



👤 Anastasia Visotsky

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Dr. Wright's Protocol: D-Mannose And SSKI For UTI Treatment

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Dr. Jonathan V. Wright was the first physician to introduce D-Mannose in clinical practice in the late 1980s in the USA and he also is extensively using SSKI for urinary tract infection treatment. He is the Medical Director of Tahoma Clinic in Tukwila, Washington (www.TahomaClinic.com) and an author of "D-Mannose and Bladder Infection: The Natural Alternative to Antibiotics" (as well as dozens of other books and articles). A graduate of Harvard University and the University of Michigan Medical School, Dr. Wright has introduced several groundbreaking natural treatments for various conditions including UTI, asthma, eczema, osteoporosis, and even some severe neurological problems.

Below is our conversation about treating chronic and acute UTI with supplements and SSKI. The interview is for informational purposes only and isn't medical advice.



Allergy Is A Risk-Factor For UTI



special mention: allergies and hormonal imbalance.

Chronic exposure to allergens shifts your body's defense mechanism toward fighting an allergen rather than protecting you from bacteria and viruses. Therefore, if you have allergies you could be more easily prone to frequent UTIs. You might not even have a full-blown reaction requiring an EpiPen but a low-grade allergy could still be taxing your immune system.

For pediatric patients, especially, I recommend completing a full panel allergy test. Dairy is a known big food allergen and, unfortunately, is frequently dominating kids' diets. I advise looking into allergy in every case of persistent infection with kids, whether it is a strep throat, UTI, or anything else.

Hormonal imbalance is a second hidden factor that many practitioners overlook. During menopause or before puberty, women are more prone to [UTIs due to changing hormones](#) that affect the number of Lactobacilli in their vaginas, making them more susceptible to E. coli colonization.

While little girls will outgrow this problem, older women might need hormonal supplementation. I suggest looking into natural, identical-to-human ("bio-identical") estrogens such as estrone, estradiol, and especially estriol (always balanced with "bio-identical" progesterone).

Dr. Wright's D-Mannose Protocol

Anastasia Visotsky: What should we know about D-Mannose protocol for UTI?

Dr. Wright: D-Mannose is well suited for children, pregnant women, diabetics.

In fact, the first patient I gave D-Mannose to try was a 9-year-old girl who ^



recommendation is to **look for pure D-Mannose**, without additives, and made by a reputable brand.

Of course, you can supplement with **cranberry pills but they are not as effective as D-Mannose**.

For active infection, adults can try **1 teaspoon of D-Mannose dissolved in a glass of water every 2-3 hours (children aged 6-8 and under can use ½ of a teaspoon every 2-3 hours) excluding the night time unless waking up to empty the bladder (then another dose can be taken)**.

You should see a **noticeable improvement within 24 hours but continue with the same dose for another 2 days**.

After that, a preventive dose of just one teaspoon per day can be continued. If symptoms totally resolve, there is no need to continue D-Mannose.

If you are aware that a particular activity triggers a UTI (such as taking a tub bath, or sex), consider taking a dose before and after the activity.

SSKI For UTI Treatment

Anastasia Visotsky: What about UTIs that are caused by other types of bacteria, not E. coli?

Dr. Wright: Since E.coli is responsible for 90% of all UTIs (but not 100%) the remainder of **bacteria and fungi that cause UTI could be exterminated by taking a saturated solution of potassium iodide (SSKI)**.





However...it tastes bad, and can (very rarely) cause an allergic reaction.

Therefore, either do a culture test to confirm the type of bacteria that is causing your UTI or try D-Mannose first.

Also, remember: don't take iodine or iodide "long-term" (more than two to three days) without advice from a physician skilled and knowledgeable in natural medicine, as too much iodine or iodide can suppress the function of the thyroid gland.

UTI & Diet

Anastasia Visotsky: Any parting words about **diet beneficial for UTI prevention?**

Dr. Wright: In terms of diet, **the less sugar, carbs, preservatives you consume, the better.**

Cranberries, blueberries and especially their juices also are useful to inhibit E. Coli adherence to the lining of the bladder and urinary tract.

Vitamin A (as vitamin A, not carotene or carotenoids) is also one key to strengthening all surface membranes including the lining of the bladder and urinary tract.

You can find more information about Dr. Wright and Tahoma Clinic at <http://tahomaclinic.com/> with a link to his online store featuring unique supplements designed by Dr. Wright. Dr. Wright authors a monthly newsletter with vital natural health info: <https://greenmedicinewsletter.com/>





Myself a former chronic UTI sufferer, I write about the latest UTI related research, advocating for the mindful use of antibiotics, smart preventive tactics, and focus on human microbiota.



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