Healthy Salad Recipes for an Overactive Bladder

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Bladder-Friendly Greens

In natural healing, the reason you get any disease is you either have toxicities of some sort or deficiencies of nutrients. In the case of overactive bladder, the toxicities could be chemical triggers and the deficiencies could be of several vitamins and minerals. Healthy salad recipes are the perfect option to help, let's take a look at one.

You can address these both by eating more healthy salads during the day. Salads contain fruits that help the body detoxify and vegetables that rebuild and nourish the body. Vegetables also contain chlorophyll, which is a great aid in the detoxification of the body as well.

Adding More to Your Salad

There’s not just one type of salad you should be eating; in fact, adding a simple lettuce and tomato salad is not good enough when there are dozens of other fruits and vegetables available. These other fruits and vegetables provide plenty of medicinal constituents, vitamins and minerals, such as hundreds of different types of carotenoids, anthocyanidins, bioflavonoids, hormonal precursors, antioxidants and many other phytonutrients. The solution is eating salads with multiple ingredients.

Now before you start worrying about the time factor, remember that you can always do things smart in the kitchen and prepare a large batch of salad that will last you three days. That means you are only taking the time in the kitchen to make salad twice in a week. Can you handle that? Is your health worth it?

Here’s an example of a healthy salad recipe that would start providing you with more nutrients and potentially make a difference in your overactive bladder:

Lettuce Antioxidant Salad

Yield: 5 servings (20 servings of fruits/vegetables)

Ingredients:

- 1 head Romaine lettuce, sliced into bite-sized amounts.
- 2 cups baby spinach leaves.
- 1 cup arugula or salad mix.
- 1 leek, chopped.
- ½ cup sweet red onion, sliced.
- 1 cup fresh blueberries.
- 2 cups mushrooms, sliced.
- 1 cup strawberries, sliced.
- ½ cup blackberries.

- 1 cucumber, sliced.
- 1 cup sugar snap peas.
- 1 cup celery, sliced.
- ½ cup diced fennel.
- 2/3 cup lentils, cooked.
- Salad dressing of your choice.

Directions:

1. In a large salad bowl, mix the Romaine lettuce, baby spinach leaves, arugula/salad mix, cucumber, sugar snap peas and celery. Toss.
2. Next, add the mushrooms, fennel, onion and lentils. Toss again.
3. Finally, add the blueberries and strawberries. Toss lightly and serve.

This recipe will provide 20 servings of fruits and vegetables. No doubt, you can't eat it all in one sitting at a meal! But why not divide it into two or three meals so you can have it on Monday, Tuesday and Wednesday? You can vary the salad a bit by the type of protein you add to it.

On Monday, you could add a chicken breast to it with your salad dressing, such as honey mustard. On Tuesday, you could add steak meat to the salad with a ranch-style dressing. On Wednesday, you could add eggs and cheese to the salad with a vinaigrette dressing. Each day you are getting six servings of fruits and vegetables you never would have had before – and that's a plus for your health.

See what two salads a day will do for your health. Give it the old high school try for 30 days. You may uncover a brand new you.