

Drink 1/4 tsp baking soda in  
6 oz water on an empty  
stomach.  
Does burning stop/decrease  
within 40 minutes?

Bonus Diagnosis

YES

NO

Did you have a fizzy,  
carbonated burp  
within 2 minutes?

You have a gram  
negative UTI.  
Proceed to Phase I

Is it worse,  
or the same?

YES

NO

SAME

WORSE

Repeat that test  
first thing in the  
morning for two  
more days to be  
sure.

You have low stomach  
acid, which will sabotage  
your treatment and cause  
future UTIs. Proceed to  
The Mother of All  
Problems

You don't have a bladder  
infection: you have a  
tissue infection of the lady  
parts. Proceed to  
Troubleshooting: It Burns,  
and Nothing Works

You have a gram positive  
UTI.  
Proceed to  
Profiles in Power: The  
Real Role Of Vitamin C In  
UTI Treatment