

Concentrated Citrus Drink

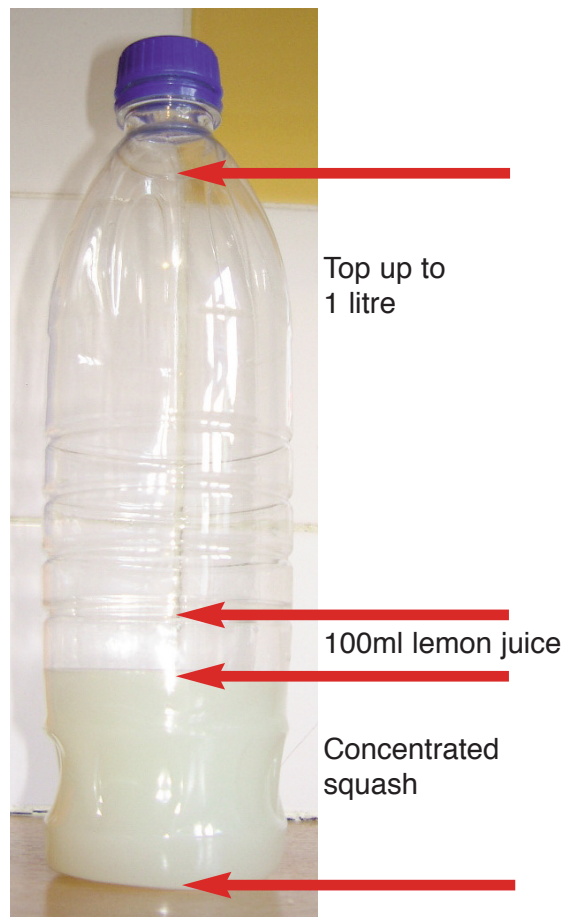
For some time (5-8 years) my indwelling catheter was blocking every 5-15 days with whitish, crunchy, debris matter (the most common cause of catheter encrustation is the formation of calcium phosphate and magnesium ammonium phosphate salts, called "struvite". Anyway we did the wash outs, but days it was getting blocked again.

It was early 2000 and after much research (there's lots out there on the www) articles were pointing towards having drinks high in citric acid. So now the hunt was on to come up with a way to extend the catheter in a natural way, After a couple of years with me as the experiment, I came up he following recipe, easy to make, high in natural citric acid...

OK you will need:

- > Lots of lemons (well at least 4, I do a batch of 10+)
- > Empty 1 litre bottle
- > Your preferred squash drink: lemon, etc, Sugar Free

- 1** Add your undiluted squash to suit (I use about a 1/5th), I use a concentrated lemon drink which is sugar less
- 2** Squeeze lots of lemons, remove pips, use all that gloopy fleshy stuff it's really good for you
- 3** Top up with water



After having the lemon drink the 1st catheter lasted 9 weeks. When it came out there was a little sloppy, wet flour type fluid in the catheter, it was flowing fine.

The 2nd catheter came out at 11 weeks, similar to above, again flowing fine. May, 2009: lost count of catheters since I started drinking this citric drink, everyone clear.

OK you might not like it, I didn't at first but now I know how good it is. I have a 200ml drink, 2 or 3 times a day, always AM and PM, with other drinks, giving me a total of 3-4 litres a day.

I hope it works for you as it has for moi!

More about me:

In 1978 I broke my neck in a diving accident, I'm a typical tetraplegic c5/6, a complete break. The catheters I use are: Biocath, Hydrogel long term, anything else... just email me. :)

Updates of this document are held here:
http://www.martinkowal.com/PDFs/Citric_Lemon_Drink.pdf

Further reading:
<http://www.ncbi.nlm.nih.gov/pubmed/18946667>
<http://www.ncbi.nlm.nih.gov/pubmed/17382731>
<http://www.ncbi.nlm.nih.gov/pubmed/17572176>

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