

Can We Talk About Bladder Leaks?



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Triumph
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Urinary Incontinence

Statistically, some 423 million people worldwide experience some form of urinary incontinence, commonly known as bladder leaks. While more common with age, bladder leaks can affect people of any age or gender, although more frequently in women.

It is more common than you may think because people don't talk about it. If it's you, you are not alone.

But is it something you must go through as you get older? Is it inevitable? No.

In this article we will explore the causes of bladder leaks and identify real, practical solutions to take back control.

You may be surprised at some of the culprits, such as Insulin resistance, carbohydrates, and oxalate-rich foods.

If you or someone you know is suffering from urinary leakage, please read on.

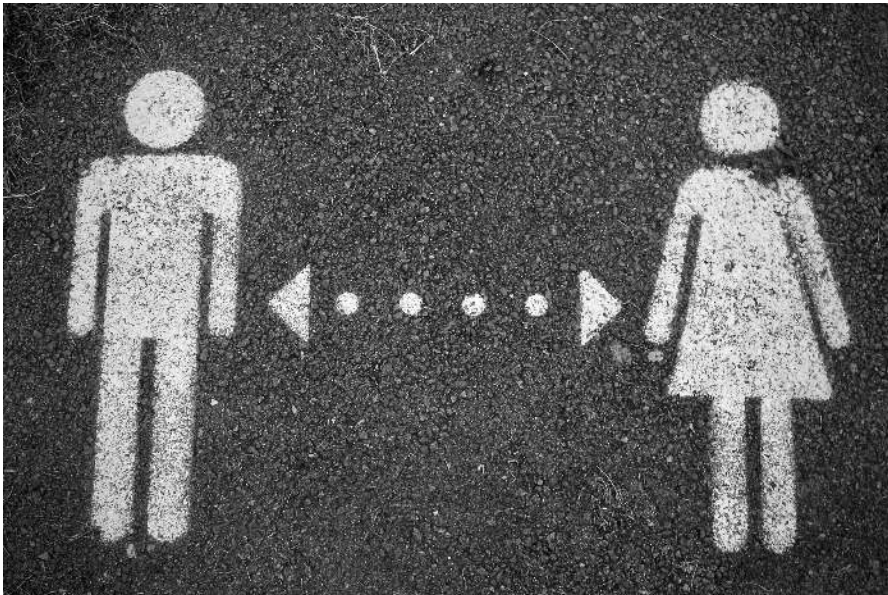


What Are Bladder Leaks?

In the simplest terms, urinary incontinence happens when you lose control of your bladder, when urine escapes involuntarily – from a few drops when you laugh or sneeze to a sudden uncontrollable urge that empties the bladder before you can get to the bathroom.

Here are some common types:

- **Stress Incontinence:** Leakage occurs during physical activities that put pressure on the bladder, such as coughing, sneezing, laughing, or exercise.
- **Urge Incontinence:** A sudden, intense urge to urinate followed by involuntary loss of urine.
- **Mixed Incontinence:** A combo of both stress and urge incontinence.
- **Overflow Incontinence:** The bladder doesn't empty completely, causing frequent or constant dribbling.
- **Functional Incontinence:** When you physically cannot get to the bathroom in time.

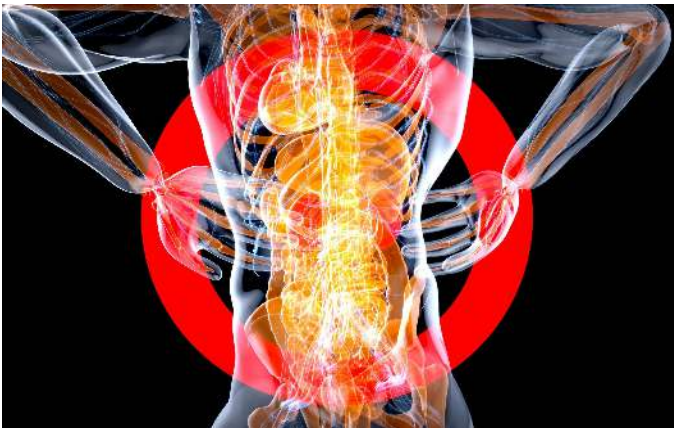


Causation Factors

Physical and Medical

There are some physical and medical factors that can cause bladder leaks, including:

- **Pelvic Floor Weakness:** This is one of the most common causes, especially in women after childbirth or in older adults. The pelvic floor is a group of muscles that support your bladder and other pelvic organs. If these muscles weaken, you are more likely to leak urine.
- **Prostate Problems:** An enlarged prostate or prostate surgery can affect urinary control. This is especially common in older men.
- **Hormonal Changes:** Estrogen plays a role in keeping pelvic tissues strong. Post-menopausal women often experience incontinence as their estrogen levels decline.
- **Neurological Factors:** Conditions like diabetes, stroke, multiple sclerosis, or even childbirth can interfere with the nerves that control the bladder.
- **Obesity:** Carrying extra pounds puts pressure on the bladder, making leaks more likely.
- **Alcohol and Caffeine:** These are bladder irritants and diuretics.
- **Urinary Tract Infections [UTI]:** These can cause temporary incontinence.
- **Obstructions:** Tumors and kidney or bladder stones can block the normal flow of urine, causing a sensation of urgency.



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Insulin Resistance

Insulin resistance occurs when the body's cells stop responding properly to insulin, leading to high blood sugar and higher insulin levels.

Some healthcare professionals, including Dr. Anthony Chaffee [a neurosurgical registrar and advocate of the carnivore diet], point to insulin resistance as a potential underlying cause of bladder dysfunction.

So, how does insulin resistance connect to the bladder?

- **Nerve Damage:** Chronically elevated blood sugar can damage nerves and blood vessels that control bladder function, similar to diabetic neuropathy or cystopathy.
- **Inflammation:** High insulin levels lead to systemic inflammation, and chronic inflammation can affect the bladder wall and nerves, leading to urgency and leaks.
- **Increased Urination and Fluid Retention:** Higher blood sugar levels can lead to increased urination frequency even without a full bladder. Insulin can cause the kidneys to retain more sodium and fluid, increasing blood pressure, and leading to more urine production.
- **Weight Gain:** Insulin resistance often accompanies weight gain [especially around the middle], which puts pressure on the bladder

Refined carbohydrates, sugars, and processed foods are big drivers of insulin resistance. Excess belly fat and an inactive lifestyle are additional factors. Even some so-called healthy snacks can cause blood sugar spikes because of their sugar and carbohydrate content.



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Oxalates

Oxalates are natural compounds found in many plant foods, especially spinach, beet greens, Swiss chard, soy, rhubarb, almonds, buckwheat, cashews, peanuts, beets, sweet potatoes, yams, baked potatoes, black tea, and many berries, beans, legumes, and nuts, along with... *sorry to say...* chocolate and carob.

In sufficient quantities, oxalates can contribute to urinary problems in several ways:

- **Bladder Irritation:** Oxalates may irritate the bladder lining, causing urgency, frequency, and pain or overactive bladder symptoms.
- **Crystallization:** Oxalates can form crystals in urine that might irritate tissues and contribute to kidney stones.
- **Inflammation:** High oxalates and resulting compounds can deposit in the body's tissues, leading to irritation and an inflammation response, compromising the immune system.
- **Tissue Damage:** Oxalate accumulation may affect tissue integrity in some people.
- **Reduced Mineral Absorption:** Oxalates bind with minerals such as calcium and magnesium, both important for nerve and muscle function, and can cause poor absorption by the body.



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The impact of oxalates on the body will naturally vary based on the individual's sensitivity to those foods and other underlying health factors. Nonetheless, there is significant evidence to identify potential harm to the bladder lining and function from oxalates in the body for most.

Here are a couple of sites to show you more:

[OXALATES--A Hidden Cause of Chronic Disease](#)

[What is oxalate and how can it impact your health? - Sally K. Norton](#)

[Oxalate And Bladder Health - Oxalate Facts](#)

Real Solutions

There is good news. There are several options that are simple, natural, and effective.

Strengthen the Pelvic Floor

Strengthening your pelvic floor is an easy first step for anyone with bladder control issues.



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- **Kegels:** Contract and hold the muscles you would use to stop urinating, then relax. Repeat 10–15 times, 3 times a day. Here are some sites to show you more:

[How To Do Kegel Exercises - Beginner Friendly!](#)

[Best Exercises for Urinary Incontinence](#)

[Keep Your Pelvic Floor Muscles Strong! Dr. Mandell](#)

- **Core Stability Work:** Yoga and Pilates can help strengthen the deep muscles that support your bladder. Here are some sites to show you more:

[5 Pilates Exercises for Pelvic Floor Muscles](#)

[Ultimate Overactive Bladder Exercise](#)

[Best Exercises to STOP Peeing All The Time](#)

Retrain the Bladder

To reduce urge incontinence, you can retrain the bladder. Start with a urination schedule of every 1 -2 hours, even if you don't feel the need. Then gradually increase the time between bathroom visits to train your bladder to hold more urine.

Upgrade Your Diet

Taking control of your metabolic health will lead to improved bladder control naturally. How? Because the inflammation that is causing the problems will go away.



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Reduce or eliminate the foods and beverages that cause inflammation and insulin resistance in the body:

- Refined carbohydrates and sugars
- High-oxalate vegetables and fruits
- Coffee and alcohol
- Spicy and processed foods
- Artificial sweeteners

As a bonus, you will likely shed excess weight and reduce pressure on the bladder.

Emphasize grass-fed meats and low-oxalate vegetables and fruits.

Consume healthy fats [butter, tallow, ghee] to maintain smooth bowel movements.

Stay hydrated with pure water to help your body expel toxins, but limit fluids before bedtime.

Try a keto or animal-based approach as an interim cleansing diet for 3-6 months. Monitor your results as you may well find significant other health advantages, such as improved sleep, better energy, loss of cravings, and emotional poise.

Take a Gradual Approach

Take it slow. For any dietary change with the goal of reducing inflammation, a gradual process is best. If you suddenly stop consuming irritants and carbohydrates, the body may release toxins too quickly and you could feel overwhelmed and sick. Oxalate dumping in particular should be phased.

Keep a record of your results by tracking inputs and symptoms. Write down everything you eat and drink, along with the time of any bladder leaks to identify the worst culprits. This will help you to see real progress as you incorporate changes to your diet.

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Rest and Exercise

Be kind to your body throughout the process of recovery. Get sufficient rest – your body is doing a lot of work to clear inflammation and quality sleep is essential.

Equally, exercise will move toxins out through the lymphatic system. Walking, swimming, and simple stretching are enough to get you started. Dancing and jumping are a great way to make it fun and more powerful.

Manage stress with conscious breathing and meditation.

Final Thoughts

Urine leaks are frustrating and embarrassing. Whether your issue is physical, hormonal, dietary, or all the above, there is a path to resolution. By strengthening your muscles, adjusting your diet, and reducing hidden triggers like insulin resistance and oxalate overload, you can take back control of your body.

Feel free to seek help and support. Healthcare providers may offer you a personalized approach.

The body is like a piano, and happiness is like music. It is needful to have the instrument in good order. ~ Henry Ward Beecher

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[Oxalate Dumping: 25 'Healthy' Foods That Make You SICK \(Sally Norton\)](#) [How](#)

[Oxalates Can Cause Chronic UTI, Interstitial Cystitis & Bladder Irritation](#)

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[\(19\) Anthony Chaffee MD - YouTube](#)

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