



# Urological Health Through Diet & Exercise

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I believe you should start with some basic knowledge. Know your body and how it works. I am a medical professional that specializes in Urology/Urogynecology.

## So, Let's get started...

Lets start with understanding what urologist/urogynecologist do. They are responsible for the health of your KIDNEYS (stones, cancer and identifying dysfunction) your URETERS (obstruction, cancer) your BLADDER (cancer, obstruction, cystitis, infection, dysfunction) your HORMONES to a degree (exp: low testosterone levels) your SEXUAL DYSFUNCTION, INFERTILITY in males to a degree, your PROSTATE (cancer, enlargement) your PELVIC FLOOR disorders, your URINARY PROBLEMS (frequency, urgency, urge incontinence, incontinence without awareness, stress incontinence) and more.

Urologist/Urogynecologist THRIVE to bring these unhealthy systems back to great health.

Now, lets get an understanding on the basic function of these key systems.

**KIDNEYS** - Your body comes with 2 kidneys'; however, it can operate with one if necessary. The kidney's responsibility is to filtrate your blood. That's right, think of a Brita filter, the kidneys cleanse the blood and takes out toxins and transforms the waste into urine. The kidneys also balance fluids in the body, release hormones to regulate blood pressure, and control the production of red blood cells. **YOUR KIDNEYS FILTER 200 LITERS OF FLUID EVERY 24HOURS.**

**URETER** - The ureters work constantly, emptying urine into the bladder about every 10 to 15 seconds, in addition to their role in eliminating waste from the body.

**BLADDER** - The bladder stores the urine created by the kidney that traveled via the ureters. The bladder has a muscle surrounding it that is connected to your nervous system.



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I know you are thinking, what does all of this has to do with eating and exercise. A good balanced nutrition and regular exercise has a direct impact on the health of the systems described above. Your Kidney's, Hormones, Sexual Function, Bladder, urine leakage are all directly impacted by lack of good nutritional food and exercise.

**HERE's WHY**, if you do not have a good handle on what you are consuming, it will consume you, if your food choices consist of items high in sodium, carbohydrates, and sugars with little physical activity. You can cause obesity, elevated blood pressure and high blood sugar levels. In the case of high blood pressure- Think of high-water pressure in your house or a high-powered water hose. Imagine all that pressure going through your kidneys. If, your kidneys cannot keep up with the pressure running through it then, filtering out the toxic waste in your body becomes a difficult task therefore, toxins will remain in your body and cause illness that can include death. Over time this can cause your kidney's to slowly die. If your kidneys fail you will need dialysis, meaning having your blood filtered by a machine.

Elevated blood sugars can cause diabetes which can affect the bladder and the kidneys. Uncontrolled blood sugars can cause urinary tract infections, kidney infection, frequency, urgency, urinary leakage, and loss of circulation that can cause a loss of limbs. Lack of mobility can cause bladder problems if you are unable to empty your bladder efficiently.

Hormone dysfunction, low energy, low sex drive or sexual dysfunction can be caused by high blood pressure, blood sugar and obesity. It is like a domino effect. If you have sexual dysfunction due to diabetes or high blood pressure creating decreased blood flow. It can also affect your quality of life and cause depression. If you have urinary incontinence due to uncontrolled diabetes or high stress levels it can also affect your quality of life causing depression. Although, all can be hereditary they can still be controlled if we THRIVE to achieve a healthier balanced nutrition and regular exercise.



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My thought is every entity in our temple (body) has a specific job and responsibility to uphold. When one entity is failing it causes the others to pick up the slack. Then that entity becomes overwhelmed and cannot keep up. This ultimately causes the whole system to crash. We not only see this happen in our daily lives through work and family but, it is also occurring inside our own bodies.

It is so easy to become consumed with convenience, not realizing it is killing us slowly. Our pre-packaged meals, going out to eat, drive-thrus, canned foods etc..

Think about the process our food takes to get to the grocery store before it reaches our cart and ends up in our kitchen.

How in the world does the food stay fresh for that long period of time?? Preservatives—they are in our food, in our medicine and in our vaccines. Packed with sodium, there is no wonder we have such a high population of people with elevated blood pressure.

If you go to Europe, you will notice the difference in the food they eat. And even though they consume a lot of breads, pastas, and cheeses, you do not see a high number of obese people. Why is that?? I believe it is due to the fresh foods with little to no preservatives and little pesticide use in their farms. Also, they get a great amount of exercise because they walk...

We are what we eat and what we do. If you eat good, you look and feel good. If you do exercise you will feel fit.

In summary, we **ALL** should **THRIVE** to achieve a **GOAL** of a complete lifestyle change that focuses on a more equitable life through healthier eating habits and regular exercise added to our daily routines.

*Khady Ellison*