

the poor folk's guide:

HOW TO NOT DIE FROM A UTI



during the apocalypse

WHO IS THIS GUIDE FOR?

- people who want to save money on healthcare costs
- people without health insurance
- people currently suffering from a UTI or those who frequently experience them
- people interested in building personal autonomy
- people who prefer to address root causes of symptoms and illnesses
- people interested in the science of health
- people who want to know how to care for themselves if SHTF

if the systems designed to serve us fail, how will you care for yourself?

without a fundamental understanding of how your body works and is impacted by illness, your health is in the hands of the state.

without basic knowledge of first aid for injuries and illnesses, your well-being is in the hands of the state.

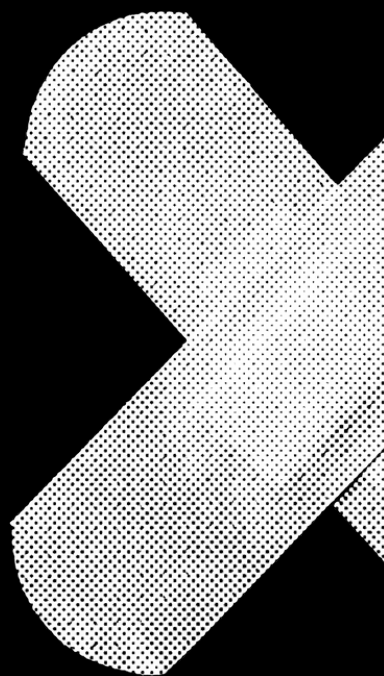
thousands of people die from preventable, treatable illnesses every year even with the help of Western medical interventions.

and these systems serve profit, not us.

we know now that it is not a matter of **if** these systems will fail, but **when** will they fail you in particular.

when will a lack of health insurance mean life or death to you or your loved one? when will a simple, untreated cold turn into a life-threatening case of pneumonia?

when will an inability to get an antibiotic prescription turn your UTI into sepsis?



but here's the good news:

**knowing how to care for,
protect, and strengthen your
body is a core facet of
personal autonomy.**

it's much harder to subjugate an individual or community that can address and heal illnesses and injuries.

it's much harder to subjugate an individual or community that knows which local plants are helpful and which are poisonous.

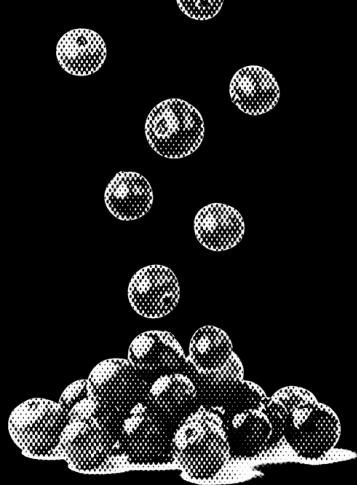
plus, it's fun.

learning how to treat a UTI at home means you can spend more of your life thriving, rather than just surviving.

learning about the plants in your area helps develop a deeper connection and respect to the land you are on.

while this guide was designed to provide cheap, accessible guidance on not dying from a UTI during the apocalypse, we encourage all readers to learn more about the medicinal plants and alternative healthcare options in their area.

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COMMON MISCONCEPTIONS ABOUT UTIS



only women get UTIs

both men and women can get UTIs. in fact, UTIs can be more dangerous for men, as symptoms can be less obvious and more easily overlooked.



only antibiotics can cure UTIs

humans have been treating urinary tract infections for hundreds, potentially even thousands, of years. this includes but is not limited to indigenous traditions of the west and Ayurvedic traditions of the east.



only gross people get UTIs

hygiene is an important facet of UTI prevention, but UTIs can happen to anyone, of any gender, age, or class.



UTIs are no big deal

while UTIs can be cured quickly, cheaply, and relatively easily at home, they still pose a risk. if left untreated, UTIs can develop into sepsis, a life-threatening condition.



chronic UTIs aren't a thing

UTIs can be recurring or become an embedded infection, though this form of the condition is woefully understudied.

the concept of fundamental wellness has been bastardized by a for-profit wellness industry

that lines its pockets by complicating health and prioritizing sales.

(not all wellness practices, practitioners, products, or platforms are garbage though. just many of them.)

hence, fundamental wellness has become a complicated conversation. but the basics of long-term health are quite simple.

they're also typically the cheapest and most immediate changes you can make to your daily life to begin reclaiming autonomy over your health and well-being.



but accessibility and ease look different for everyone, so remember to find adaptations that make sense for you specifically.

**take what works.
leave the rest.**

FUNDAMENTAL WELLNESS PRACTICES

to safeguard your health

water

if you're going to invest in anything, invest in your water. start by refusing to drink from plastic and buy a filter when or if you can.

protect yourself from tap water like your life depends on it — don't drink it, don't cook with it. tap water contains microplastics, psychiatric drugs, endocrine disrupting chemicals, and more.

when drinking filtered water, try adding trace minerals if you can afford it. minerals are often stripped during the filtering process, and mineral-deficient water can deplete minerals from your body when you drink it.



food

what you put in your body matters. it affects your physical and mental health — there's no way around that. but you don't have to follow a particular diet or fad.

focus on getting more unprocessed foods to start. think: fruits, vegetables, meats, eggs. your best option is locally grown produce and meat, store-bought organic is the next best. if you can't afford either, if you live in a food desert, or if access is otherwise extremely limited, just try to eat more whole foods. (not the store.)

learn more about edible plants in your area to diversify your nutrient intake. consider starting a garden. avoid food products with unnecessary or harmful additives.



sleep



poor sleep quality has been linked to depression, anxiety, worsened symptoms of ADHD, decreased immune response, cardiovascular disease, and more.

your ability to rest is critical for surviving, let alone thriving. do not compromise it.

remove all electronics from your sleeping area. if this is not possible, turn all electronics off before sleeping. cover your windows to block out as much light as possible and consider investing in a high-quality sleep mask.

avoid blue light from devices at least 1-3hours before bed. if you can't resist a doom scroll, consider investing in blue-light blocking glasses from a reputable source.

movement

you don't have to join CrossFit or become an online yoga instructor (unless you so wish). but movement is non-negotiable for maintaining mental and physical well-being.

though they are nearly synonymous, movement more closely describes what the body needs than exercise: relief from our sedentary culture.

a good goal to strive for looks something like 30 minutes of movement, 5-7 days per week. that could be: walking, stretching, dancing, chair-based exercises, etc.

if these forms of movement aren't accessible, consider a self-administered lymphatic massage to stimulate drainage pathways. there are also gentle but beneficial fascia maneuvers that can be done while seated or laying in bed.



meditation

most people who balk at the idea of meditation have yet to find the form that works for them. or they have already, but fail to recognize the hobby or action as a form of meditative practice.

meditation — as well as mindfulness techniques, therapeutic exercises, creative flow states, and the like — have been linked to a myriad of real, tangible benefits on physical and mental health.

in short, you must prioritize joy. you must fight, if necessary, for a small chunk of time each day (or each week) dedicated to your dignity and integrity as a human.

meditate, even for one singular minute. practice breath work. make a collage. write down your dreams. put your bare feet in the dirt for 5 minutes. look at the stars.



nature

reliable access to nature has been linked to decreased violent crime rates. trees emit cancer-fighting chemicals. grounding has been scientifically verified to reduce inflammation.

it seems silly to need Western research to validate the claim that time in our natural habitat is beneficial to the human body. but if you still have qualms let us be unequivocal: spending time outdoors, in nature, is integral to your physical and mental well-being.

try getting sunlight on your skin in the morning and evening to help reset and balance your circadian rhythm. star gaze to reduce cortisol, the stress hormone. put your feet in the dirt. admire a flower. meditate with a tree in the parking lot of your local grocery store, if that's the closest bit of nature to you. unplug, if even for a moment.



caring for yourself doesn't have to mean spending thousands

on supplements, herbs, infrared saunas, IV drips, accupressure mats, castor oil packs, and every other thing being sold to you every day.

if you're rich and want to do that, so be it.

most of us are not. most of us have limited funds, time, energy, and resources to fill the gap between the health goals we have and what is available to us.

that's why this guide is designed the way it is. you likely have more choices and opportunities to learn how to treat common ailments like colds, UTIs, stomachaches, etc. we encourage you to continue exploring this topic more and doing your own research.

(while always remembering to follow the money — be sure to look at who, or what entity, funds the research you're exposed to.)

because caring for yourself is a radical act of reclaiming bodily autonomy.

your health is your wealth.

DIRT CHEAP WAYS TO KEEP A UTI AT BAY

- baking soda
- corn silk
- garlic
- ginger
- cranberry

& IF YOU WANT TO SPEND A LITTLE MORE \$

- d-mannose
- raw honey
- juniper berry
- usnea

BAKING SODA

- **price:** \$3-\$5
- **form:** food grade baking soda powder

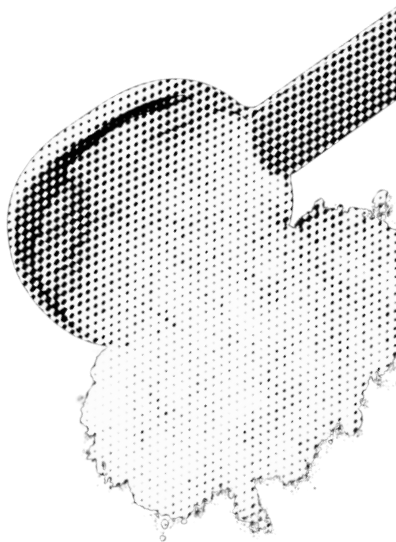
also known as sodium bicarbonate, baking soda is typically ultra cheap and readily accessible. these days, most baking soda is aluminum free but make sure you get food grade baking soda. test with vinegar to ensure freshness — if it fizzes on contact, it's good to go.

how to use it

- use at the onset of symptoms
- put it in a bath: soak with 1-5 cups of baking soda in lukewarm bath water to relieve pain and irritation
- drink it! dissolve 1tsp of baking soda in clean, filtered water and drink

tips for using baking soda

- drinking baking soda in water is considered a relatively mild remedy — feel free to drink baking soda water up to every 3-4 hours for particularly tough UTIs.
- some report the baking soda having a more mild taste when mixed with warm water rather than cold.
- you can also try mixing the baking soda in a liter or large water bottle to dilute the taste if too strong.
- don't be tempted by the allure of a hot, relaxing bath. hot water can further agitate the delicate skin affected by UTIs.



CORN SILK

- **price:** \$5-\$15
- **form:** locally grown or organic corn in husk

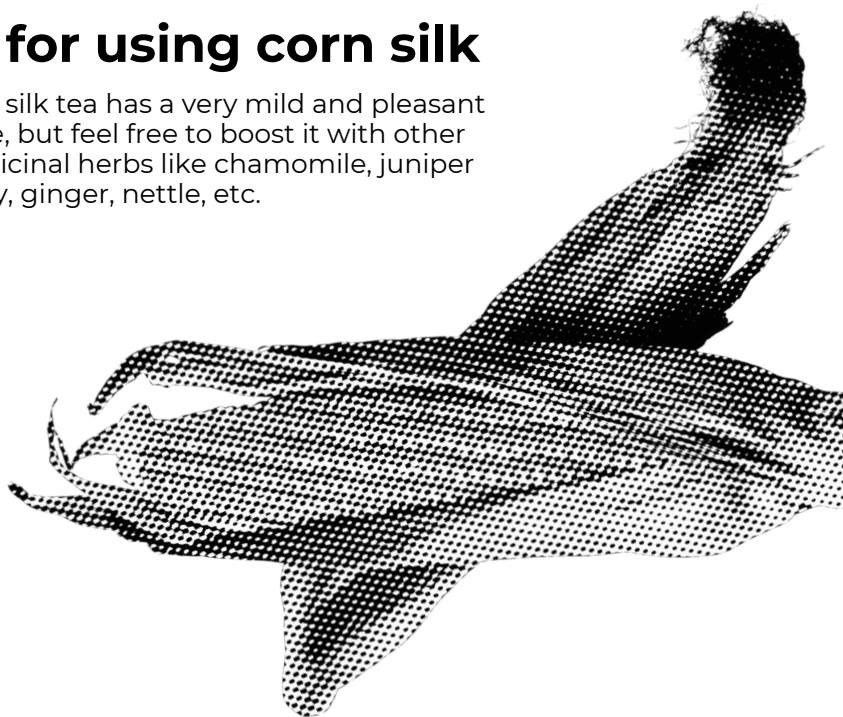
to clarify, the part of the corn used to treat UTIs is the silky fiber found between the husk and the corn cob. the corn silk is typically made into a tea and used for its anti-inflammatory effect and also its diuretic properties — which means it increases urination. locally grown or organic corn is your best bet, but use what you can find. be sure to get corn in the husk as preshucked corn will not contain the silky fibers. fibers can be dried to use at a later date.

how to use it

- when symptoms appear and throughout the UTI
- up to 3 times per day
- make a tea from fresh or dried corn silk fibers using roughly 1tsp to 1tbsp of corn silk — let steep for at least 10 minutes.

tips for using corn silk

- corn silk tea has a very mild and pleasant taste, but feel free to boost it with other medicinal herbs like chamomile, juniper berry, ginger, nettle, etc.



- **price:** \$3-\$15
- **form:** organic, fresh/raw garlic

GARLIC

if there's one thing to keep fresh in your pantry (or backpack) at all times it's garlic. usually cheap and always potent, raw garlic is all of the antis: antibiotic, antiviral, antifungal, antimicrobial. while organic or locally grown garlic is your best bet, get what you can.

how to use it

- at the onset of symptoms and throughout illness
- with reckless abandon
- cook with it and don't be afraid to use more than the recipe recommends
- eat it raw! it is recommended to dice the garlic and swallow small pieces without chewing to avoid garlic breath — take it with a meal for least smelly results

tips for using garlic

- garlic is considered a safe, mild food with incredibly remarkable benefits — you can have raw or cooked garlic several times a day during a UTI.
- but remember to give your gut a break after you've fully kicked the infection as garlic's antibiotic properties (like traditional antibiotics) can lead to an imbalance in gut microbiota. if you can afford it, consider investing in a high-quality probiotic during and after illness as well.
- some researchers and practitioners report increased benefits of raw garlic that has been left to sit for a few minutes. after chopping, try waiting 15 minutes before swallowing raw garlic to allow the beneficial compound, allicin, to build up.



- **price:** \$3-\$10
- **form:** organic, fresh/raw ginger

GINGER

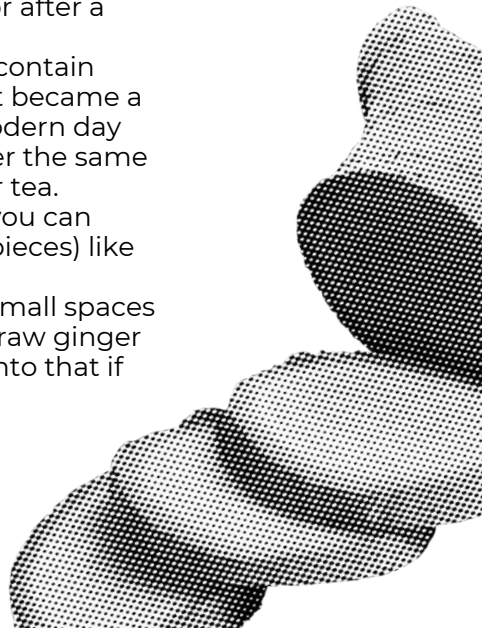
it's slightly less cheap and often less accessible than raw garlic, but fresh ginger root is worth its weight in gold. if you can't find it fresh (or raw), local, or organic, then go for a dried ginger tea. oftentimes powdered ginger can be found cheaper in bulk sections of health foods stores as well.

how to use it

- at the onset of symptoms and throughout illness
- with reckless abandon
- cook with it or make a tea from slices of the raw root
- eat it raw! since ginger has a more pleasant and mild smell than garlic, it's fine to gnaw on directly but be sure to chew it thoroughly before swallowing and be prepared for a potent spicy flavor

tips for using ginger

- ginger can help stimulate digestion, so try taking it a few minutes before or after a meal.
- while old-school ginger ale did contain actual ginger root (hence why it became a common folk remedy) most modern day ginger ale does not. it won't offer the same benefits as raw ginger or ginger tea.
- if you can't stomach the spice, you can swallow diced ginger (in small pieces) like garlic.
- ginger is quite easy to grow in small spaces — if you can get your hands on raw ginger root to plant, consider looking into that if time, space, and funds permit.



CRAN-BERRY

- **price:** \$5-\$15
- **form:** local or organic — fresh, juiced, or dried

this OG at-home remedy for treating UTIs has finally reached the mainstream as of recent years, making it easier to find as a juice, tablet, or tea than ever before. both the juice and tablets have been proven effective for treating and preventing UTIs thanks to a few beneficial compounds found in cranberry. (namely, proanthocyanidins and d-mannose.)

how to use it

- when symptoms appear and throughout the UTI
- via cranberry juice, preferably organic and sweetener free, up to 3 times per day
- via tablets, preferably from a reputable company and additive free, typically 2 times per day or according to label instructions
- as a tea made from dried cranberries, up to 3 times per day
- eaten as a food, in a meal or raw

tips for using cranberry

- if you can't stand the tartness of an unsweetened cranberry juice, try adding raw honey to mitigate the flavor and provide additional UTI-busting benefits.
- when raw, it's recommended to eat cranberries in moderation as they can cause a stomachache in excess.
- dried cranberry can often be found online in bulk or in the bulk sections of health foods stores as a shelf-stable option for your personal toolkit.



IF YOU WANT TO SPEND A LITTLE MORE \$

raw honey

it's food of the gods. locally harvested is best, organic raw honey is the second best. anti-bacterial, anti-viral and anti-fungal, honey can prevent bacteria from multiplying and clustering in the urinary tract.

usnea

often called "old man's beard," this potent traditional remedy has been used for thousands of years. usnea is a wild lichen that can be tricky to identify at first, but once you know it you'll see it everywhere. if it doesn't grow in your area, you might have to invest in dried usnea or usnea tincture. if it does grow near you, wildcraft usnea from the forest floor. do not pick from live tree branches, as it provides a necessary protective mechanism for sick or weak trees.

d-mannose

if you can only choose one shelf-stable supplement to invest in for UTI treatment and prevention, choose d-mannose. it's a simple sugar found in cranberries and blueberries that both eliminates and prevents bacterial adhesion.

juniper berry

the juniper tree produces berries that can be made into a tea or tincture to take advantage of their diuretic effect — or the fact they can make you pee more and flush out bacteria. while widespread and easily identifiable for free wildcrafting, juniper doesn't grow everywhere, so the cost may vary depending on your location.



WHAT NOT TO DO IF YOU HAVE A UTI

- **don't get dehydrated** — prioritize plain water, teas, and hydrating foods like soup or fruits. limit alcohol, smoking, etc. avoid energy drinks and faux electrolyte drinks like G*torade and Vitamin W*ter.
- **don't starve** — prioritize nutrient rich, whole foods (not the store). use ginger to stimulate appetite and digestion if necessary. consider integrating more spices and herbs into your foods to diversify nutrient intake.
- **don't over-work** — prioritize rest, even more than you think you need. taking time off work isn't always accessible but if it is for you, do not hesitate. stay home. take a nap. your worth is not dependent on your productivity. relax.
- **don't forget to pee** — while peeing may be painful during an active UTI, it's crucial to empty your bladder regularly and as needed to both treat and prevent UTIs. and, of course, always pee after sex. don't hold in your pee when you have to go, even if it's inconvenient to pause what you're doing.



OR IF YOU
WANT TO AVOID
GETTING A UTI

BEGINNER'S SUPPLIES LIST

for building a personal
apothecary

cut here to take this list to the store with you



to keep fresh & on hand

- ☐ raw garlic
- ☐ raw ginger root
- ☐ raw cranberries
- ☐ corn in husk
- ☐ clean, filtered water

to keep in stock

- ☐ baking soda
- ☐ dried corn silk
- ☐ dried ginger powder
- ☐ cranberries as juice, tablets, or dried
- ☐ dried or tinctured usnea
- ☐ dried or tinctured juniper berries
- ☐ raw honey
- ☐ d-mannose powder

all my friends are
SICK

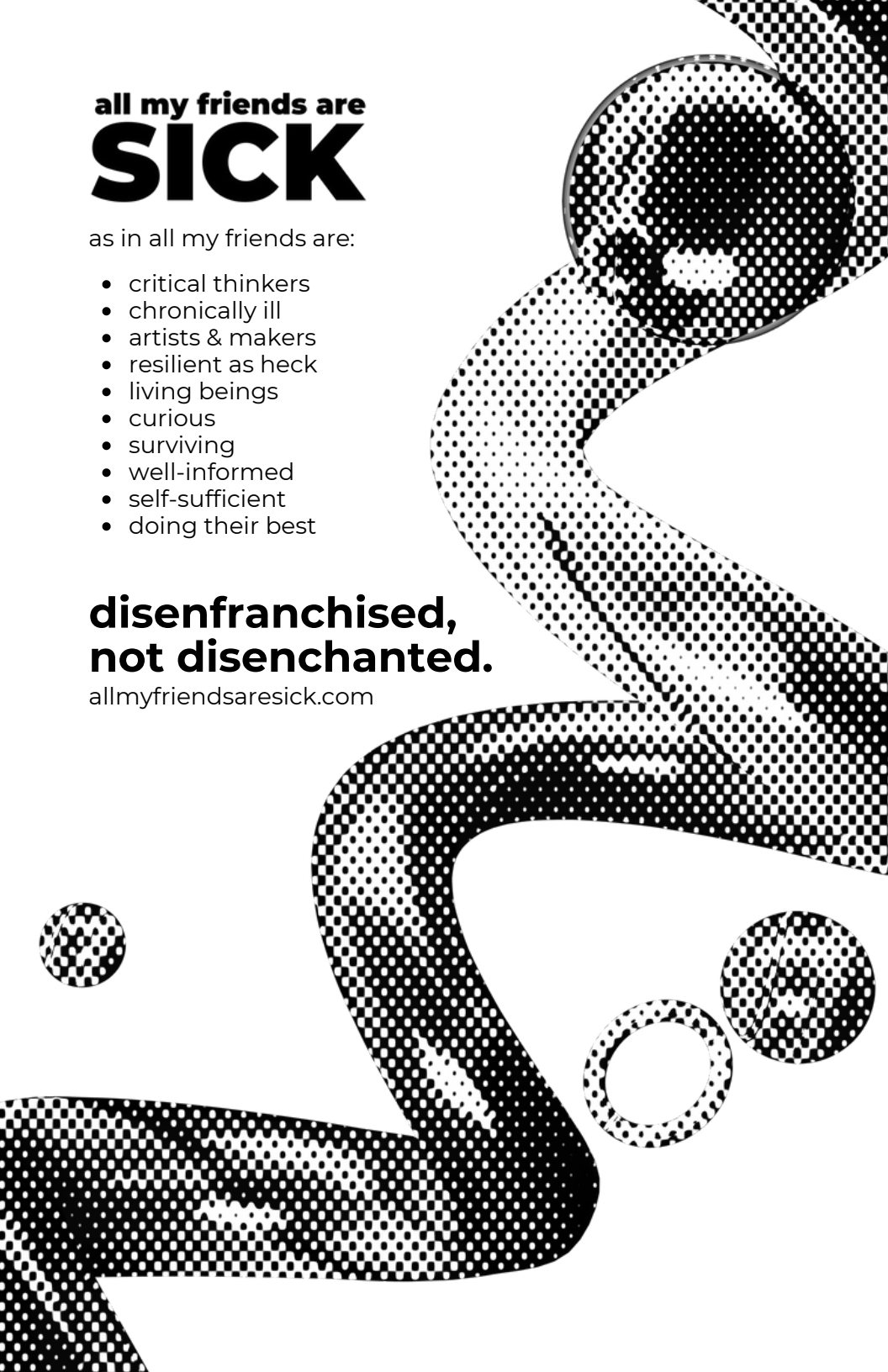
all my friends are SICK

as in all my friends are:

- critical thinkers
- chronically ill
- artists & makers
- resilient as heck
- living beings
- curious
- surviving
- well-informed
- self-sufficient
- doing their best

disenfranchised, not disenchanted.

allmyfriendsaresick.com



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