



Bidding Yeast Adieu

... and good riddance we say!

by Isadora Tavens, Practical Nurse~Herbalist
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Prevention

Keep the area between the legs dry and allow fresh air to circulate. Sleep without underwear. Wear cotton underwear or women's cotton 'boxer shorts'. Dry or sun undergarments on a clothesline outside whenever possible even if a dryer has been used. Alternatively, place inside out on a clothes hanger in a sunny window. (And won't the neighbors be curious about that!) Wear cotton exercise clothes. Change out of exercise clothes and swimsuits promptly. Avoid pantyhose and definitely don't wear them underneath pants. Avoid talcum powder (often contaminated with naturally occurring asbestos) and cornstarch based body powders. Yeast feed on starch.

Use unscented body care products: unscented, unbleached sanitary pads, such as Natracare™ available in health food stores. Consider reusable cotton pads such as Glad Rags™. Avoid tampons. Use unscented, uncolored toilet paper. Eliminate scented toilet paper holders, perfumed douches and so called 'feminine hygiene' sprays.

Review your diet. Minimize bread, sweets and junk food. Lay low on fruit. Commercial meat, poultry and dairy products typically come from animals given regular or even daily doses of antibiotics. Consumption of these products is enough to cause imbalances in internal intestinal and vaginal flora. Eliminate brewers/nutritional yeast and vitamin supplements based on yeast. These are labeled "whole food" or "grown on a whole food matrix." Maximize dark leafy green vegetables and organic cow or goat yogurt. Eat chopped raw garlic. In my experience cooked mushrooms seem to be a non-issue.

Get off the antibiotic-yeast infection treadmill. Upon the advice of your healthcare practitioner use natural alternatives. For example: **Nutribiotics GSE Grapefruit Seed Extract** ~ capsules or diluted liquid and **Herb Pharm Echinacea-Goldenseal Compound** have proven to be reliable and effective to resolve common infections such as sore throats. Find what works for you and keep some at the ready.

Traditional Remedies

By Mouth Do one or more simultaneously:

- **Nutribiotics GSE Grapefruit Seed Extract** 2 capsules 3x daily by mouth or 6-9 drops of the diluted liquid 3-4x daily.
- **Echinacea Extract** or alcohol free glycerite (recommended: Herb Pharm) 1-2 squirts 3-4x daily.
- **Herb Pharm Spilanthes-Usnea Compound. Start S-L-O-W-L-Y.** Work up slowly to 1-1 1/2 squirts 3-5x daily taken in water.
- **Australian Bush Flower Essences Peach-flowered Tea-tree flower essence** 2 drops 4x daily under the tongue. (ausflowers.com.au)

Vaginally Your first approach ~ Do only one at a time:

- One gently peeled clove/peg of **garlic** inserted as a vaginal suppository. If it doesn't come out on it's own change every other day. Use 5-9 cloves in sequence.
- **Thursday's Plantation Tea Tree Oil Suppositories** insert every other night at bedtime.
- **Moon Maid Botanicals Yeast Free Salve** (moonmaidbotanicals.com) Use one full applicator (provided) nightly at bedtime.
- **Forces of Nature™ Yeast Infection No More** (fonoils.com) The label instructs: "Saturate a tampon [ideally unbleached -ed.] with approximately 30-40 drops. Leave in several hours. Repeat 3x daily. Remove at bedtime. Rub 3-5 drops into the soles of each foot to allow it to further penetrate system. It may cause an initial warming sensation which will disappear after a few minutes. For external relief use 10 drops in a warm [sitz/mini-ed.] bath. Reduce or discontinue if irritation occurs."

Vaginal Douche This is one of few times when douching is appropriate. In very slightly warmed water. add one of the following 2 choices:

- **Nutribiotics GSE Grapefruit Seed Extract** 6-9 drops per quart/liter.
- **Herb Pharm Spilanthes~Usnea Compound.** 2-3 teaspoons per 2 quarts/liters.

Repopulate Your System with the probiotic "good bacteria" acidophilis, the same culture that turns milk into yogurt. **Bio-K Plus** (biokplus.com) contains 50 billion (!) live acidophilis. Available refrigerated in health food stores. 1/2 to 1 container daily for up to 30 days. Then 1-2x weekly on an ongoing basis. It may also be used as a vaginal implant. One capsule of non-dairy Acidophilis may be inserted vaginally at bedtime for 9 days or longer. A good choice: **DDS** brand.

Remember Your Partner

Moon Maid Botanicals Yeast Free Salve applied lightly to your male partner's penis 1-2x daily.

Lavender Essential Oil apply one drop to your partner's penis before intimacy. Great brands: Oshadi and Simpliers (Tell your partner not to enjoy this. It's medicinal!) Many women have found chronic vaginal yeast infections resolve more readily when spermicide treated condoms, contraceptive creams and foams and birth control pills are eliminated as they contribute to imbalances in vaginal flora.

CONSULT YOUR CARE GIVER ABOUT ADEQUATE CONTRACEPTIVE PROTECTION!

Additional Considerations Please discuss these with your practitioner~

- Rule out other vaginal infections or STDs/STIs (sexually transmitted diseases/infections).
 - Evaluate other health issues such as diabetes or pre-diabetes or chronic sore throats.
 - Consider a detox program or colon cleanse or taking blood purifying herbs.
 - Boost your immune system.
 - Consider a Chinese Constitutional herbal remedy to balance your entire system. See a Chinese trained herbalist or acupuncturist.
 - Work through counseling and flower essences to address and begin to resolve old issues of abuse or powerlessness.
- and lastly ~
- Be creative! Get that juicy energy moving in positive ways!

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Isadora is available for telephone consultations and to travel for consultations and classes.