

Yeast Infections

Yeast infections occur when the normal ecology of the vaginal flora is out of balance or disturbed; the good bacteria becomes outnumbered by yeast bacteria. The vagina is a very sensitive area that responds to diet, pregnancy, some medications and sometimes even our feelings. The end of menstruation, a diet change, a few alcoholic drinks, an argument with a loved one as well as antibiotics can all play a part in encouraging yeast infections.

Symptoms

Itching and irritation of the vulva.

White cottage cheese-like discharge which sometimes smells like yeast.

Inflammation, redness, a rash and swelling of the vulva.

Bringing Relief

Take a shallow bath with hot water and ½ cup vinegar and 5 drops of tea tree oil.

Apply Aloe Vera gel topically.

Dry the vulva with a hair dryer.

Apply yogurt topically.

Spray off vagina after every urination for 2 days with 1 Tb of vinegar and 1 cup of water.

Put 15-20 drops of tea tree oil on a tampon and insert.

Douche with vinegar and tea tree oil.

Be very gentle with the tampon and douche if you choose to use these methods during pregnancy.

Dietary Supplements

Take the following every day:

1 acidophilus capsule

500 mg of echinacea

1000-4000 mg of vitamin C

1 vitamin B complex

A tonic of 1 tsp of apple cider vinegar and 1 tsp of honey in ¼ cup of warm water

Urinary Tract Infections

Herbal Suggestions

Cranberry juice – unsweetened cranberry juice or homemade cranberry juice. To make use 1 bag of frozen cranberries for 2 days. Put ½ the bag of frozen cranberries in a blender, add an apple or an orange or some unsweetened pineapple for a little sweetening and 1 cup or less of fruit juice, you still might need to add some water though it tastes good thick like a smoothie. Drink throughout the day.

Cranactin – this is cranberry extract in capsule, may be more easily tolerated than cranberry juice

Uva Ursi – take 1 dropperful 3 times a day. Use this herb for only 1 week during pregnancy.

Lifestyle Suggestions

DON'T HOLD IT - go to the bathroom often

Urinate before and after sex

Wipe front to back

Wear cotton underwear, or no underwear at all

Second rinse underwear with a cup of vinegar in the wash to get rid of soap residue

Do not use dryer sheets

Do not use colored or scented toilet paper

Do not take bubble baths, or prolonged exposure to soap

Dietary Changes for both UTIs and Yeast

Avoid the following:

Sugar	Dairy
Cafeine	Orange
Soft drinks	s
	Red
	meat

Include the following:

Whole grains	Unsweetened
Lemons and	cranberries
grapefruits	Extra water
Yogurt with live	Green leafies
cultures	