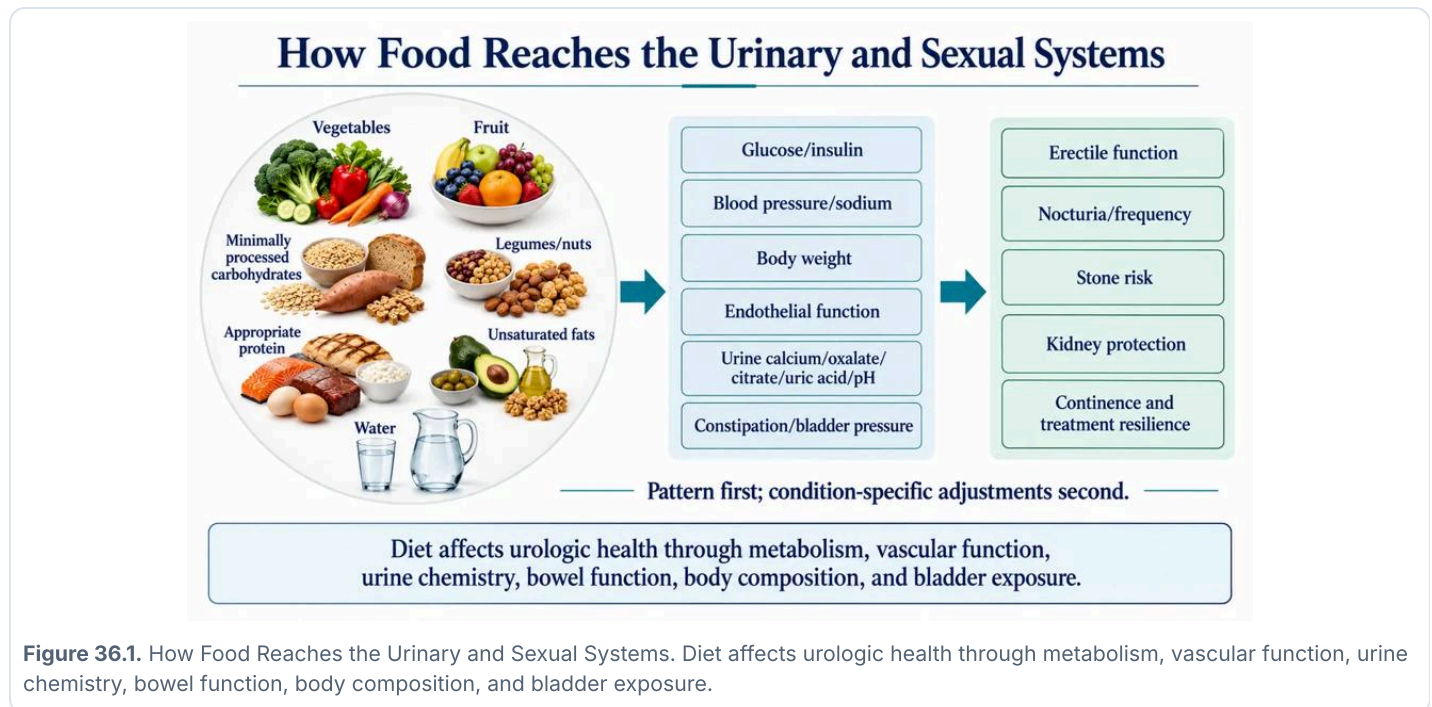


Diet for bladder, prostate and kidney health: what really matters

Diet influences urine chemistry, bowel function, blood vessels, weight, glucose control and inflammation, but it is rarely a stand-alone cure. The most useful approach is a sustainable eating pattern, adjusted for your specific diagnosis, with one meaningful change tested long enough to measure.



Key points

- The overall eating pattern matters more than any single food promoted for the prostate or kidneys.
- Bladder triggers such as caffeine, alcohol, carbonation and spicy or acidic foods are individual.
- A short elimination-and-rechallenge experiment is more informative than permanent restriction.
- Constipation deserves treatment because it can worsen urgency, emptying, pain and pelvic-floor problems.
- Stone prevention should follow the stone type and urine chemistry; supplements should be reviewed like medications.
- Advice to eat more protein or drink more is not safe for everyone.

Questions to ask your urologist

- Which food or fluid factor could plausibly be affecting my condition?
- Which single change should I test first, and for how long?
- How will we judge whether it is helping?
- Given my stone type or kidney function, are there limits I should or should not follow?
- Are any of my supplements a concern?

- Could constipation be contributing to my bladder symptoms?

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