



### **Recipe for UTIs and recurring Cystitis**

My go to for patients suffering from stinging and burning symptoms of Cystitis and those prone to recurring UTIs.

Begin as soon as the first symptoms appear, continue for at least 5 days.

#### **Coriander water- Method 1:**

- Pour 200ml boiling water in a steel cup/ kettle, add 3 tsp of coriander seeds, cover and let the seeds seep for at least 20 min
- Drink in the morning/ sip throughout the day

#### **Coriander water- Method 2: (if cystitis accompanied by migranes/headaches)**

- Soak 3 tsp of coriander seeds in 200ml of coconut water overnight
- Strain and drink in the morning.

#### **Coriander water- method 3:**

- Soak 3 teaspoons of crushed coriander seeds in 200ml water overnight, preferably by the light of the moon
- Drain and drink first thing in the morning

00447590999668



[gautam@vedantnutrition.com](mailto:gautam@vedantnutrition.com)  
[www.vedantnutrition.com](http://www.vedantnutrition.com)

