

Overactive Bladder

DNA Health Report

REPORT CATEGORY —



URINARY TRACT
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

When you gotta go, you gotta go, right?

Some people choose to pee in nature during a hike. Others choose to go in the shower. But certain people have no choice where and when they pee.

If you find yourself springing a leak when sneezing or laughing, or even find yourself having sudden, uncontrollable urges to go number one, you may be suffering from urinary incontinence [\[R\]](#).

The typical adult bladder holds around 2 cups (500 mL) of urine. If you’re following the recommended water intake of 8 cups per day, then you probably fill your bladder to capacity about 4 times a day [\[R\]](#), [\[R\]](#).

On average, we urinate around 250-400 mL at a time. This means that with healthy bladder control, you should be urinating around 5-8 times a day [\[R\]](#).

Being incontinent can have a big impact on your quality of life, largely by impacting your confidence.

Some people are more prone to incontinence than others, in part due to their genetics. Luckily, there are some things you can do to improve your bladder control.

One thing you can do to take back control of your bladder and confidence is to better understand how your genetics are influencing your bladder control. This may allow you to take targeted action.

For example, if you carry a certain variant of the [FTO](#) gene, you may be more prone to being overweight. Since being overweight may increase the risk of incontinence, it may benefit you to maintain a healthy weight [\[R\]](#), [\[R\]](#).

Similarly, people with a particular variant of the [DRD2](#) gene may be more prone to stress. Being stressed may also increase the risk of incontinence. In this case, practicing relaxation techniques may help [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in bladder control**
- **Your genetic risk score based on over 546,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Urinary Incontinence

Key Takeaways:

- Urinary incontinence is not uncommon, especially for women, due to pregnancy and menopause. It can vary in severity from occasional to interfering with daily activities.
- Risk factors include being older, female, overweight, a smoker, certain health conditions, and your genetics.
- If your risk is high, your overall risk is still going to be low unless you are older or have had children. If your risk is low and you have incontinence issues, talk with your doctor about potential actions to take.

Urinary incontinence is a loss of bladder control. People with bladder control problems urinate without meaning to [\[R\]](#).

About 50% of women and 14% of men may have bladder control problems. This difference may partly be due to pregnancy, childbirth, and menopause, which may all contribute to bladder control problems [\[R\]](#), [\[R\]](#).

Other risk factors for bladder control problems include [\[R\]](#):

- Being older
- Excess weight
- Smoking
- Certain health conditions (e.g., neurological conditions, diabetes)
- **Genetics**

Bladder control problems can range in severity. Some people may only leak occasionally, such as during a cough or sneeze. For others, a lack of bladder control can have a major impact on daily life [\[R\]](#).

A wide range of management and treatment options exist, depending on the severity of bladder control problems. They include [\[R\]](#):

- Bladder training
- Pads



WORSE

More likely to have urinary incontinence based on 540,713 genetic variants we looked at



PERCENTILE



Your risk is greater than 93% of the population and lower than 7% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NPSR1	rs78878767	AA
ADAM15	rs1218596	CC
WNT5A	rs13059018	CG
/	rs61816382	TA
/	rs61814618	TC
AGK	rs78851245	CC
EN1	rs138724718	GG
PHACTR1	rs34998271	GG
/	rs61813427	AA
/	rs4914973	GG
/	rs116744411	GG
/	rs139036278	GG
KCNA2	rs186165819	CC
C1ORF127	rs77414117	AA
/	rs72703744	CC
CASZ1	rs72643222	CC
NMNAT1	rs77452977	AA
COL11A1	rs115983165	GG
/	rs141817176	GG
COL11A1	rs181487399	CC
CASZ1	rs59061093	GG
COL11A1	rs187658947	AA
/	rs114198115	CC
NTNG1	rs75792089	GG

- Kegel exercises for pelvic floor muscles
- Medication
- Medical devices
- Surgery

Left untreated, severe bladder control problems may lead to [\[R\]](#):

- Rashes and sores due to wet skin
- Social and work life problems
- Urinary tract infections (UTIs)

Up to 50% of differences in people's chances of developing bladder control problems may be attributed to genetics. Genes involved in bladder control may influence [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Pelvic support
- Brain activity
- Bladder muscle function

GENE	SNP	GENOTYPE
/	rs139217761	GG
PRMT6	rs55749345	AA
COL11A1	rs57358576	CC
/	rs533757641	CC
SLC25A24	rs189741835	AA
OLFM3	rs116403645	AA
HES4	rs76467416	CC
KIF1B	rs113726578	GG
RTCA	rs147711390	CC
MFSD14A	rs138808106	CC
/	rs143849547	CC
NTNG1	rs142132466	AA
KCNA10	rs72679936	CC
OLFM3	rs61804499	GG
CASZ1	rs570916888	CC
AMY2B	rs535746663	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Kegel Exercises	5 seconds	2	Biofeedback	
3	Strength Training	1 hour	4	Bladder Training	
5	Transcutaneous Electrical Nerve Stimulation (TENS)	30 minutes	6	Magnetic Stimulation	20 minutes
7	Aerobic Exercise (Cardio)	1 hour	8	Physical Therapy	30 minutes
9	Exercise At Least One Hour a Day	1 hour	10	Acupuncture	1 hour
11	Electrical Stimulation	20 minutes	12	Avoid Carbonated Beverages	
13	Limit Caffeine Intake		14	Relaxation Techniques	30 minutes
15	Pilates	30 minutes	16	Avoid Bladder Irritants	
17	Moxibustion	10 minutes	18	Yoga	30 minutes
19	Mace		20	Cinnamon	500 mg
21	Saw Palmetto	320 mg	22	Boswellia	350 mg
23	Breathing Techniques	10 minutes	24	Avoid Phthalate Exposure	
25	Dance	30 minutes	26	Mobility Training	10 minutes
27	Shock Wave Therapy		28	Mindfulness-Based Stress Reduction (MBSR)	2 hours
29	Self-Hypnosis	20 minutes	30	Diaphragmatic Breathing	10 minutes

31	Mindfulness	30 minutes	32	Topical Black Seed Oil	
33	Deep Breathing	5 minutes	34	Pumpkin Seed Oil	
35	Paced Breathing	5 minutes	36	Black Seed Oil	2 tsp

1



Kegel Exercises

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Perform Kegel exercises by tightening your pelvic floor muscles (as if you are trying to stop urinating mid-flow) for 5 seconds, then relax for 5 seconds. Repeat this process 10 times in a row, at least 3 times a day (morning, afternoon, and night).

TYPICAL STARTING DOSE

5 seconds

Description

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them.

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them [\[R\]](#).

The exercises involve flexing and holding the pelvic floor muscles in the same manner one would try to hold in urine. To start, tighten for three seconds, then relax for three seconds. Build up to doing 10-15 repetitions, three times per day [\[R\]](#).

Kegel exercises may help with bladder control problems and sexual health [\[R\]](#), [\[R\]](#).

How it helps

Experts agree that Kegel exercises may improve bladder control problems [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

They may also improve bladder control problems related to pregnancy and prostate surgery [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Kegel exercises may help by strengthening the muscles that control the flow of urine. It may take 6-12 weeks to see results [\[R\]](#), [\[R\]](#), [\[R\]](#).

Combining Kegel exercises and biofeedback may also help. Biofeedback is a technique that may help you figure out the correct muscles to tighten [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

2



Biofeedback

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Two meta-analyses (the largest one with 24 trials and 1583 participants) found that biofeedback-assisted pelvic floor muscle training improves the number of leakage episodes and the quantity of leakage in women with urinary incontinence. However, 2 meta-analyses (the largest one with 11 studies) found no therapeutic benefits of biofeedback over alternative interventions [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Three meta-analyses (the largest one with 26 studies) concluded that biofeedback-assisted pelvic floor muscle training improves urinary incontinence in men who underwent a radical prostatectomy, especially during the first 3 months [\[R\]](#), [\[R\]](#), [\[R\]](#).

3

Strength Training

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Regular exercise is linked to a lower risk of bladder control problems [R, R, R].

In line with this, a combination of cardio and strength training may support bladder control during pregnancy [R].

Individual or group exercise, as part of physical therapy, may also help reduce the number of accidents [R, R].

Exercise may help by strengthening the muscles that control urine flow [R].

Please note: *Intense exercise may increase pressure in the abdomen and contribute to bladder control problems in some people* [R, R, R].

4



Bladder Training

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Start by urinating at set intervals, for example, every hour, regardless of the urge to go. Gradually increase the time between bathroom visits by 15 minutes each week, with the goal to extend intervals to 3-4 hours. Continue this process for about 3-6 months.

Description

Bladder training is a technique used to improve urinary control and reduce the frequency of urination. It can be helpful for individuals with overactive bladder or urinary incontinence, promoting better bladder function and quality of life.

Behavioral strategies may help support bladder health. These are methods that are often recommended for dealing with bladder control problems [\[R, R, R, R\]](#).

One example is **bladder training**. It involves gradually increasing the time between bathroom visits. To do this, start by resisting the urge to urinate for 10 minutes. Then, slowly increase the time between visits until you can comfortably urinate every 2.5-3.5 hours [\[R, R\]](#).

How it helps

Experts recommend bladder training to help with bladder control [\[R, R, R, R, R\]](#).

Other behavioral strategies may also help, but the evidence is not as strong. These include:

- **Double voiding:** trying to urinate again a few minutes after going once [\[R\]](#)
- **Scheduled voiding:** urinating at scheduled times [\[R, R, R, R\]](#)

5



Transcutaneous Electrical Nerve Stimulation (TENS)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Apply TENS unit electrode pads around the area in pain; begin with the device set to a low setting and gradually increase intensity to a comfortable level. Use the device for 15-30 minutes per session for pain relief, and it can be used multiple times a day as needed.

TYPICAL STARTING DOSE

30 minutes

Description

TENS is a therapy that uses low-level electrical currents to relieve pain by stimulating the nerves. It's commonly used as a non-invasive method to manage various types of pain, such as musculoskeletal pain or chronic pain conditions.

How it helps

TENS may help with urge incontinence in patients with non-neurogenic overactive bladder. Tibial neurostimulation may be more effective than sacral neurostimulation [\[R\]](#).

TENS may also help with overactive bladder due to spinal cord injury. It may be as effective as magnetic stimulation, solifenacin succinate, and pelvic floor biofeedback [\[R\]](#).

6



Magnetic Stimulation

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Schedule sessions of transcranial magnetic stimulation (TMS) with a licensed healthcare provider, typically involving 4-6 weeks of daily treatments for 20-60 minutes per session.

TYPICAL STARTING DOSE

20 minutes

Description

Magnetic stimulation techniques, such as transcranial magnetic stimulation (TMS), are used in neuropsychiatry to treat conditions like depression and anxiety. They work by targeting specific areas of the brain with magnetic fields to alleviate symptoms and promote mental health.

How it helps

Magnetic stimulation (2-3 sessions/week for 6-8 weeks) may help with mild stress incontinence (using 3 or fewer sanitary pads/day). Magnetic stimulation may have short-term beneficial effects on quality of life, number of incontinence episodes, and urine loss. However, longer high-quality studies are needed to confirm these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

7



Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Regular exercise is linked to a lower risk of bladder control problems [\[R, R, R\]](#).

In line with this, aerobic exercise (both alone and combined with strength training) may support bladder control during pregnancy [\[R\]](#).

Individual or group exercise, as part of physical therapy, may also help reduce the number of accidents [\[R, R\]](#).

Exercise may help by strengthening the muscles that control urine flow [\[R\]](#).

Please note: *Intense exercise may increase pressure in the abdomen and contribute to bladder control problems in some people* [\[R, R, R\]](#).

8



Physical Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Both individual and group physical therapy may reduce the number of urinary incontinence episodes [\[R\]](#), [\[R\]](#).

9

Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise is linked to a lower risk of bladder control problems [\[R, R, R\]](#).

In line with this, a combination of cardio and strength training may support bladder control during pregnancy [\[R\]](#).

Individual or group exercise, as part of physical therapy, may also help reduce the number of accidents [\[R, R\]](#).

Exercise may help by strengthening the muscles that control urine flow [\[R\]](#).

Please note: *Intense exercise may increase pressure in the abdomen and contribute to bladder control problems in some people* [\[R, R, R\]](#).

10



Acupuncture

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture and electroacupuncture may help with bladder control problems. They may improve symptoms and quality of life. However, available studies are of low quality [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

11



Electrical Stimulation

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Use an electrical stimulation device on the targeted area of your body for 20-30 minutes each day. Consult with a healthcare provider to determine the most appropriate intensity and frequency settings for your specific condition.

TYPICAL STARTING DOSE

20 minutes

Description

Electrical stimulation, such as TENS (Transcutaneous Electrical Nerve Stimulation), is used in physical therapy to relieve pain and promote muscle relaxation. It can be a non-invasive method for managing certain types of pain and enhancing muscle recovery.

How it helps

Electrical stimulation (15 min/session, daily for 12 weeks) may help with the following types of urinary incontinence [\[R\]](#), [\[R\]](#):

- Stress urinary incontinence (SUI)
- Mixed urinary incontinence (MUI)

It may also improve the benefits of pelvic floor muscle training [\[R\]](#), [\[R\]](#).

12



Avoid Carbonated Beverages

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Stop consuming drinks like soda, sparkling water, and other carbonated beverages. If you're used to drinking these regularly, gradually reduce your intake by replacing one carbonated drink with a non-carbonated alternative, such as still water or herbal tea, each day until you no longer consume them.

Description

Avoiding carbonated beverages, particularly those high in sugar or artificial additives, can support dental health by reducing the risk of tooth decay and enamel erosion, and avoid potentially irritating the bladder.

How it helps

Experts suggest avoiding carbonated beverages [\[R\]](#).

Research on 4,887 men found a 17% higher risk of urinary incontinence in those drinking carbonated drinks (2x-6x/week). Similarly, a study of 6,424 women found an increased risk of urinary incontinence depending on the dosage [\[R\]](#), [\[R\]](#), [\[R\]](#):

- By 22% for 1x/week
- By 29% for 2-6x/week
- By 110% for daily drinking

13



Limit Caffeine Intake

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

Experts suggest avoiding bladder irritants, such as caffeinated beverages. Reducing caffeine intake may improve symptoms of urgency and frequency but not incontinence [R, R, R].

Caffeine consumption may be associated with a 29% higher risk of urinary incontinence. However, not all studies found this association for coffee drinking [R, R, R, R].

14



Relaxation Techniques

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Experts say that relaxation techniques like deep breathing may help decrease the urge to go [\[R\]](#).

Practicing **yoga** may improve bladder control problems by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Helping to focus on and strengthen the pelvic floor muscles
- Reducing the stress and anxiety of leaks

In one small study, **mindfulness** helped more than yoga [\[R\]](#).

15



Pilates

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Engage in Pilates exercises for at least 20-30 minutes, 3 times a week. Focus on core strength, flexibility, and mindful breathing. It is suitable for both beginners and advanced individuals, adjusting the difficulty of exercises as necessary.

TYPICAL STARTING DOSE

30 minutes

Description

Pilates is a form of exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness through controlled movements and breathing techniques. Its health benefits include increased core strength, improved posture, enhanced flexibility, and better balance, making it a popular choice for those seeking a holistic approach to fitness.

Pilates is a type of exercise that emphasizes proper alignment, breathing techniques, and precise movements.

It involves a series of controlled movements performed on a mat or with specialized equipment, such as a reformer or Cadillac. Pilates helps strengthen the core muscles, improve flexibility, and promote mind-body awareness.

How it helps

In a non-placebo-controlled trial of 30 women with urinary incontinence, Pilates was as effective as pelvic floor training and yoga at improving incontinence. However, yoga poses intended to address the pelvic floor and core muscles were more effective at improving continence. Both pelvic floor muscle training and Pilates were similarly effective at improving urinary incontinence, while Pilates improved quality of life more, in a non-placebo-controlled trial of 31 women with stress urinary incontinence. In a non-placebo-controlled trial of 73 women with urinary incontinence, practicing modified Pilates for 6 weeks improved self-esteem, social embarrassment, and personal relationships [\[R, R, R\]](#).

In 3 non-placebo-controlled trials of 231 men with urinary incontinence after prostatectomy, practicing Pilates for 8-12 weeks reduced incontinence and improved pelvic floor muscle training parameters. Pilates was more effective when combined with Kegel exercises [\[R, R, R\]](#).

Pilates strengthens the pelvic floor muscles, which control the flow of urine, and may thus reduce the frequency and urgency of overactive bladder. Improved core strength from Pilates can also support better bladder control.

16



Avoid Bladder Irritants

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Eliminate or significantly reduce consumption of caffeine, alcohol, spicy foods, acidic fruits, artificial sweeteners, and carbonated drinks from your diet. Monitor your symptoms for improvement over a period of 4-6 weeks to identify specific irritants.

Description

Avoiding bladder irritants such as caffeine, alcohol, and spicy/acidic foods can help reduce the risk of urinary discomfort and promote bladder health, especially for individuals prone to urinary issues.

Some foods and drinks may irritate the bladder. These include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Carbonated drinks
- Tomato products
- Acidic fruits (oranges, grapefruits, lemons, limes)
- Alcohol
- Chocolate
- Caffeinated drinks

How it helps

Carbonated drinks, caffeinated drinks, and alcohol may be linked to a higher risk of bladder control problems. This is because they may increase the amount of urine in the bladder and promote its contraction [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Some experts recommend that people with bladder control problems avoid caffeinated and carbonated drinks [\[R\]](#).

However, some studies didn’t find links between caffeinated drinks, alcohol, and bladder control problems [\[R\]](#), [\[R\]](#), [\[R\]](#).

17

Moxibustion

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Place a moxa stick (a cigar-shaped stick made from mugwort leaves) approximately 1-2 inches away from the skin's surface over the area to be treated. Light one end of the moxa stick and let it burn slowly, moving it around in a small circular motion or holding it still, depending on the technique being used, for about 10 to 15 minutes per session. Repeat the process 1-3 times a week for several weeks, monitoring for any skin irritation or discomfort.

TYPICAL STARTING DOSE

10 minutes

Description

Moxibustion is a traditional Chinese medicine therapy that involves burning dried mugwort near the skin's surface to stimulate acupuncture points, promoting relaxation, pain relief, and overall well-being.

How it helps

Moxibustion may reduce urinary incontinence symptoms after a stroke. However, larger, more rigorously designed studies are needed to confirm this benefit [\[R\]](#).

18

Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Experts say that relaxation techniques like yoga may help decrease the urge to go [\[R\]](#).

Practicing yoga may improve bladder control problems by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Helping to focus on and strengthen the pelvic floor muscles
- Reducing the stress and anxiety of leaks

However, **mindfulness** helped more than yoga in one small study [\[R\]](#).

19



Mace

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a mace supplement in capsule form, available from health stores or online, with water. It's typically recommended to consume it once daily, but always follow the specific dosage instructions on the product label or as advised by a healthcare professional.

Description

Mace is a spice derived from the outer shell of the nutmeg seed and is known for its potential to aid digestion and relieve digestive discomfort. It is often used in traditional medicine and culinary applications to promote gastrointestinal well-being.

Myristica fragrans is a tree native to Indonesia. It is the source of two spices [\[R\]](#) [\[R\]](#):

- Nutmeg (from the seed)
- Mace (from the seed covering)

Mace is sometimes used as a cooking spice. It may also help with bladder control problems [\[R\]](#) [\[R\]](#).

How it helps

Mace powder (3 g/day for 3 months) may help with bladder control problems. It may improve symptoms and quality of life in women with urinary incontinence [\[R\]](#).

Components in mace may strengthen the muscles that hold urine. They may also help protect the bladder from inflammation and oxidative stress [\[R\]](#) [\[R\]](#).

20



Cinnamon

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon can help with overactive bladder by reducing spasms and helping to calm the urinary system. It also may help reduce inflammation, which can alleviate some symptoms of this condition.

A [double-blind, randomized, placebo-controlled trial with 66 participants with overactive bladder](#) found that a cinnamon patch (for 6 weeks) may alleviate symptoms of overactive bladder: **It reduced overactive bladder scores (9.70 ± 2.20 to 6.33 ± 2.42), patient perception of bladder condition (3.36 ± 0.60 to 2.15 ± 0.83), and urgency severity score (2.67 ± 0.54 to 1.64 ± 0.60)** [\[R\]](#).

21



Saw Palmetto

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take a saw palmetto supplement of 160 mg twice daily or 320 mg once a day. This dosage is typically taken in capsule form. Continue this regimen for at least two to six months to assess its effectiveness for conditions like benign prostatic hyperplasia.

TYPICAL STARTING DOSE

320 mg

Description

Saw palmetto is a plant extract derived from the berries of the saw palmetto palm (*Serenoa repens*). It has traditionally been used by Native Americans for various medicinal purposes. Today, it is primarily used as a dietary supplement for prostate health.

[Saw palmetto](#) (*Serenoa repens*) is a small palm plant native to the US [\[R\]](#), [\[R\]](#).

People use it to help with [\[R\]](#):

- Urinary problems
- Pain
- Hair loss

How it helps

Saw palmetto extract may help support bladder control [\[R\]](#), [\[R\]](#), [\[R\]](#).

Components in saw palmetto may help by supporting healthy bladder function. In men, saw palmetto may also help by relaxing the prostate and preventing its enlargement [\[R\]](#), [\[R\]](#).

22



Boswellia

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 350 mg Boswellia supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Boswellia is an herbal remedy derived from the resin of certain trees. It's known for its potential anti-inflammatory properties and is often used to support joint health.

[Boswellia](#), also known as frankincense, is the hardened sap of the *Boswellia serrata* tree [\[R\]](#).

In traditional medicine, boswellia is used for joint pain and gut conditions [\[R\]](#).

Today, some people use boswellia for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Osteoarthritis
- IBD
- Skin aging
- Asthma
- Gum health

How it helps

Boswellia supplements can help reduce inflammation, potentially easing symptoms like urinary urgency and frequency in overactive bladder. However, this use isn't extensively studied and it's crucial to discuss any supplements with a medical professional.

In a double-blind clinical trial with 120 postmenopausal women having mixed urinary incontinence, the efficacy of a frankincense-based herbal product (FHP) was compared to placebo and solifenacin. FHP and solifenacin significantly reduced urinary incontinence frequency and leakage in the fourth week compared to placebo. Moreover, FHP showed significant effects compared to solifenacin 2 weeks after treatment. Given its positive impact on quality of life and sustained effects, FHP could be considered as a complementary treatment for urinary incontinence [\[R\]](#).

Reproductive-age women with stress urinary incontinence were randomly assigned to receive a combination of B. serrata and C. scariosus (2g) twice daily (n=30) or a placebo (n=30) for 8 weeks alongside pelvic floor muscle training. The improvement was 60% in the treatment group and 37% in the control group, with a statistically significant difference (P = 0.035) between the two groups [\[R\]](#).

23



Breathing Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Experts say that relaxation techniques like deep breathing may help decrease the urge to go [\[R\]](#).

Practicing **yoga** may improve bladder control problems by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Helping to focus on and strengthen the pelvic floor muscles
- Reducing the stress and anxiety of leaks

In one small study, **mindfulness** helped more than yoga [\[R\]](#).

24



Avoid Phthalate Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid phthalate exposure, check product labels and choose phthalate-free options for personal care items, plastics (look for recycling codes 3 and 7 or the letters 'V' or 'PVC'), and household products. Additionally, reduce the use of plastic containers for food storage, especially those not marked as 'phthalate-free', and avoid microwaving food in plastic containers. Aim to make these changes consistently in your daily life for long-term health benefits.

Description

Avoiding phthalate exposure involves choosing phthalate-free products, such as personal care items and plastics, to minimize potential endocrine-disrupting effects and protect reproductive and hormonal health.

How it helps

In total, 2,818 participants (NHANES): high level of mono-carboxypentyl phthalate (MCNP), mono-carboxyoctyl phthalate (MCOP), mono-isobutyl phthalate (MiBP), mono-n-butyl phthalate (MBP), and mono-3-carboxypropyl phthalate (MCP) showed increased risk of urinary incontinence (OR = 1.52). Trend tests showed that incidence of UI increased significantly with concentration [\[R\]](#).

25



Dance

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

Dancing strengthens pelvic muscles that control the bladder, reducing the urge and frequency. This fitness activity also helps maintain a healthy body weight, thus reducing pressure on the bladder and improving overactive bladder symptoms.

In a [non-placebo-controlled trial of 24 women with stress urinary incontinence](#), practicing Rumba dance combined with breathing training for 16 weeks **increased pelvic floor muscle, reduced symptom severity, and improved quality of life** [\[R\]](#).

26

Mobility Training

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate mobility exercises into your daily routine, allocating at least 10-15 minutes each morning or evening to perform stretches and mobilizations that target all major joints and muscles in your body. Consistency is key, aim to practice mobility training daily for ongoing improvements in flexibility and joint health.

TYPICAL STARTING DOSE

10 minutes

Description

Mobility training is a form of physical therapy that focuses on improving an individual's range of motion, flexibility, and functional movement patterns. It helps enhance joint mobility, reduce the risk of injuries, and promote better physical performance in daily activities or sports.

How it helps

A study of 33 care home residents showed that a mobility and continence intervention group improved urinary incontinence, with fewer experiencing urinary leakage. The intervention was feasible and accepted among residents, even among those with cognitive impairment [\[R\]](#).

Mobility training strengthens the muscles in your pelvic area, which improves bladder control and reduces urgency and frequency.

27

Shock Wave Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R\]](#), [\[R\]](#).

How it helps

In 2 non-placebo-controlled trial of 110 women with stress urinary incontinence, receiving low intensity extracorporeal shock wave therapy for 8 weeks **attenuated incontinence symptoms upon physical activity, reduced urine leakage, and ameliorated overactive bladder symptoms** [\[R\]](#), [\[R\]](#).

In an uncontrolled trial of 82 women with overactive bladder, receiving low-intensity extracorporeal shock wave therapy for 8 weeks **improved overactive bladder symptoms, promoted uroflow parameters, and improved quality of life** [\[R\]](#).

28

Mindfulness-Based Stress Reduction (MBSR)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

Mindfulness-based stress reduction (for 8 weeks to up to 1 year) offered greater benefits than yoga in a study of 30 women with urinary incontinence [\[R\]](#).

29

Self-Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE

20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to enter a state of heightened suggestibility, often for the purpose of self-improvement or managing certain conditions like stress or pain.

How it helps

In a non-placebo-controlled trial of 152 women with urinary incontinence, receiving weekly hypnotherapy sessions for 2 months (and continued self-hypnosis thereafter) was as effective as medication at reducing urinary incontinence urgency [\[R\]](#).

Self-hypnosis may help by training your mind to gain control over urinary urges.

30



Diaphragmatic Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

Diaphragmatic breathing helps to strengthen your pelvic floor muscles, which support the bladder. Stronger pelvic muscles can improve bladder control, reducing the symptoms of an overactive bladder.

In a non-placebo-controlled trial of 40 patients with urinary incontinence, diaphragmatic breathing (30 repetitions/day for 6 weeks) improved incontinence and quality of life indices at least as effectively as pelvic floor muscle exercises. The combination of diaphragmatic breathing and pelvic muscle training improved urinary incontinence and nocturnal enuresis in a non-placebo-controlled trial of 87 children with dysfunctional voiding [\[R\]](#), [\[R\]](#).

31

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Experts say that relaxation techniques like deep breathing may help decrease the urge to go [R].

Practicing **yoga** may improve bladder control problems by [R, R, R]:

- Helping to focus on and strengthen the pelvic floor muscles
- Reducing the stress and anxiety of leaks

In one small study, **mindfulness** helped more than yoga [R].

32



Topical Black Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of black seed oil to the affected area of the skin. Gently massage it in until fully absorbed. Repeat this application twice daily, in the morning and at night before bed, for a period of 1 to 2 months to observe beneficial effects.

Description

Black seed oil is a topical application derived from the seeds of the *Nigella sativa* plant. It contains the compound thymoquinone and is used for its potential anti-inflammatory and antioxidant properties, making it beneficial for skin health and wound healing.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- High blood sugar
- High blood pressure
- Allergies
- Joint pain

How it helps

In a placebo-controlled trial of 60 postmenopausal women with urinary incontinence, applying black seed oil (2-3 drops, 2x/day) on the stomach for 8 weeks reduced urinary incontinence and improved quality of life [\[R\]](#).

33



Deep Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Experts say that relaxation techniques like deep breathing may help decrease the urge to go [\[R\]](#).

Practicing **yoga** may improve bladder control problems by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Helping to focus on and strengthen the pelvic floor muscles
- Reducing the stress and anxiety of leaks

In one small study, **mindfulness** helped more than yoga [\[R\]](#).

34



Pumpkin Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 2 tablespoons of pumpkin seed oil daily, either directly or by adding it to salad dressings, smoothies, or yogurt. It's best consumed with meals to increase absorption.

Description

Pumpkin seed oil is a plant extract obtained from the seeds of the pumpkin (Cucurbita pepo). Traditionally, it has been used for its potential health benefits, including supporting prostate and urinary health. Its beneficial compounds include phytosterols, antioxidants, and essential fatty acids. It also nutrients like vitamin E and K, zinc, and magnesium.

Pumpkin seed oil is a good source of healthy fats and antioxidants [\[R\]](#), [\[R\]](#).

It is used to support hair and prostate health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a 12-week study on women with overactive bladder, an herbal blend with pumpkin seed oil reduced daytime and nighttime urination frequency, leakages, and pad usage. It also improved the quality of life related to overactive bladder symptoms progressively [\[R\]](#).

Pumpkin seeds may improve overactive bladder symptoms because they are rich in phytoestrogens. They also contain lignans that could aid in preventing bladder muscle spasms and inflammation.

35



Paced Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Sit in a comfortable position or lie down. Inhale slowly through your nose for 4 seconds, hold your breath for 7 seconds, and then exhale slowly through your mouth for 8 seconds. Repeat this breathing pattern for 5-10 minutes daily, or whenever you feel stressed or anxious.

TYPICAL STARTING DOSE
5 minutes

Description

Paced breathing is a relaxation technique that involves controlling the rhythm and depth of breaths. It can help reduce stress, anxiety, and lower blood pressure, promoting relaxation and mental well-being.

How it helps

A randomized controlled trial investigated the effects of device-guided slow-paced respiration on women with overactive bladder syndrome. While the study found that slow-paced respiration was associated with modest improvements in perceived stress, it did not show superiority to a music-listening control in reducing urinary symptoms or altering autonomic function [\[R\]](#).

36



Black Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take one to two teaspoons (5-10ml) of black seed oil twice daily, preferably before meals. For capsule forms, follow the manufacturer's instructions, commonly 500mg capsules twice daily. Continue this regimen for up to 8 weeks to evaluate its effects.

TYPICAL STARTING DOSE

2 tsp

Description

Both black seed extract and black seed oil have been traditionally used for their potential health benefits, including anti-inflammatory and antioxidant properties. They may support overall wellness and immune function when incorporated into a balanced diet.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People mainly use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Allergies
- Joint pain

How it helps

A study of 60 menopausal women found that applying black seed oil topically (2–3 drops on their stomachs, 2x/day for 8 weeks) may reduce the severity of mixed urinary incontinence. Additionally, it showed improvement in quality of life. However, it did not improve stress or urge incontinence [\[R\]](#).