

BLADDER IRRITANTS



CAFFEINE

COFFEE
TEA
CHOCOLATE
ENERGY DRINKS

SODAS
HEADACHE & PMS
MEDICATIONS

ALCOHOL

BREWER'S YEAST
LIQUOR

BEER
WINE



CARBONATED DRINKS

SODAS
CHAMPAGNE

SPARKLING WATER

ARTIFICIAL SWEETNERS

SPLENDA
SWEET & LOW
EQUAL

STEVIA
TRUVIA
DIET DRINKS



SPICY FOODS

PEPPERS
CURRY

HOT SAUCES
SALSA

ACIDIC FOODS

MOST FRUITS
JUICES
TOMATOES
SAUCES
VINEGAR

CAPERS,
ARTICHOKES,
SAUERKRAUT
DRESSINGS
VINEGARETTES



OTHERS

SMOKING
AGED/CURED/SMOKED MEATS

CONSTIPATION

