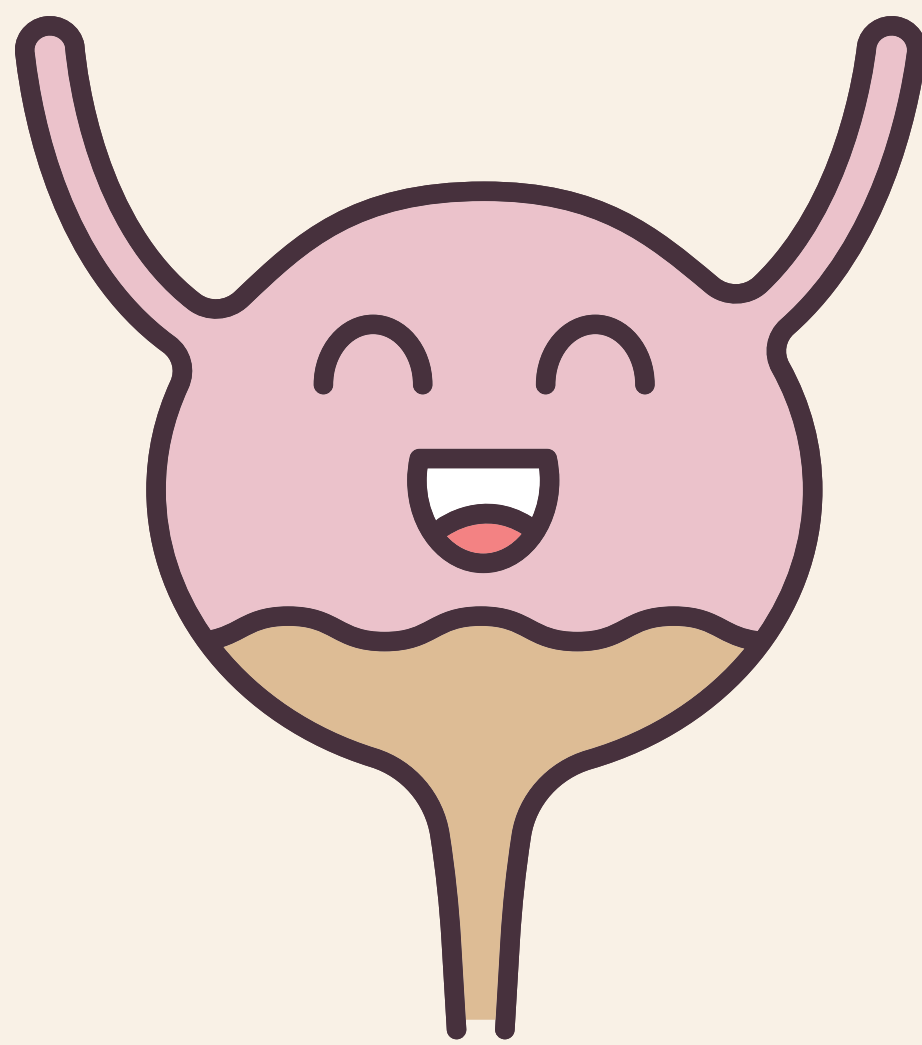
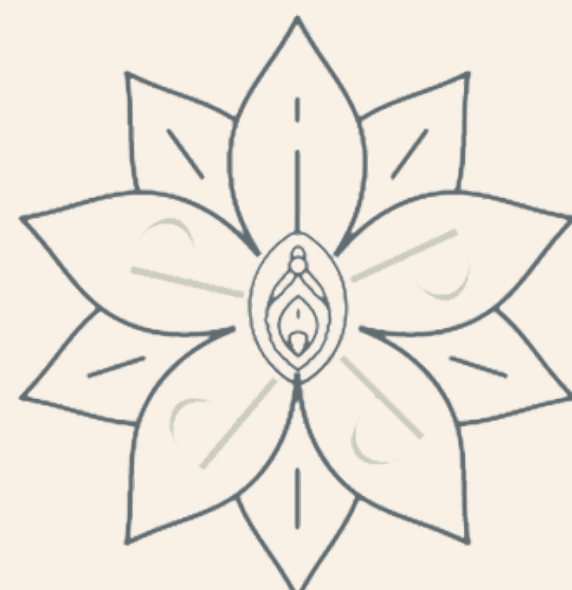


COMMON BLADDER IRRITANTS

Alcohol	Cranberries
Apples	Honey
Carbonated Beverages	Milk
Chocolate	Spice Foods
Citrus Juice & Fruits	Sugar & Artificial Sweetener
Chocolate	Tea
Coffee	Tomatoes
Corn Syrup	Vinegars



Drink plenty of water each day!



P4Moms
PREGNANCY | POSTPARTUM | PROLAPSE