



The 12 Hour Yeast Infection Relief Report™

How to Tackle The External Symptoms
of All Types of Yeast Infections
Using a Unique 12 Hour Protocol

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THE 12 HOUR
YEAST INFECTION
RELIEF REPORT

THE 12 HOUR YEAST INFECTION RELIEF REPORT™

*Complete Step-By-Step Protocols for
Achieving Permanent Relief from All
Types of Yeast Infection Symptoms*





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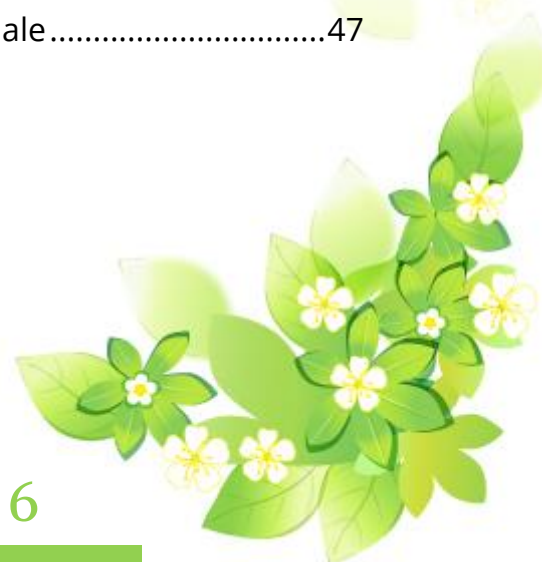
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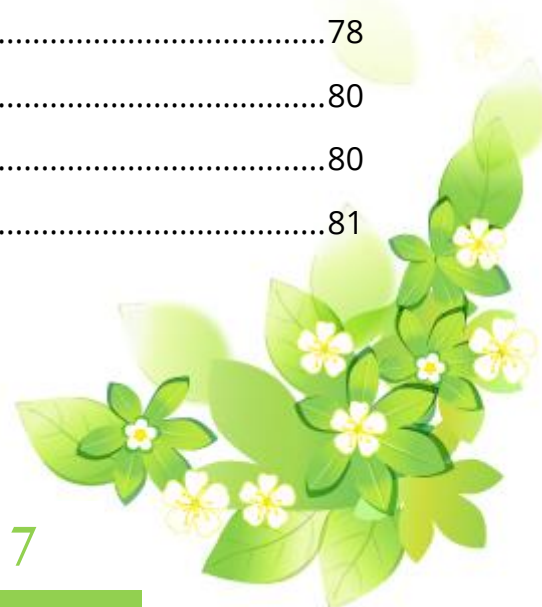
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Introduction

Hello!

Welcome and congrats on taking the first step towards battling yeast infections. Yes, we have all faced that annoying problem at some point in our life. That itch is annoying as well as embarrassing at times. As women, when we visit our doctors for medicines for yeast infections, we expect them to cure the infection completely and uproot it from the root. It is the quick fix methods that offer relief instantly – that we are all looking for. We want the infection gone and we want it gone NOW!

Some of us have visited our doctor a single time while some other have visited our physicians multiple number of times with one single goal in mind. How to find a magic potion or medicine that will cure the yeast infection once and for all. Some of us have change physicians multiple times with the hope that somehow, somewhere- we will find what we are desperately looking for. This sheer desperation makes us question the motives of the doctor. Why would any doctor want to see his patient again and again – for the same ailment? Why would they give their patients the same advice and not offer them a permanent solution?





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If you feel that you can absolutely relate to what has been narrated above, then you are at the right place. Through this book, we aim to offer you certain quick-fix solutions to get rid of your yeast infections. If you are looking for something that is more permanent, then we suggest that you adopt our special program called “Yeast Infection No More”, which specializes in offering permanent cures for yeast infections.

Coming back to our quick-fix program, whether you are a man or woman, we have a customized 3-step procedure for you. By following this, you can definitely get quick relief. These procedures are safe and hence you can choose to adopt them every time you get a yeast infection. They are guaranteed to provide you instant relief that will last you for a while.

However, if you want your yeast infection to literally “disappear” and never come back, then you need to stick to the procedures of the program “Yeast Infection No More”. You need to stick to the guidelines mentioned there, follow the diet and lifestyle strictly for living a ‘permanently yeast infection free’ life.

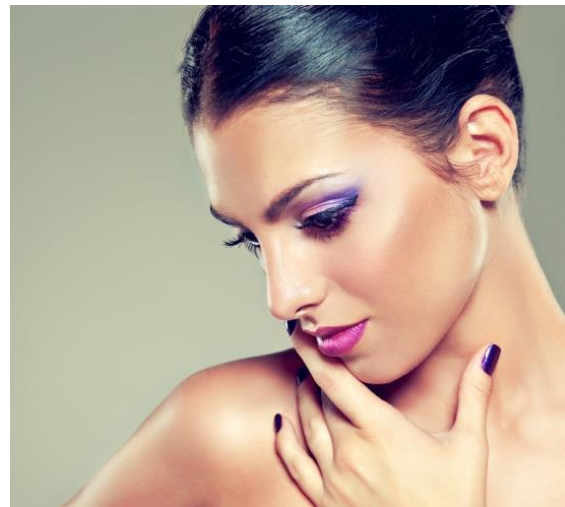


Yeast Infection affecting females

In our vast medical experience, we have always found that when women are referring to a yeast infection and asking for a quick heal solution for it, they are more often than not talking about infection in their vaginas.

Reiterating the fact, if you are looking for a permanent solution, you need to strictly follow our “Yeast Infection No More” program in addition to the quick relief solutions that we are offering below. Our program specializes in curing female yeast infection. Our techniques have been fine-tuned over the years and developed to perfection with the help of feedback and testimonials received by many satisfied customers. We can proudly say that it has worked well for majority of our female patients – thanks to the feedback that we have received.

If you are a woman who is experiencing mild vaginal thrush, then you will definitely find this article extremely useful as it will tell you how to treat it and ease the discomfort that you are feeling. However, a word of caution! If you feel that your condition is severe and is not showing signs of improvement, then do not wait and self-medicate. Please consult your doctor before it turns too severe. The correct diagnosis makes a lot of difference. Your condition can be bacterial vaginosis or an STD. Why take a risk?





On a positive note, if you have visited your doctor and have been diagnosed with chronic vaginal thrush, then the measures we have offered will surely help you. We have explained every process in detail. We have put together a collection of various treatments for chronic vaginal thrush, all of which have proven to give results, over the year.

DO-IT-YOURSELF TIPS

Most yeast infections experienced by women are easy to treat. You can use a few simple tips and tricks and treat yourself at home. You do not need to go to the doctor and use any creams or oral medicines.

We have compiled a small list of do-it-yourself tips for you. You can use one or more of these and get rid of your infection at home.

Before we start, the most important thing is to set your expectations right. You can expect immense relief within 12 hours by using these tips (not a complete cure).

Here is what you can do:

- Before starting any treatment, make sure you have all the necessary items that you would need for it.
- Follow the 3-step vaginal treatment as many times as you wish to.
- When you are following it, make sure to commit yourself to the protocol whole-heartedly and regularly. (We suggest at least for 90 days)
- Try and follow all the given instructions properly without missing any of them.
- Stay away from all sorts of prescription drugs, sprays, antibiotics etc



- Try and follow our “Yeast Infection No More” program simultaneously
- If you are sexually active during that time, ensure that you maintain high standards of personal hygiene.
- If you have been suffering from chronic vaginal yeast infection since a long time, then we suggest you follow the two vaginal implant procedures as stated in our “Yeast Infection No More” program.
- We know it can be depressing and nerve wracking but you have to motivate yourself constantly. You have to keep talking to yourself and reassuring yourself that, with time, it will soon get better.
- Having a positive mindset is extremely important.

A myth that needs to be discarded! Many books on this subject advise you to stop treatment if you are having your menstrual cycle. They say that it can harm you if you continue. However, we beg to differ. It is as important to follow your program religiously even if you are menstruating. It is true that yeast infections have a chance of multiplying during your menstrual cycle, especially during your flow days and when it just ends. However, there is no reason whatsoever to stop treatment as it does not harm you in any way. It depends on your own personal choice whether you wish to continue with your treatment or stop it while your cycle is on.

QUICK RELIEF FROM VAGINAL YEAST INFECTIONS IN 3 SIMPLE STEPS

Now, many of you would want to know why 3 steps. Each of these 3 steps has a specific purpose. It is best if you use these 3 steps one after the other. It is recommended that you follow all 3 steps and do not skip any. However you can



be flexible in terms of how long you would want to follow each step, depending upon how severe your infection is.

This 3 stage solution offers you almost instant relief from your vaginal infection. Sometimes it may take a few hours but relief is guaranteed. You can repeat this treatment as often as you wish to. It is completely ok to apply a douche like most books or doctors would ask you to. But after so many years of experience in treating women and helping them overcome this problem, we assure you that our 3 stage process is the best and sure-shot way to provide relief from this problem. It is highly recommended that you try all 3 steps and trust us; you will definitely see a difference.

Let us have a look at the 3 different steps/stages.

Stage No 1

NAME: Anti-bacterial and Anti-fungal Douche

AIM: To reduce the swelling, inflammation, remove the bacteria and the yeast infections

TIME: Gives best results when left on for at least half an hour

INGREDIENTS:

- 1 to 2 tablespoons of Manuka honey from New Zealand. (Ideally with a high UMF)
- 1 to 2 cloves of garlic - finely chopped



WHY WE RECOMMEND MANUKA HONEY?

Manuka honey is extracted from a white flower of a tea tree oil tree called Manuka. (Scientific name is *Leptospermum Scoparium*). This tree is found in New Zealand. Manuka honey has traditionally been proven to reduce inflammations. This honey is also known for its anti-bacterial and anti-fungal properties. It has actually been rated as one of the best skin healers by many renowned medical experts as well as scientists. It is supposed to heal properly, without harming the most delicate of skin of your body. It has also been proven to kill bacteria and repair inflamed skin.

You need not worry about the sugar from the honey feeding the yeast infection. That is likely to happen only if the honey is orally consumed and passes through the digestive system.

Manuka honey is easily available on leading websites like Amazon. It can also be found in all leading health food stores, in the whole foods section. Though it is native to New Zealand, it is available in other countries as well. Manuka honey comes with a rating. The parameter on which it is rated is called UMF (Unique Manuka Factor). Just like you check SPF for sunscreen, you should check UMF for Manuka honey. It is ideal that you get Manuka honey having as high a UMF as possible. UMF is essentially the honey's unique anti-bacterial/anti-fungal capacity. The higher the UMF, the more expensive the honey gets and more difficult it will be to find it. Manuka honey with a 30+ rating is considered excellent, but something with a rating of 15-16 is also considered very good. Manuka honey is well known for healing cuts, burns, inflammations etc and hence it is now being used by hospitals across the world.



METHOD:

- Warm the honey in a cup. You can also do this in a cup suspended in hot water.
- Finely chop the garlic cloves and mix it with the warmed honey.
- For instant relief, insert this warmed honey-garlic mixture directly in the vagina.
- Let it sit on the pubic area for as long as possible
- Try to relax and lie down for 15-20 minutes. If you do not have the time, use a sanitary napkin.
- The minimum recommended time to keep it for is at least 30 minutes. If you can keep it for longer, it is great.
- Post this; you can proceed to stage 2.

BENEFITS:

- Mixture of Manuka honey and fresh garlic gives great relief from the itching and burning.

***You can skip this stage if you are not comfortable with the idea of inserting honey and garlic in your vagina or if you just cannot find the Manuka honey. However, for best results, we recommended you travel the extra mile, pick up Manuka honey and definitely follow this process.*



Stage No 2

NAME: Cleansing Douche

AIM: Cleanse the area. Restore the Alkaline-Acid balance to normal

TIME: Gives best results when left on for at least 10 minutes

INGREDIENTS:

- 2 to 3 tablespoons of apple cider vinegar (Good quality one)
- 1 teaspoon of colloidal silver
- A small bowl
- Vaginal applicator or baster

METHOD:

- In a small bowl, mix 2-3 tablespoons of the apple cider vinegar and 1 teaspoon of the colloidal silver.
- You can insert this mixture into the vagina with the help of a baster or use a douche.
- Make sure to do this gently, without using too much pressure and moisten the required areas.
- Alternately you can also properly rinse the entire region of the vulva, using this wash liberally.
- Dry the area gently, using a soft cotton towel and if possible, use a hairdryer after wiping, to ensure complete and thorough dryness.
- Ensure that you use fresh cotton underwear and also change it frequently throughout the day.



- It is also advisable to sleep with no undergarments
- Do not forget to sterilize the used cloth by dipping it in a bleach and water solution.

MAIN BENEFIT:

- This cleansing solution acts as a pH balancer, cleanser and toner for the vagina.
- It ensures that your vaginal balance of acid versus alkalinity is restored to normal.

Stage No 3

NAME: Soothing Yogurt Douche

AIM: Soothes the irritation and itch. Calms and cool the burning skin

TIME: Gives best results when left on for at least 2 to 3 hours

INGREDIENTS:

- 1 small carton of plain low-fat yogurt (Free of additives, colors, fruits, sugar etc)
- A syringe
- A small bowl
- A spatula



METHOD:

- Use the spatula to spread a layer of the cool yogurt over areas of skin that have been affected.
- Alternately you can use a syringe to inject the yogurt into the vagina.
- If you are comfortable with tampons, you could also dip a tampon well in yogurt and insert that into your vagina.
- Let it sit for a few hours (The more the better).
- Rinse off the area properly after a few hours.

MAIN BENEFITS:

- Yogurt cools and soothes the affected areas, thus offering significant relief from itching and burning sensations – caused by vaginal yeast infection.
- This treatment is the best way to round off all the other procedures as it soothes, calms and settles down any type of irritated or inflamed skin.

SOOTHING YOGURT DOUCHE - PREPARATION AND APPLICATION - SIMPLIFIED

The soothing yogurt douche is one of the most tried methods by women for controlling vaginal yeast infections. There are many different ways in which you can prepare and apply this douche. Let us explore a few of these methods in detail. First and foremost let us answer the most basic question.



Why Yogurt?

It may be surprising but yogurt has been used to get relief from vaginal yeast infections in the Third World countries since many years. Yogurt is extremely rich in lactic acid. This is more due to the process of milk getting converted to yogurt and hence lactose getting converted to lactic acid. So essentially, yogurt has that particular enzyme which is required to digest products that are high in lactose. Candida cannot survive in an environment that is rich in lactic acid. Hence eating yogurt or using it as a douche makes a lot of sense. This method is extremely easy to follow and requires minimalistic equipment. You can follow this procedure even if you are travelling or on a holiday.

One thing you need to ensure is that the yogurt you purchase should be of superior quality. Also, before applying or inserting it into your vagina, make sure that it is left outside the refrigerator and it attains room temperature.

If you do not want to use store-bought yogurt, you can also opt to make your own yogurt. We have included the recipe in this book, using which you can create a good quality yogurt at home, which is naturally sour. This yogurt will have billions of good bacteria (*Lactobacillus acidophilus*). This can also help you save money that you would otherwise spend in buying expensive cartons of yogurt.

Even if you compare 2 brands and someone recommends one brand over another, there is only a marginal difference. There is absolutely nothing that can beat the fresh home-made yogurt – both in terms of taste and in terms of acting as a soothing agent for vaginal yeast infections. However, if you are making yogurt, with the intention to use it for douching, then you can omit the milk powder while making it. This will result in the yogurt being less thick and creamy and it will be easier to apply and wash off.



Douching as a process

Before you go for this procedure, make sure that you have all the required items at home. Each and every item needed for this procedure is normally available with the local chemist. Here is what you need to purchase, depending on which method you are comfortable using.

Vaginal Applicator/Irrigation Syringe method

You can either purchase a vaginal applicator from the chemist or you can pick up one of the basters meant for the kitchens, which can also work perfectly fine. For example, the turkey baster, which people use in order to baste poultry with gravy during Christmas or Thanksgiving, can also serve the purpose. You will easily get one at any shop selling kitchen items and they have many different varieties of the same. However, the one from the chemist is normally more user friendly as it's ends are round and smooth, which makes insertion easy.

How to use a vaginal applicator

It is not very difficult to use this applicator. You need to insert it gently and push it in as far as possible, without applying too much pressure. It is also important to observe high standards of personal hygiene while using the applicator. Here is what you need to do:

- First and foremost, ensure that your hands are clean. Wash them well
- Draw enough quantity of yogurt into the applicator
- Relax and lie down on your back
- Now, draw your knees up and spread them apart.
- Very gently, insert the applicator into your vagina. Please make sure that the tablet is in front. Insert it for as far as it can go, without applying any force or pressure.



- Release the plunger to allow the yogurt to flow into the vagina.
- Remove the applicator.
- Ensure that you either throw it off or clean it thoroughly with soap and boiled water (in case it is a non-disposable one). However, the water should be lukewarm when washing.
- Wash your hands well.

Yogurt Douche Method

For this method, you will need 2 spoons of fresh yogurt (at room temperature) and an applicator. The method is very simple. All you have to do is, to pull out the plunger of the applicator, fill it up with sufficient yogurt, insert it into the vagina without using force and release the yogurt there.

It is ideal to do this while you are comfortably positioned.

Do not rinse off your vagina immediately after this, no matter how strong the temptation to do this. You can rinse the outside of your vagina gently and pat the area dry. If you are doing this process just before going to bed, it is recommended that you use a sanitary napkin, which can absorb the leakage and prevent your bed from soiling and you from getting embarrassed.

You can have a good bath in the morning. It is again advisable that you use a sanitary napkin that can absorb any residual leakage- just in case.



You can choose to use any one of the following:

- Use organic, natural and fresh yogurt just as it is
- Add purified water to fresh yogurt, thin the mixture and use that
- Use the liquid that comprises of the whey (The liquid floating on top of the yogurt). This is considered to be the most powerful of all, when it comes to dealing with yeast infections.

Treatments using tampons

Many women are known to use tampons rolled in yogurt. If you are familiar with tampons and have used them before, you will probably find this method more comfortable than the direct application of yogurt. However, over time, we have seen that this method does not give those great results as a tea tree oil tampon does. In order to make a tea tree oil tampon, that works really well, we recommend you use the pure oil. Alternatively, you may also use the water soluble form of tea tree oil. The solution would need to be strong, and can be made by mixing one part of water soluble tea tree oil and five parts of water. Soak the tampon in this mixture and leave it overnight.

One of the most effective tampon treatments can be done by using grapefruit seed extract. This is particularly effective for treating extremely stubborn vaginal thrush. You must soak a tampon in one tablespoon of vegetable oil or organic sunflower oil. Add 5 to 10 drops of grapefruit seed extract to it. Mix it really well. Insert the tampon into your vagina and leave it overnight. You can repeat this for 3 to 4 nights. You will be surprised at how effective it proves, even against the most severe of vaginal thrush infections. We have seen it shift even impossible cases. Ideally, you can start with the tea tree oil solution dipped tampon and if that fails then try the grapefruit seed extract one.



Recipe for Vaginal Pessary

INGREDIENTS:

- 1 tampon
- A small bottle of pure tea tree oil



METHOD:

After unwrapping the tampon, pour a few drops of the pure tea tree oil over the top and on the sides. Post that, insert the tampon as you normally would, during your periods. Also, periodically change the tampon after a few hours.

BENEFIT:

Clears up different stages of vaginal yeast problems, sometimes in as short as one or two days.

*** Some women may be allergic or sensitive to pure tea tree oil. While most of us may not have any issues, there are some for whom, using this treatment may cause further discomfort due to their sensitivity. Ideally, before you use it internally, try a drop of the pure tea tree oil on the inside of your wrist. If you feel any sort of burn, itch, redness or discomfort, then do not go for the pure tea tree oil tampon treatment. In this case, take a tablespoon of lukewarm water and add a quarter teaspoon of water soluble tea tree oil. Now, soak the tampon in this solution; or, you can also use the solution of one part of tea tree oil and five parts of water.*



DIFFERENT PROTOCOLS FOR VAGINAL DOUCHES

The Colloidal Silver Douche

For those who do not know what colloidal silver is, it is a colloid, which consists of microscopically small silver particles suspended in liquid. This can be applied to the vaginal area to relieve infections. When combined with water, it provides almost instant relief as it is well known for its anti-fungal properties.

Ideally, you must add 1 to 1.5 teaspoons of colloidal silver to a glass of tepid pure water. You can take around 250 ml of water. Use this solution to douche the infected area in and around the vagina. Alternately, you can also add colloidal silver to apple cider vinegar and use it as a wash.

In case you do not feel any relief after using this solution, you can try a stronger concentration. Make sure you do it after several hours of trying the initial treatment. Silver, by nature is very powerful and effective in destroying bacteria and other fungi.

Our experience has shown us that this treatment scores high even where others have failed to show results, especially when you keep alternating between the colloidal silver treatment and the water soluble tea tree oil douche treatment.



Apple Cider Vinegar (ACV)

If you are using an apple cider vinegar for treatment, then it is best to use the unfiltered one, and the one which has not been pasteurized. It should be made from whole, chemical free, organically grown apples. This is sure to give you great results. You can find apple cider vinegar in most local health food stores or even grocery stores.



It is recommended that you avoid white vinegar or commercial ACVs that have undergone a variety of processes like pasteurization, filtration, refining, sterilization, distillation etc. These processes make the vinegar good looking and add to its appeal so it sells faster in the market. The problem is that all these processes destroy most of the lactic acid content in the vinegar and hence it is of no use for treatment. A good quality apple cider vinegar normally appears cloudy. If you are from USA or Canada then we highly recommend the apple cider vinegar made by a certified organic brand called Bragg. If you are in New Zealand, you can opt for a brand called Coral Tree. Their apple cider vinegar has been certified as biodynamic. We urge you to avoid white vinegar as it is simply not as effective as a naturally fermented apple cider vinegar is.

Once you open a bottle of a good quality ACV, it will not require refrigeration and you would be safely able to use it for 5 years or more. Take care to store it with its cork tightly closed and away from direct sunlight though.

Calendula Douche or Cream

This treatment is extremely effective, especially around childbirth or in any other case where the vagina has experienced a great injury. This douche treatment is extremely popular and effective for curing any issues that may arise after an episiotomy. It is also useful for healing vaginal tears.

Make sure that you get the extremely low alcohol extract version of the Calendula herbal tincture. You can ask your physician or herbalist for the same. This is very well known for its anti-fungal properties. It is known also, for its ability to heal inflamed or torn skin rapidly.

You can use one spoon of Calendula tincture mixed in 250 ml of tepid water for douching the vaginal area. We recommend that you use a vaginal applicator and let this mixture spread as far as possible in the vagina.



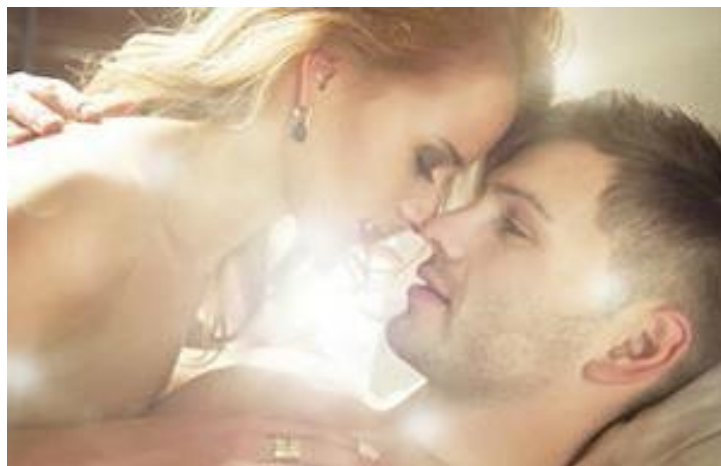
In case, you are not very comfortable with the idea of using liquid herbal medicines or if you are finding it too cumbersome, there is another alternative. You can try out the Calendula cream. There are also the Kolorex (Horopito) cream/capsules which are manufactured in New Zealand but available in the US. These work equally well on vaginal infections.

Thus you can take your pick from a cream based on tea-tree oil or Horopito or Calendula depending on what suits you the best.

HAVING INTERCOURSE DURING VAGINAL THRUSH

It is recommended that you avoid having sex during a case of severe vaginal thrush. This is because intercourse will further irritate and damage the skin thus prolonging the healing process.

You need to be extremely careful at this time. Take a little extra care and precaution when it comes to hygiene. Instead of using commercial lubricants, you may want to try coconut oil instead, in case you want to have sex. It works very fine for many people and there is no pain while having



intercourse. This is because coconut oil has anti-fungal properties and it is one of the best lubricants available. Alternately you can try jojoba oil. This is also one of the best lubricants that you can find and this also has anti-fungal properties.



If you are really keen on having sex, while experiencing a severe case of vaginal thrush, then it is highly recommended that you do a yogurt douche immediately afterwards. As stated earlier, it is best avoided as you can pass on the infection to your partner from where it can come back to you. Recently there was a case in which a girl, suffering from severe vaginal infection, passed on the infection to her 27 year old boyfriend, when they had sex. It later developed into a chronic case of prostatitis, which cleared up only after treatment that went on for several months.

You should especially try and avoid intercourse just before your period, if you have chronic Candida yeast infection. The few days just before your period is a time when you are very susceptible. Most women having a yeast infection find that it is at its most severe stage during this period.

Removal of Spermicides naturally

For many women, the spermicidal solution that covers the condom is a major cause of concern. The solution contains certain preservatives which may aggravate the vaginal infections and irritate the vagina. You may have noticed that you are extremely sensitive to condoms when you are suffering from this infection.

In case you are not sensitive to condoms and you do not experience any irritation after using condoms while you are having an infection, then you can douche your vagina to remove any traces of the spermicidal solution and to help the acidic-alkalinity balance of your vagina return to normal. You can also consider using the specific non spermicidal condoms.

Using a tea tree oil tampon or douche for 2 to 3 nights is very effective and can help restore the vagina's natural pH balance and heal it faster.



WHY TO FOLLOW THE “YEAST INFECTION NO MORE” PROGRAM

It is extremely important to keep in mind that when you are talking about Candida infection, it is a type of fungal infection that attacks your different body parts. When you take all the above measures to try and remove the yeast infection, you are also trying to remove it from other areas where it may have occurred. Some of the most susceptible areas would include your mouth, stomach, intestines, rectum etc (basically your entire digestive tract). It could also affect your ears, feet-specially toes, groin etc. Actually yeast infections can occur in any part of your body on the surface of your skin. Now that you are clear on the nature of yeast infection, you may want to keep the following points in mind.

- Get out of the mistaken mindset that the infection of the vagina is nothing other than a local issue.
- Remember that a healthy lifestyle combined with a balanced diet can help you reduce stress in life, aid relaxation and make a world of difference to your body.
- Be careful while eating. Whatever you consume, is going to have an effect on your reproductive system.
- Keep an anti-fungal soap and shampoo containing tea tree oil handy. Use it frequently.
- Keep in mind this quote - “The definition of insanity is doing the same old thing over and over and expecting a different result.”



QUICK LIFESTYLE TIPS FOR DEALING WITH YEAST INFECTIONS – FEMALE

Your lifestyle, to a great extent determines the health of your body. You can follow a few simple and easy tips that can help to reduce the chances of developing and aggravating a vaginal yeast infection. Most of these tips are based on the simple fact that vaginal yeast infections develop and thrive in an environment which is moist, dark and warm. The infection feeds on the sugars and yeast that goes into the person's system by means of the food consumed. These tips aim at creating an environment where the infection cannot survive.



If you are already suffering from vaginal yeast infection, avoid hot baths. Also avoid going to the Jacuzzi, taking whirlpool baths or going to a spa.

Avoid wearing extremely tight clothing like jeans, nylon undergarments etc. This can restrict the flow of air in your groin area.

If you swim regularly, make sure that after your swim, you shower well and change into cool cotton undergarments.

Alcohol is a strict no.

If you have a sweet tooth, you will have to control it for a while as sweets and confectionary is not good for women having repeated vaginal yeast infections. Strictly follow the “Yeast Infection No More” program wherein we have suggested the correct diet that needs to completely be void of sugars and yeasty foods (chocolates, cakes, cookies, bakes etc).



If you are or have been on antibiotics, even if it is a long time ago then it is vital that you follow it up with a probiotic for a significant time. Follow a simple thumb rule. For each week that you take an antibiotic, you have to take a probiotic for around 6 to 8 weeks. It is like this. If you spray a weed killer pesticide on your lawn, it takes a considerable amount of time for the green grass to grow back and more often than not it has to be supplemented with manure. Similarly a digestive system pumped with antibiotics needs to be supplemented with probiotic for a long while, to return to its original healthy state. This is even more important if you have a history of taking antibiotics.

Many of our patients have been known to take them for even a year or two after treatment. If it goes like this, soon we will reach a stage where probiotic will be more important than multivitamins.

It is recommended that you do not have the oral contraceptive pill during this period. Any other prescribed drugs that you were using at the time of your vaginal yeast infections, are best avoided. It can be a typical case of the drug being the cause of the thrush and you will only be wasting time and energy in trying to cure the thrush without actually eliminating the cause.



Avoid playing a lot of sports. Games like squash and tennis might cause the body to overheat. Also avoid sunbathing.

Your posture, when you sit can make a lot of difference in allowing your vagina to breathe. Sitting with your legs crossed, at the edge of a chair or stool restricts ventilation. You should sit back without crossing your legs and allow adequate ventilation for your vagina.



**THE 12 HOUR
YEAST INFECTION
RELIEF REPORT**

Be regular with your vaginal douche protocols. Do the anti-bacterial as well as the probiotic protocols properly and frequently. These are sure to work, especially if you are following all the other rules.

While all the suggestions given can provide you quick relief from vaginal yeast infections, there is definitely a risk of the infection recurring. We have seen this with a lot of our patients. We would strongly recommend that you follow the dietary requirements, the lifestyle tips as well as the application treatment and keep repeating it – not only till the time the infection is completely cured, but at least for 6 months after that.



Yeast Infection affecting males

Male patients, who come to us for treating yeast infections, generally refer to a yeast infection around or on the penis, prostate, skin around the scrotum or the inner thigh. They also at times come for yeast infection affecting the toenails, the digestive system, the mouth and the throat. We shall talk about these a little later.

Men suffering from a chronic yeast infection in the genital areas, also most often suffer from digestive problems, yeast infection in the toe-nail, athlete's foot or other such related symptoms.

Many physicians feel that yeast infections in both men and women are primarily transmitted sexually. However, a yeast infection has a tendency to affect the digestive tract and cause a lot of major problems there. However, it cannot be denied that yeast infections do affect both men and women in their genital areas, very commonly. Genital yeast infections are the primary reason for both sexes seeking medical help.





It is a myth that genital infections are commonly thought to be only “women’s problem.” However, male yeast infections are just as common. They can be treated just as easily. There is no need to resort to any drugs or creams or antibiotics resulting in unwanted side effects. You can get rid of your yeast infections by following a natural and safe method.

YEAST INFECTION IN MEN – CAUSES

We have a vast experience in dealing with men experiencing yeast infections. The causes can range from stress in life, too much antibiotics, consumption of alcohol, a diet that is high in foods that can feed yeast (like foods high in sugar) etc. Most men having yeast infections tend to eat without a proper schedule and their diets are high in refined sugar. They also tend to consume larger portions of such unhealthy food. They do not care too much about the quantity and quality of what they eat.

All these factors can easily start and aggravate the growth of Candida in their digestive tract.

For males, it is most likely that the yeast problem may have started when his partner having Candida yeast infection passed it on to him. Poor hygiene after sex is one of the most common causes of yeast infections in males, especially uncircumcised ones. This fact is not very well known.

TREATING YEAST INFECTIONS IN MEN

Most treating physicians normally prescribe Diflucan either in a tablet or in a cream form, to men who go to them for treating their yeast infections. Hardly do physicians tell these guys to watch their diet and stop sweets and foods containing yeasts. Many men avoid going to the doctor for this problem and try



to self-medicate. They use over the counter medical products like Monistat etc (which women use for treating their vaginal yeast infections) and try to treat their own infections. The main problem with self-medication is that the results are only temporary. There are high chances of the infection coming back as the root cause has not been removed.



PREVENTING RECURRENCE OF YEAST INFECTIONS

It is great if the yeast infection can be treated in its initial stages and it never aggravates to a point where it becomes too severe and starts needing continuous treatment. If you start relying on the over the counter drugs or other self-prescribed medication, while it may seem to work initially, soon your body will develop a resistance to these drugs and then these medicines will have no effect on your yeast infection. The easiest and smartest method to get rid of these infections permanently and prevent recurrences is to start making small changes in your lifestyle, diet, hygiene practices etc.

A few men believe that using an ointment or cream to treat the infection is enough while some others feel that in order to wipe out the infection completely from the roots, it is important to follow a more systematic and detailed treatment that gives permanent and visible results.



Maintaining a good hygiene

If you are an uncircumcised male having a penis infection, you will most commonly find that if you roll back your foreskin, the infection is present here. This is the most common place for the infection to occur. If you are circumcised, it is unlikely that you will get an infection here as the penile glands in these men are exposed frequently to the air. This creates an environment where the yeast infection finds it difficult to survive. As mentioned before, a yeast infection thrives in an environment which is warm, dark and moist. And this is precisely the reason why a woman's vagina proves to be a perfect place for the yeast to thrive.

Personal hygiene is extremely important. A guy can get an infection in his penis through a partner having a yeast infection or having oral sex with someone having genital thrush or even after having anal sex with an infected partner. It is extremely important that you use a condom and observe an extremely high level of personal hygiene every time so that you can prevent the yeast infection from spreading.

Problem of jock itch

Yeast infections affecting you need to be treated both internally and externally. Jock itch is the same. It can be an embarrassing and persistent problem. In order to get rid of the jock itch, we recommend that you follow the 3 stage Fast relief program (especially for males) and also simultaneously follow the procedures outlined in our "Yeast Infection No More" program. These will definitely give you long lasting results.

If the yeast infection spreads severely around the scrotum, around the perineum and upper and inner thighs, it can cause a lot of pain and discomfort as it can cause the skin to harden and crack. Such infections can be very stubborn and



extremely difficult to completely wipe out. In our vast experience, it is comparatively easier to cure yeast infection in males during the early stage than in the later stage, especially after he has used a number of creams, lotions and medicines in his “self-treatment” mode. If you want to get rid of your yeast infection permanently, you have to be committed and persistent. We have seen seemingly impossible cases get fully cured within a span of 6 to 9 months. On the other hand we have also seen people suffer for as long as 20 years and more.

Prostate Gland Infection

It is very rare that a man will experience yeast infection internally. This is due to the fact that the length of a man’s urethra is different in comparison to that of a female’s urethra. Men having an internal genital or urinary tract infection will be likely to have symptoms like that of a female having vaginal yeast infection. These symptoms would include stinging or burning sensation while urinating, feeling of an extreme, deep itch – inside the penis etc. These symptoms can be extremely irritating, discomforting and even embarrassing.

At times it may happen that the prostate gland gets affected by the yeast infection and there can be a discharge from the penis.

Confusing Infection with Herpes

At times, some men as well as women, may get a genital skin rash, which they may take to be a yeast infection. However, in actuality it may be a Type 2 genital herpes infection (HSV-2), and not yeast infection as thought. It is not uncommon to confuse it with the genital yeast infection. Different studies done on the topic have shown that genital herpes infections are also extremely common among both men and women.



In the USA, it has been estimated that at least 1 out of every 6 people suffer from genital herpes infection. This infection has been found to be more common in women than in men. Statistics show that every 1 from 5 women aged between 14 to 49 years suffer from the HSV-2 infection while only 1 out of 9 men aged 14 to 49 years suffer from the same.

Herpes actually is a viral condition. You will not be able to completely eradicate it. However, with proper measure, you can definitely reduce the likelihood of herpes occurring to you if you follow our instructions carefully.

Other practitioners recommend use of jojoba oil as soon as any lesions or eruptions appear on the skin. Jojoba oil needs to be rubbed thoroughly on the lesions, at least twice a day. It has been claimed that the oil touches the core of the infection and not only cures it but eradicates it completely. You could try and see if that treatment works for you.

TREATING MALE YEAST INFECTIONS – A 3-STAGE FAST RELIEF PROCESS

In order to get instant relief from your yeast infection problem, we have a quick fix solution for you. We have explained it below in the 3 stage process. It is better if you follow all the 3 steps one after another for best results. You can also refer to the 3 stage process recommended to females, for additional details.

Most of the yeast infections that men contract are easy to treat at home. There is no need to go to a doctor, take an oral medicine, antibiotic or apply any cream.



Here are a few tips for you so that you can get quick relief.

- Before starting off, have your expectations right. In most cases you will get relief within 12 hours (Do not expect a complete cure)
- Follow the 3 stage fast relief program whole heartedly and with full commitment for at least 90 days.
- Make sure you have everything required, available at home before starting.
- As far as possible, do not use drugs, antibiotics, prescription creams etc during this time frame.
- Try and stick to the suggested plan outline, without deviating away from it
- It is highly recommended that you follow the “Yeast Infection No More” program simultaneously.
- Ensure that you maintain a proper hygiene especially when you have sex.
- Keep a positive mind-set throughout.
- We know it is difficult but keep telling yourself that it is only a matter of time and you will surely come out of it.

It is highly advisable that you do not skip any of these stages. However, what you can do is tweak the duration for which you will be following the stages. You can decrease or increase the duration as per your convenience. You can see how severe your condition is and how comfortable you are with the treatment and tweak the duration accordingly.

Let us have a look at the 3 different steps/stages.



Stage No 1

NAME: Anti-bacterial and Anti-fungal treatment

AIM: To reduce the swelling, inflammation, remove the bacteria and the yeast infections

TIME: Works best when left on for at least 30 minutes

INGREDIENTS:

- 1 to 2 tablespoons of Manuka honey from New Zealand. (Ideally with a high UMF)
- 1 to 2 cloves of garlic - finely chopped

A FEW FACTS MANUKA HONEY:

Manuka honey is easily available on leading websites like Amazon. It can also be found in all leading health food stores, in the whole foods section. Though it is native to New Zealand, it is available in other countries as well. However, you need to be aware that many of these products are fake. The activity level is always lower than what is stated on the label of the bottle and 9 out of 10 times, the honey is not pure. Hence please take care and always buy honey from vendors or apiaries that have their name listed on the Unique Manuka Factor Association website and also make sure that they carry the UMF certification.

Coming to UMF, Manuka honey comes with a rating. The parameter on which it is rated is called UMF (Unique Manuka Factor). UMF is basically this honey's anti-bacterial activity level. The higher the UMF level of the honey, the better it is, the more expensive it is and the more difficult it gets to find it. Manuka honey with a 30+ rating is considered excellent, but something with a rating of 15-16 is also considered very good and can also be difficult to find.



METHOD:

- Warm the honey in a cup. You can also do this in a cup suspended in hot water.
- Finely chop the garlic cloves and mix it with the warmed honey.
- Leave it for five minutes.
- For instant relief, apply this mixture liberally on all the affected areas of the skin. Use it under the foreskin. In case, you are uncircumcised, use it in and around the scrotum as well as in the upper and inner thigh region.
- Let it sit on the affected area for at least 30 minutes.
- Post this; you can wash the affected area with a solution of apple cider vinegar and water.

BENEFITS:

- Mixture of Manuka honey and fresh garlic gives great relief from the burning and itching
- This honey has been clinically proven to heal the most severe of skin infections, without causing any harm or side effects to the most delicate of skins. Hence it is absolutely safe to use on the sensitive skin of your penis and scrotum.
- This honey kills bacteria and soothes inflamed and irritated skin.
- It also feels extremely pleasant and soothing, when applied on your affected skin.



Stage No 2

NAME: The Cleansing Wash treatment

AIM: Cleanse the skin and restore the acid versus alkaline balance of your skin to normal

TIME: Works best when left on for at least 10 minutes

INGREDIENTS:

- 1 small, clean and dry cotton facecloth
- 2 teaspoons of good quality apple cider vinegar
- 250 ml of warm water
- 1.5 teaspoons of water-soluble, pure tea tree oil (Has anti-fungal properties)

METHOD:

- Mix the apple cider vinegar and the water soluble tea tree oil with the water.
- Soak the facecloth in the mixture.
- Wipe the affected area well.
- Rinse off the area under the foreskin, scrotum and the upper inner thighs.
- Gently dry the area using a soft wash cloth and also use a hairdryer later in order to ensure complete dryness.
- Sleep without undergarments; if you must then wear cool cotton undergarments and keep changing them regularly Avoid tight fitting nylon undergarments.



- Once done, sterilize the used cloth using water and bleach.

BENEFITS:

- This wash acts as a pH balancer, toner and cleanser on the skin of the penis, scrotum and upper inner thigh region.
- This helps in restoring the acid/alkaline balance of the skin.

Stage No 3

NAME: The Soothing treatment

AIM: Soothe irritating skin, calm it and relieve itching and burning

TIME: Works best when left on for at least 30 minutes

INGREDIENTS:

- 1 small carton of plain low-fat yogurt (Free of colors, additives, sugar, fruits etc)
- 1 small bowl for pouring the yogurt in.

METHOD:

- Apply the cool, soothing yogurt over the affected areas (skin around penis, scrotum and upper inner thighs) evenly, in a thin layer.
- Leave it on for 30 minutes and wash off. (You are lucky as women need to leave it on for several hours!)



BENEFITS:

- Yogurt provides immense relief to an inflamed penis, scrotum and inner thigh region.
- It helps soothe and calm the itching and burning sensations there.
- It has a cooling effect on the sensitive and yeast infected areas.

Probiotics

Yeast infections in the genital areas can be discomforting and embarrassing. Yogurt treatment will definitely give you relief from the itching and burning sensation. However, many of you might find the yogurt treatment too messy. You can alternately dust the affected areas of the skin with a good pro-biotic powder. It is recommended to leave the powder at least for a few hours and then do the cleansing wash treatment. For getting great results, we advise that you take a probiotic capsule or powder daily twice. Do this before meals. Also use a little of the powder on the yeast infected areas regularly.



TREATING MEN'S YEAST INFECTIONS WITH ANTI-FUNGAL PRODUCTS

Let us look at a few anti-fungal products that you can use to treat your yeast infections.



Coconut Oil

A less known fact about organic coconut oil is that it is a medically proven anti-fungal agent. It also can be used as a lubricant while having sex. Using coconut oil as a lubricant helps to ensure that both you as well as your partner are safe from the danger of recurrence of yeast infections. Try and include coconut oil in your diet daily – around 1 to 2 tablespoons. This will ensure that you have the anti-fungal benefits of coconut oil not only externally but also internally.



Gentian Violet

(Crystal Violet Solution 1% solution) is an anti-fungal treatment that is slightly old fashioned yet extremely effective. This treatment was used at the time when the Azole class of drugs currently used by medical professionals, had not been discovered. Anyone using this treatment has only had positive things to say about it. You can get it from your local chemist. However, be careful while using it as it tends to leave a purple stain on your clothes.

Tea Tree Oil

You can go for either pure tea tree oil or water soluble tea tree. The best one to use is the Australian tea tree oil (*Melaleuca alternifolia*). This oil is difficult to get but if you find it, it can work wonders and can even sometimes clear the entire yeast infection without any additional treatment.



Colloidal Silver

As mentioned earlier, colloidal silver has been found to kill off yeast infections quickly and without any side effects. However, it is important that you buy a good quality product. Don't be taken for a ride and end up buying counterfeit products that are sold in the market. Follow the manufacturer's instructions properly. You can take help from your health food store for purchasing the right brand. You can use about half a teaspoon added to 250 ml water.

Apple Cider Vinegar (ACV)

You must never apply apple cider vinegar directly to the affected areas or sensitive skin. It will result in a burning or stinging sensation. Also take care and avoid using the white vinegar that you get in the supermarket; that type of vinegar is good only for commercial use. Dilute a good quality apple cider vinegar in the ratio of 1 part of vinegar to 10 parts of water and apply on the affected areas twice every day.

Oregano Oil

This can act as a powerful treatment if used topically. It is highly recommended that you use only 1 to 2 drops at a time. Pierce a capsule and add 1 to 2 drops in a dessert spoon of coconut, olive or flaxseed oil. Rub on all affected areas like the penis, scrotum and upper inner thighs. Though the tea tree oil works in most cases, in case of really stubborn yeast infections, oregano oil also works well. However note that you must never use oregano oil directly on sensitive skin. It will result in severe burning or stinging sensation on the skin.



QUICK LIFESTYLE TIPS FOR DEALING WITH YEAST INFECTIONS - MALE

It requires effort and precaution to prevent a yeast infection – be it that of a male or a female.

Your lifestyle, to a great extent determines the health of your body. You can follow a few simple and easy tips that can help to reduce the chances of developing and aggravating a penis



yeast infection. Most of these tips are based on the simple fact that yeast infections develop and thrive in an environment which is moist, dark and warm. The infection feeds on the sugars and yeast that goes into the person's system by means of the food consumed. These tips aim at creating an environment where the infection cannot survive.

- If you have a genital yeast infection, avoid wearing tight clothing. Wear loose fitting clothes that are made using natural fibers like cotton.
- Try and avoid hot baths, Jacuzzis, whirlpool baths, spas etc if you are having a yeast infection
- If you go swimming, make sure you shower and change into cool cotton underwear which is loose fitting.
- Religiously follow the “Yeast Infection No more” program and stick to the diet mentioned in it. Avoid foods that are high in sugars and yeast content.



- Alcohol is best avoided. If you are prone to genital yeast infection, you must stay away from alcohol as it can be the single and biggest obstacle in getting rid of the infection. Our experience over the years with multiple men has confirmed this.
- Keep pubic hair neatly trimmed, especially around the genital areas. If your hair is too long, it can result in an increase in the body heat in that area. This will also ensure that the moisture is kept in proximity to that area. Also, long and bushy pubic hair can form the ideal breeding ground for yeast infections.
- Avoid antibiotics. They are considered one of the biggest causes for yeast infections and must be avoided completely. If it is unavoidable and you have to take them, then make sure you follow it up with a course of probiotics.
- Avoid overheating your body. This can happen due to sauna and sunbathing. It can happen if you play strenuous sports like tennis, squash etc. These can aggravate your skin infection. In case, you are playing sports while having a skin infection, make sure you take a cooling shower once you finish playing. Also dry the area nicely and wear cool cotton undergarments.
- Swimming in salt water during summers and exposing the affected area to sunlight will work very well on infections. Candida cannot tolerate both salt as well as the sun.
- Make sure you treat yourself regularly if you are suffering from a yeast infection. Treat any existing infection for at least 90 days continuously. Do not look for quick fix solutions as they provide only temporary relief. The yeast infection comes back with more severity afterwards.



- Treating your partner is a must or else she will pass on the infection to you, then it will travel again from you to her and will be a never ending cycle. You can also try using organic coconut oil as a lubricant while having sex. It acts as a good anti-bacterial and anti-fungal agent. This will help ensure that you do not easily pass on the infection from one to another.

It is highly recommended that you do not opt only for the quick fix solutions. They work only temporarily. You may end up getting yeast infections that keep recurring and affecting different parts of your body like the toenail, groin, digestive tract etc. Follow the diet, lifestyle and the local treatment all simultaneously. Do it for at least 90 days, till you get well and even after that for at least 6 months. It might be cumbersome and require you to step out of your comfort zone but at the end of the day, it will give you guaranteed permanent results.



Battling Nail Yeast Infections

INTRODUCTION

Candida yeast infections are also very common in the nail. More often than not, they end up affecting the nail, nail bed as well as the surrounding soft tissue. They can affect both the finger nails as well as the toe nails. This condition has been a common occurrence in laundry workers, cooks, dairy farmers, hotel cleaners, meat workers and others whose work involves regular immersing of hands in water or cleansing agents and those whose work require them to stay in damp environments for extended period of time. The worst case we ever encountered of the toe-nail infection was that of a middle-aged man, who used to earn his living by cleaning windows full time. One of our worst cases ever was what we saw in the toe-nails of a middle aged man who used to clean windows full time. He wore sneakers and socks, wherein his socks were almost always damp. The infection took on an ugly growth and made it embarrassing for him to wear sandals.



Let us look at a few quick-fix solutions for treating yeast infections of the nail. These infections can be annoying as well as embarrassing as you cannot really hide your fingers and toes always. Anyone having infections here is always eager to get rid of them as soon as possible.



TYPES OF YEAST INFECTIONS

Paronychia

This is also known as whitlow. This is essentially an inflammation occurring around the margin of a fingernail or toenail. At times, this also results in pus formation. More often than not, it happens when a yeast or bacteria gets introduced into the skin.

Onychia

This is where inflammation occurs in the folds of the nail. The tissue surrounding the nail plate gets affected. Pus gets formed and this can ultimately result in the shedding of the nail. This is the result of a bacterial or yeast infection, that goes into the body through a small wound.

NAIL YEAST INFECTIONS - CAUSES

A fungal infection does not normally infect a healthy person. You have to have an augmented level of susceptibility and also a decreased level of immunity to contract a fungal infection. To get established and thrive properly, it takes a while. There are a variety of causes of nail infections.

One of the common causes for nail infection is the incorrect clipping of nails. When you cut your nail, if you cut it at too much of an angle, it might grow into the skin surrounding the nail. This might result in the nail puncturing the tissues surrounding it. This can leave a small wound behind. This wound gets easily infected. If you are suffering from athlete's foot condition, it is easier for the fungus to enter a small wound like this and blow up into an infection.



If a person's small intestine or stomach does not produce enough hydrochloric acid, it can also lead to nail infections, though this cause is not commonly known.

Nail biters beware! Biting nails makes you prone to Onychia. Thumb-sucking can also expose you to the risk of a fungal or bacterial nail infection.

The nail infection does not come alone. There are many other conditions that are associated with it. Some of these include diabetes, disease of the liver, respiratory problems, nutritional deficiency etc. All this happens due to the levels of hydrochloric acid going down in the body.

TREATMENT FOR FUNGAL NAIL INFECTIONS

Nail infections are one of the easiest to cure. Nails are small, easily accessible and also respond really well to treatment. Finger nail fungal infections are relatively easier to treat than toe nail fungal infections. This can be attributed to the fact that most of us wear shoes for continued periods at a time.

Let us look at a few ways to treat fungal nail infections:

Tea Tree Oil

Take around one drop of pure tea tree oil and apply it straight on the nail bed. Do this twice daily – once when you get up and once before going to bed. Persist with patience and it will definitely show results. It takes time to kill the infection and hence you have to be patient.





Grapefruit Seed Extract

You can rub a drop of grapefruit seed extract on to the affected nail every day after taking a bath. Ensure that while applying, some of it goes under the nail as well and leave it on. Every 3 to 4 days, use a nail filer and gently file away a tiny portion of the nail surface. Rub another drop of the extract post filing. Continue this treatment till the nail starts looking normal again. Please note that if the infection is really bad and deep rooted, it can take weeks and even months to get rid of it. But persist with patience. It will all be worth it when you see beautiful nails at the end of the treatment. Try the tea tree oil treatment first because it works on most cases of nail infections and clears them within a span of 8 to 12 weeks, if you apply it daily.

Oregano Oil

This oil is stronger than tea tree oil but then it is not always required. If you are using it, make sure you get wild crafted oregano oil. We have seen some of the toughest cases of nail infections get solved through this treatment. However go slow and easy as the oil is really very strong.

Strong drugs can sometimes give potentially strong and unwanted side effects that can get really annoying and embarrassing. Though oregano oil can be recommended for treating yeast infections, it is also recommended that you take 2 capsules of this oil per day for internal consumption. If you can handle a drop on your nail, then you must have 2 capsules of the oil also daily. Though oregano oil is really strong, if used properly can work miracles for you. It is like clove- very strong. Just the way for a toothache, one drop of clove oil is enough to make the pain go away, for a nail infection, one drop of oregano oil is enough. However reiterating the fact that it is really strong and hence it is advisable that you keep it out of reach of children.



You can also alternate all the 3 treatments mentioned above (tea tree oil, oregano oil and grapefruit seed extract). By this way, you are giving yourself the best combination of powerful natural healing products. This will definitely increase your chances of finding a faster and effective solution to your infection.

You may not know, but there are innumerable people around the world suffering from fungal infection of nails. Google records millions of hits every month from people, from different parts of the world, looking for a solution to get rid of their nail yeast infection and athlete's foot.

QUICK LIFESTYLE TIPS FOR DEALING WITH NAIL YEAST INFECTIONS

Do you know that fungal infections happen to millions of people worldwide and more than half of those infected regularly try Google to find a permanent solution for their nail yeast infections.

Below are a few tips that can help you stay away from nail yeast infections. Most of these tips are lifestyle recommendations that work on the very basic premise that yeast infections can survive in an environment that is moist, warm and dark and this is precisely what these tips look at eliminating. Another fact is that yeast infections feed on sugars and yeast foods consumed by the person. This has also been tackled in the below mentioned tips. To optimize your results, it is best to follow the "Yeast Infection No More" program along with all these tips.

Keeping your hands and feet dry and clean

Ensure that both your feet and hands are clean and dry at all times. This is one of the most effective ways to avoid most of the yeast infections that affect the nails. Fungus thrives in areas like sweaty hands in gloves, sweaty sports shoes



etc. Finger nail infections normally start off due to hands and nails being sweaty and hot for most of the day or submerged for a very long time in water daily. Fungal infections in the nails are commonly found in people who tend to wear rubber gloves for many hours in a day.

Toe nail fungal infections start normally from wearing damp socks and sweaty shoes. Office workers who sit in socks and shoes the whole day, people playing sports regularly etc normally end up with sweaty and hot feet more often than others. Hence places like locker rooms, shower rooms, areas near the swimming pool etc are very well known for spreading toe nail fungus as well as athlete's foot.

It is vital to keep your feet dry and clean. Pay special attention to areas between your toes. You can also use your hair dryer to ensure that your feet are completely dry. Silly as it may sound, it definitely serves the purpose.



Welcome the sun

The yeast cannot thrive in bright light. Hence you can get rid of your shoes, peel off your socks and expose your feet to direct sunlight. Do it for at least 15 minutes a day. This is precisely why the beach is a great place to get rid of your nail infections. The sun, clean air, salty water etc – all of these are elements that can kill the yeast. However it is ironical that most of the patients we have met share more love for sports than they do for beaches!



Going barefoot

If and when possible, go barefoot. This works wonders for nail infections and athlete's foot, especially if you are going barefooted on the beach. Try to visit a beach nearby more frequently, run barefoot, feel the sand and water between your toes and bid farewell to all your nail infection problems really fast.



Replace your socks

It is important to use cotton socks, more so if you already have an athlete's foot or fungal nail infection. You must ensure that you are using a washed and fresh pair of socks every day. Once you have had your bath, dry your feet carefully and completely and then put on a clean pair of cotton socks. Also, if necessary, you can add a little tea tree powder to your feet and your socks before putting it on.

Say bye to drugs and help to natural remedies

Remember that you do not need to take the aid of creams, lotions, prescribed drugs, antibiotics etc in order to get rid of nail yeast infections. Using one or more of these can give you serious side effects as they are all really strong and full of chemicals. Using natural ingredients like tea tree oil and oregano oil can help provide relief from painful fungal infections or athlete's foot without putting you through the risk of getting any side-effects.



Alternate footwear and go for some comfortable sandals in summer

Do not wear the same footwear every day. Alternate your footwear every now and then. Leave the worn pair in an airy place; this will help them to dry out. This is very important especially if you play sport professionally and daily. It is important that you own 2-3 pairs of sneakers so that you can rotate them daily. You will also need multiple pairs of socks so that you can change them daily. Wash the pair of socks after wearing it once, before you use it again.

Use a single drop of tea tree oil in your shoe, at the area where your toes rest. Do this twice or thrice in a week. Try and wear open footwear or sandals, especially during summers. This allows your feet to be aired and see the light!!!

Use oregano or tea tree oil

We recommend oregano or tea tree oil as the best products to cure nail infections and athlete's foot. These two oils have worked wonders for many patients over the years and solved countless nail problems. The best way to use these oils is to apply a drop of the pure oil on your nails or feet daily 2 times. Keep persisting and you are sure to see great results.

Apply crushed garlic



Applying crushed garlic on the affected area and then covering the area with a plaster can work well to cure the infection. Ideally do this just before you go to bed and let the garlic stay on the infected toe/finger overnight. Wash the area in the morning and put one drop of tea tree oil there. You can repeat this daily.



Indulge in a foot spa

You can pamper yourself with a foot bath or a foot spa. Make sure you add generous amounts of apple cider vinegar to it. It is certainly a very effective treatment that can be done at home, to cure nail fungal infections and athlete's foot.

Take a foot spa or bowl. Add some warm or tepid water to it. Add around 1 teaspoon of colloidal silver and half a cup of apple cider vinegar to it, and soak your feet in this solution for at least half an hour. Dry your feet thoroughly. A hairdryer, as mentioned above, would be able to help you!

Stay away from nail salons and artificial nails

As much as artificial or heavily painted nails look very fancy and sexy, they can prove to be a near-perfect breeding ground for fingernail fungal infections. You have to be extremely careful while visiting a nail salon. If the salon is not maintaining proper hygiene, you can contract an infection from them. A nail yeast infection will affect deeper into your nail, especially if an artificial nail has been stuck or embedded on an already infected nail. At times, this is done to cover up nail infections and make the nails look pretty.

Never ever give up

Persistence and patience are extremely important when you are dealing with nail infections. Sometimes, the infections can be really stubborn and take time to heal. You have to persist and follow the treatment/s mentioned above religiously for weeks or even months at a go. (Depending on your infection) But if you do that, you can remove this problem from the root once and for all.



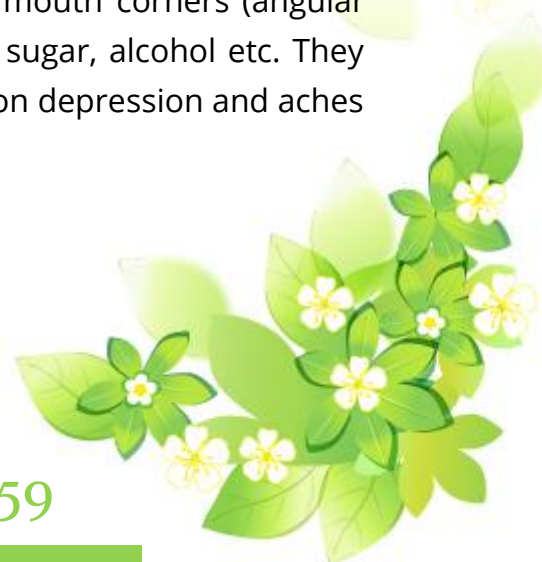
Battling Yeast Infections of the Mouth and Throat

Do you know that most fungi and bacteria tend to thrive in the anus and the mouth of the human body? The interesting thing is that the mouth and the anus form the entry and exit of our digestive tract respectively. These areas form the entry and the exit of our digestive systems. Candida yeast infections are known to happily breed in the mouth, nose and throat region, the large intestine and the rectal area. Candida infections affect the digestive system as the bacteria and fungus are readily present and thriving in the mouth. Presence of Candida yeast in the mouth can easily exceed 50% of the other oral bacteria.



ORAL CANDIDIASIS – THE MOUTH YEAST INFECTION

Yeast infections in the mouth or Oral Candidiasis are often characterized by symptoms like burning in the mouth, pain, lesions, fever etc. The tongue is heavily coated with white. There is cracking round the mouth corners (angular stomatitis). Such patients also have cravings for bread, sugar, alcohol etc. They also, at times, experience muscle pain, fatigue, exhaustion depression and aches in the joints





Mouth and Throat Yeast Infections – The Most Common Causes

Yeast infection in the mouth could happen due to a variety of reasons. Listed below are a few common ones.

- Poor fitting dentures
- Poor oral hygiene
- Diabetes
- Steroidal medicines
- Compromised immune systems (people suffering from cancer, HIV etc)
- Too much consumption of antibiotics
- Too much stress that lowers the immune system response
- Alcohol and tobacco

THROAT YEAST INFECTION - CANDIDA ESOPHAGITIS

Yeast infection of the throat normally starts off with mouth yeast infection. This spreads down the esophagus. Candida yeast infections in the throat can affect both sexes and all ages. Candida Esophagitis especially affects those with weaker immune systems.

The most common symptom of a throat yeast infection is the burning sensation or a sensation of pain just behind the breastbone. This can be experienced either at the area where the collar bone joins the sternum or slightly lower than that. You can experience this burning sensation especially after consuming alcohol, a hot drink, bread, chocolate etc. Many times your physician might tell you that it is just “heart burn” and give you a medication to relieve acidity. In



such cases, it is essential that you visit a doctor who is well versed with yeast infections so that it can be diagnosed correctly and treated aptly.

CRACKS AT THE MOUTH CORNERS - ANGULAR STOMATITIS

You might have noticed that sometimes a few cracks appear at our mouth corners. Though small, these cracks are painful. Such cracks are a common occurrence in people visiting both the dermatologist as well as the dentist. There is cracking and redness of the skin at the corner of the lips. This is known as Angular Stomatitis and it occurs due to different reasons.

Below are a few such causes:

- Wearing braces
- Drooling while sleeping
- Smoking and consuming alcohol
- In older adults, this can be a part of the natural aging process, which causes wrinkles in the skin. Wrinkling is basically thinning of the skin due to continuous exposure to the environment. Aging may also cause the lips to thin.
- Nutritional deficiencies are extremely common. Deficiency of iron, vitamin B etc cause cracking of the mouth corners. You can opt for the “Yeast Infection No More” multivitamins. It contains all the essential vitamins to help you avoid this problem.
- Cold weather which induces constant licking of lips to keep them moist, can increase chances of mouth infection.



- Wearing dentures results in a painful condition where there is inflammation on the skin under dentures. Denture wearers need to maintain excellent hygiene and be careful while wearing and removing their dentures. Else it can result in dryness of the mouth and chronic yeast infections. With old people, this can also happen due to a lack of teeth. When the back teeth fall off, there is a problem in biting and this can result in cracks developing at the corners of the mouth.
- Diabetic patients, cancer patients, patients consuming medicines since a long time may be prone to yeast infections of the mouth as these medicines and diseases may change the health of the lining of their mouth.

How to fix the cracks at the Mouth Corners

One of the simplest and easiest ways to prevent cracks from occurring at the mouth corners and getting infected is to ensure that this part of your mouth remains dry and clean. Once cracks occur, then saliva and other food particles can add on and cause a food infection.

Make sure that you have ample of vitamins, minerals, iron and zinc in your diet as these deficiencies can lead to greater risk of yeast infections. For most of you, overcoming this infection might just require the consumption of a multivitamin tablet daily. You could also try having a zinc and vitamin C lozenge around 3 times in a day and continue this for 3-4 days.





Anti-fungal substances like tea tree oil can also be used to get rid of these cracks. Apply it liberally at the corners of your mouth several times. You could also use zinc oxide paste for the same.

Many times, it is seen that infection arises from within your mouth. In such cases, the infection is likely to come back if you only treat the mouth corners. Use tea tree oil lozenges or water soluble tea tree oil to treat the infection inside your mouth. In case you wear dentures, make sure you keep them really clean and do not wear them in the night.

Take care of your mouth and teeth. Brush and floss regularly. Use a good lip balm in cold and dry weather. Visit your dentist regularly and ensure that your teeth and gums are in good health.

All these methods will ensure that the cracks around the corners of your mouth reduce or go away. Also do not forget to treat oral infections inside the mouth. Follow the “Yeast Infection No More” program and get optimal results that last.

QUICK LIFESTYLE TIPS FOR DEALING WITH ORAL YEAST INFECTIONS

Below are a few tips that can help you stay away from oral yeast infections. Most of these tips are lifestyle recommendations that work on the very basic premise that yeast infections can survive in an environment that is moist, warm and dark and this is precisely what these tips look at eliminating. Another fact is that yeast infections feed on sugary and yeast foods consumed by the person. This has also been tackled in the below mentioned tips. To optimize your results, it is best to follow the “Yeast Infection No More” program along with all these tips. After all, who wants to have painful sores inside their mouth and annoying and painful cracks around their lips?



Excellent oral hygiene is a must

Excellent oral hygiene at all times is a must. Your mouth is the entrance to your digestive tract so it is important to keep it clean and healthy. Always rinse your mouth in the morning and then floss and brush your teeth.

Regularly use toothpaste containing tea tree oil to keep yeast infections at bay. Also brush your tongue in the morning as bacteria and yeast tend to multiply on the tongue at night. Use a good herbal mouthwash regularly.

Make sure you disinfect your toothbrush regularly by using a hydrogen peroxide solution. This can help avoid re-infections as it will kill all the bacteria and yeast present on the toothbrush.

Make sure your immune system is strong

For you to fight off any yeast infection, your immune system has to be strong. It gets really simple to treat a yeast infection if your immune system has strength. If your immune system is weak, the treatment will have to vary and it will take longer for the yeast infection to go. Especially for those people who suffer from immune disorders, cancer, AIDS, hepatitis, diabetes, thyroid problems etc will have extremely lower resistance to yeast infections and are very susceptible. If your immune system is not very strong, it is recommended that you start a course of Vitamin C tablets, which can help boost up your immune system. Check with your physician for the right dosage and duration for this course.



Taking additional care if you wear dentures

Sores caused by dentures are extremely common. Studies show that more than 60% of older people who wear dentures tend to experience painful denture sores which are a result of underlying yeast infection. Yeast infection here is characterized by redness and swelling around the upper palate as it comes into contact with the denture.

Ensure that your dentures are extremely comfortable and they fit well. Also ensure that your oral hygiene practices are at optimum, use tea tree oil toothpaste and keep your dentures clean. To optimize the results, it is best to follow the “Yeast Infection No More” program along with all these tips.

Treating moth & throat infections locally

To get best results, it is best to follow the “Yeast Infection No More” program and treat your oral yeast infections. One of the best treatments for the same is natural yogurt free of sugars and other additives. The pro lactic acid bacteria in yogurt thrive naturally in your mouth. You can just hold a spoonful of fresh yogurt inside your mouth for a while. Make sure to do this at least thrice daily.



Treat your mouth infections in a systematic manner. Make sure to check for yeast infection in the digestive tract, especially in the small and large intestine where the yeast infection is most likely to thrive. If not treated properly, it can grow rapidly and cause multiple complications that affect the throat, joints and even the brain in some cases.



Avoid too Hot or spicy food and drinks

In case you have oral yeast infections, it is best to avoid foods and drinks that are too hot, cold and spicy. Such foods can irritate the mouth further. It is better to avoid these foods temporarily till your infection disappears.



Using tea tree oil as a mouthwash

We are repeatedly emphasizing the importance of tea tree oil. It is non toxic and has excellent anti fungal properties. There may be few of us who cannot consume oils but most of us are able to consume it in small quantities. It is ironical that people are first to point out possible side effects of natural products like these oils and vitamins and these same people act ignorant when it comes to pointing out side effects of consumption of large amounts of alcohol and paracetamol that can have deadly results.

For using it as a mouthwash, take 2 tablespoons of water and mix 5-10 drops of water soluble tea tree oil in it. Rinse your mouth thoroughly with it and spit it out.

If you have yeast infection in your throat (Esophageal Candidiasis), then use this mouthwash for a deep gargle. Gargle using this several times in a day.



Vitamin and mineral deficiencies

Deficiencies in vital vitamins and minerals are very common. When our body lacks crucial vitamins and minerals, the chances of our immune system getting compromised increases manifold. The moment your immune system gets compromised, you become more prone to yeast infections. The most common



of deficiencies are of iron and zinc; this is seen a lot in women and also in vegetarians. Ensure that you have a healthy and balanced diet and include the required dietary supplements in your food to ensure that your immune system stays healthy and strong. The “Yeast Infection No More Multi” ensures that your body gets wholesome nutrition and helps keep infections away.

Deficiency of Zinc

This can also affect the functions of the immune system. It can hamper the healing of wounds and also result in ulcers in the mouth and throat. Go for a zinc taste test to help find out if you are deficient and if you are, ask your doctor to guide you in choosing an apt supplement.

Vitamin C and zinc lozenges work well in healing many issues of the moth, gums and tongue. These lozenges can provide relief from sore throat, ulcers in the mouth, common cold, herpes outbreak and poor immune system. Suck on one of these lozenges every 2 hours and in many cases, you can experience instant relief.

Deficiency of Iron

Statistics show that almost 30% of women in developed countries suffer from some or the other form of iron deficiency, and this deficiency leads to a weaker immune system. Wounds take time to heal if you have iron deficiency. Similarly your oral lesions and cracks in the corner of your mouth will take time to heal if you are deficient in iron.

You should go for regular blood tests to determine your iron levels and if you are deficient then start taking an iron supplement. You can also take small quantities of red meat daily to ensure that your iron needs are met.



Avoid antibiotics and steroidal drugs

Do you know that antibiotics and inhale steroids, which are commonly prescribed for asthma, are one of the largest causes of mouth and throat yeast infections? This is not a well known fact and people often overlook these as reasons for getting oral infections. If you are an asthma patient experiencing a sore throat, cracks at the corners of your mouth, mouth ulcers repeatedly, then we suggest that you check with your doctor and confirm if your prescribed drug is causing the yeast infection. You can also Google it yourself and change your medicine with your doctor's help.



Also people who have been on antibiotics since a long time are more prone to diarrhea, problems of the throat and the mouth.

Always be on guard in case you are using antibiotics or inhaled steroids. The moment you see any tell tale signs of yeast infection, introspect and only then continue. It is always better to switch to a natural and healthier alternative.



Battling Diaper Yeast Infections

As a parent, no one wants to see their babies suffer from rash. Yet, we have seen countless times, that babies tend to develop diaper rash that makes them uncomfortable, cranky and weepy. In most cases, diaper rash heals off on its own, especially when your child is potty trained and does not need a diaper any longer.

However, there are ways you can eliminate or reduce diaper rash for your baby. You do not need to use any store bought chemical ointments and lotions that may harm your baby's sensitive skin. You can get rid of your baby's diaper infection in a natural and safe manner.

One of the most important things to take care of, is that you must change your baby's diaper frequently. Also make sure that your baby's bottom is clean and dry before you put on another diaper. You can use a hair dryer for the same. Keep a dryer handy near your baby's changing table. Make sure to take care of the temperature of the hair dryer while using it and also keep it away from the baby's hands!





DIAPER RASH OR YEAST INFECTION?

If it is a diaper rash, it will go on its own. If it is a yeast infection it will not. There will be a red rash in the skin folds of your baby's groin area. It is more likely if your baby has had an antibiotic treatment recently or if you have had one and are breastfeeding your baby.

At times, it can be difficult to figure out if what your baby is suffering from is diaper rash or yeast infection. If it is a yeast infection, the rash will be well defined, bright red in colour and have elevated borders.

There may also be lesions and red patches which are slightly away from the main red rash. If your child also has a whitish discharge, with a cheesy texture (baby girl) or a whitish rash around the penis (baby boy), it is a sure sign of infection.

TIPS TO PREVENT DIAPER RASH

Prevention is always better than cure and here are a few tips that can help prevent and treat diaper rash.

- If your child is suffering from diaper rash, plastic diaper covers and cotton diapers are best avoided. Stick to disposable diapers till the rash is completely gone. If need be, you can resume using cotton ones later.
- Ensure that your baby's skin is clean and dry before putting a new diaper. Also be careful about the adhesive tape in the diaper. If it comes in touch with the skin, it will irritate the skin and cause inflammation and can lead to an infection.
- Change your baby's diaper as frequently as possible. Though today's diapers are extra absorbent and will suck any excessive moisture away



from the skin, it is important that diapers are changed often. This ensures that feces and urine don't stay in prolonged contact with your baby's super delicate skin, thereby preventing the extra irritation.

- Change diaper brands regularly. It is possible that certain brands do not suit your child.
- Do not make a diaper too tight. Allow for some ventilation.
- Wash your hands thoroughly. It helps in keeping away all sorts of infections.

GO NATURAL - DO NOT APPLY HARMFUL CHEMICALS ON YOUR BABY'S SKIN



Always be extra cautious of what you apply on your child's skin. There are many products in the market that claim to be natural but contain variety of chemicals and harmful fragrances. Most commonly found are the chemicals called phthalates. According to research, a baby's skin is extremely sensitive and these chemicals are responsible for problems like bioaccumulation, endocrine problems, cancer, allergies and toxicity of the skin. Many of us use talc on our baby's skin after giving them a bath, thinking that it is a natural thing. But many a times, the talc is contaminated with asbestos, which actually is a well known carcinogen?



Be careful when it comes to your baby's diet

When it comes to diaper rash, it is the acidic and sweet foods in your baby's diet that are more often than not responsible. In case your baby is suffering from diaper rash, scrutinize his diet and try and avoid the below mentioned foods. If you are breast feeding your baby, then avoid these foods from your diet.

- Tomatoes and tomato products like tomato sauce and spaghetti
- Citrus fruits and juices. Lime or Lemon is ok as it has alkaline properties.
- Pineapples, grapes and strawberries.
- Plums, peaches and tart apples.
- Breastfeeding mothers should avoid alcohol.
- Dry fruits like dates, apricots, figs, raisins etc.
- Less of red meat. Go more for fish and chicken.

Allergies caused by food

Another common trigger for diaper rash is frequent loose motions. If you can avoid foods that have potential to cause diarrhea, it will be good for both you and your baby.

If you have a history of hay fever, allergies, eczema or asthma, then you might want to try an elimination diet for a while. This can help you figure out if these specific foods are responsible for your baby's diaper rash or not.

In case you are breast feeding, you might want to adopt our Hypo-Allergenic Diet for a while so that you can check if your baby is sensitive to the food that you are eating. This is more important if you baby suffers repeatedly from diaper rash and you are unable to determine the cause. Also, if your child is or has been on an antibiotic, his sensitivity to allergens in foods may increase.



Your child will need an extensive digestive repair procedure to prevent him from becoming allergic to any food.

A few **common foods that may be affecting your baby** could include:

- Soy
- Eggs
- Wheat/gluten
- Dairy products except yogurt. (Milk happens to be one of the most common allergy causing foods)
- Oranges, bananas and pineapples.
- Fish (At times)
- Chocolate and sugar.
- Peanuts, legumes and beans.



Eliminate the suspected foods for about 7 to 10 days from your diet (if breastfeeding) or your baby's diet. In this period, you should be able to figure out if the rash has its origin in any food allergy. More often than not, a red circle around the baby's anus is an indication of a food allergy. Also, a baby might draw up his or her legs to the abdomen, as he/she will be experiencing cramps and pain. At times, it might be food intolerance and not really a food allergy. You can easily figure this out by a food withdrawal. In case of any confusion, it is best to check with your doctor or health care professional.





QUICK LIFESTYLE TIPS FOR DEALING WITH DIAPER YEAST INFECTIONS

Below are a few tips that can help you keep your baby safe from diaper yeast infections. Preventing a diaper rash or yeast infection in your baby requires the same amount of effort as preventing them in you. Most of these tips are lifestyle recommendations that work on the very basic premise that yeast infections can survive in an environment that is moist, warm and dark and this is precisely what these tips look at eliminating. Another fact is that yeast infections feed on sugary and yeast foods consumed by the person. This has also been tackled in the below mentioned tips. To optimize your results, it is best to follow the “Yeast Infection No More” program along with all these tips. After all, none of us want our babies to suffer from painful yeast infections.

Leave the baby free for some time every time you change the diaper

When changing diapers, clean your baby and make sure that the skin is exposed to air. Try to leave the diaper off for quite a few hours in a day. This will expose the rash to open air and help heal it quickly. Also ensure that your child is kept in a dry and warm environment. It has been found that exposing your baby’s skin to early morning sunlight or late evening sunlight is also beneficial for it to heal quickly.

Change Diapers Frequently

This is very important. Change your baby’s diaper immediately if you know that your baby has peed or pooped. For a new born baby, it is essential to change the diaper several times in a day as well as during the night. In case your child has greater tendency to develop diaper rash, change his/her diaper at least once in



every 2-3 hours, irrespective of his/her age. Please keep in mind that urine and feces are one of the greatest sources of irritation, especially if there is diaper rash. Changing diaper frequently can help minimize this irritation.

Diapers made of 100% Cotton are a Strict No-No

In case your baby has diaper rash, then please avoid diapers made of cotton, no matter how soft, cheap and environment friendly they are. You might also be using a plastic diaper cover which will end up aggravating the affected area further as it does not allow sufficient ventilation for that area. It is best to use disposable diapers as it keeps the moisture away from the skin.

Change diaper and wipe brands regularly

When using disposable diapers, change the brand as well as the wipes brand regularly. Try and use low-allergen brands. They should fit your child well. In case you find that there is a diaper rash consistently irrespective of the brand you use, you could use cloth diapers. Rinse the cloth diapers with a mixture of 1 tablespoon of water soluble tea tree oil and half a cup of apple cider vinegar.



Clean the skin well

Clean your baby's skin gently every time you change diapers for your baby. The skin here is quite sensitive and might develop a rash due to rubbing too much. Please use unscented wipes or just the plain tepid water and an extremely soft cloth for wiping. You can wash the skin with an extremely mild soap and pat it dry gently and also leave it to air dry naturally.



Cream for diaper rash

In my experience, I have found calendula cream working wonders in almost all diaper rash cases. The only thing you need to make sure is that the diaper rash cream you use is 100% natural and free of any sort of irritants or chemicals. Make sure you use this cream liberally with every diaper change, more so if your baby is susceptible to rashes. Petroleum based jelly or steroidal creams are better avoided. Also, it would good to stop using any recently introduced soaps, detergents etc that may be causing the rash. It can be possible that the chemical skin creams/lotions recommended by your doctor may be the very reason for your baby's skin rash.

Treating severe diaper rash

In case of severe diaper rash, first clean your baby's bottom gently. Take a large bowl of tepid water, add one teaspoon of water soluble tea tree oil to it and soak your baby's bottom in this mixture. Pat the skin dry gently using a soft cloth. Do not use the wiping motion. Allow the area to dry thoroughly. You can use a hair dryer for the purpose; however, make sure that it is turned to very low heat. Once the skin is completely dry, apply a small amount of rash cream. For too severe rash you can use a white zinc oxide cream. You will be easily able to procure this from your chemist.

Ensure that you are very careful with your diet. Remove all sugary and acid-forming food and drinks from your diet as many foods like these tend to aggravate the rash. If you are regularly breastfeeding then be extremely careful of what you eat or drink as that will directly go to your child through your milk. Please avoid all the above mentioned foods till your child's rash clears up. You can also take a probiotic course. I always recommend women to go for a quality Omega 3 supplement before, during and after pregnancy, till the time they are breastfeeding.



Diaper rash caused by yeast infection

If your child has recently been on an antibiotic course or you have (while breastfeeding) then your child is more prone to diaper rash caused by yeast infection. We recommend you to follow the diet mentioned in our “Yeast Infection No More” program. Use tea tree oil or calendula cream. As they both have anti-fungal properties. Take a probiotic course and also give a small dose to your child daily. Do not forget the Omega 3 dosage!

Treat the rash systematically

Do not just opt for a quick fix rash treatment. Treat yourself and your child systematically and locally to get long lasting results. Follow the diet mentioned in our “Yeast Infection No More” program. It will definitely give good results for both you and your baby.





How to Deal with a Chronic Vaginal Yeast Infection

INTRODUCTION

Many of the health problems faced by majority of our women patients are related to yeast infections. They complain about their nervous, reproductive and digestive system in particular. They are extremely prone to chronic vaginal yeast infections and treating these is what we specialize in.



There are times when you might feel getting rid of your yeast infection is impossible. It can indeed be a life changing experience. We have had our patients express themselves saying how difficult it was to cope up, till they came to us and tried our treatment. It has been known to save even marriages. It is possible to get rid of this problem permanently; all you need to do is to follow our "Yeast Infection No More" vaginal implant protocol. This treatment has benefitted hundreds of women over the past 20 years and there is no reason why it will not work for you.

Let us understand the vagina first. It has quite a complex ecological environment. There are many different micro-organisms living there. Anywhere between 40 to 80 percent of women have at least 5 to 10 different organisms that may be cultured using their vaginal fluid. These can include lactobacilli, streptococci and coryne-bacterium.



If your vagina is healthy, the discharge will be whitish and milky. It contains secretions from the cervical glands and also the different cells lining the cervical and vaginal surfaces. The amount of discharge varies from person to person. It also varies during a woman's menstrual cycle depending on the hormone levels. While the discharge is scantier and thinner in the luteal phase (which is just after your period), it turns thicker and profuse right before ovulation. Mostly, the Candida vaginal infection aggravates in the one week just before your monthly cycle. It is at this time that you can best use our protocol. Treatments using the garlic or tea tree oil have always been the most effective.

The normal acid/alkaline pH level of a healthy vagina is around 4.5 or lower. This is due to the lactic acid level in the vagina (signifying the level of beneficial lactobacilli species). A healthy vagina has these lactobacilli and other healthy species are more in number and they stop the growth of other infection producing organisms like yeast, Candida albicans, bacteria etc. If this balance gets altered, there is an increased chance of development of infection causing organisms. This can result in many infections. The most common of all of them is the vaginal thrush (vaginal yeast infection), which is experienced by a large number of women across the world. Statistics show that, across the world, around 75% of women have, at some time or the other in their lives, experienced vaginal infections. Some experts say that 15 to 20% of all the women worldwide have recurring vaginal thrush infection.

Vaginal thrush is the most common reason for which people come to us.

This condition has a number of names viz vulvovaginal candidiasis, vaginal yeast infection, vulvovaginal thrush, moniliasis, thrush, monilia infection or a yeast infection.



DIAGNOSING IT RIGHT

"If you trust Google more than your doctor then maybe it's time to switch doctors." - Cristina Cordova

Before starting any treatment, please get yourself checked and diagnosed by a good physician. It is important to confirm that the condition you are facing is a yeast infection. You may be having an infection due to different reasons and it is important that you know what exactly you are dealing with, before you start looking for a treatment. Once it is confirmed that you have vaginal yeast infection, take the necessary steps to treat it but do visit an expert in case you do not find any change in a short while.

Also, as the infection can be transferred from one sexual partner to other, it is important to make sure that both of you are thoroughly checked and treated to avoid chances of any re-infection.

IRRITATING DISCHARGE

Vaginal thrush can get really annoying and embarrassing. It involves a milky looking discharge that has curd like threads. It can cause havoc in your sex life, causing you not only tremendous discomfort but also a lot of anxiety.

Many women we meet, are ashamed of their vaginal thrush and believe it to be a result of their "un-clean-ness" However, vaginal thrush can happen to anyone irrespective of your income, education, social standing, level of sexual activity etc. Thrush, essentially, doesn't respect any angle of a woman's lifestyle. If it has to come, it will. Some women may experience it only once or twice in their lifetime. These are the lucky ones. There are some who may have it continually. If you have an itch that is driving you crazy and you are also facing an irritating discharge, you must get yourself checked immediately.



SIGNS AND SYMPTOMS

Vaginal yeast infections might have different presentations. Many women tend to do the mistake of assuming that all of them are issues related to vagina. Some women may not have an actual vaginal problem. They may have an infection involving the perineum (the area between the anus and vulva) or vulva (the external opening of the vagina).



It is possible for a woman to get an infection in and around the skin of the vulva (labia major and minor) in addition to the vagina itself (called vulvovaginitis together) or she may also get it on the skin that surrounds the vagina (vulvitis) or in the vagina alone. Vulvovaginitis is the most common complaint that we come across. It is also supposed to be the most irritating.

These yeast infections may not have very specific symptoms. The most common symptom is the persistent, annoying, irritating and embarrassing itch in the vaginal and/or in the area of the vulva.

A few other symptoms would include:

- Stinging, burning and soreness
- Pain during urination
- Pain during intercourse
- Vaginal discharge, if present is odorless, has a consistency like that of cottage cheese.



If you have vulvitis, there can also be local pain over and above these symptoms. Vulvodynia refers to the pain in the vulva area. A lot of women, from around the world, have vulvovaginitis as a recurring problem. This occurs if a woman gets 4 or more infections over a period of 12 months.

Your doctor might be of the opinion that these recurring yeast infections may indicate an underlying medical condition and you will have to undergo extensive treatment. Some may also reject your antibiotic as the cause for these infections. They might attribute the fact of you getting vaginal thrush after a course of antibiotics – to be pure coincidence. Many times though, the thrush starts after a course of antibiotics. Hence it is important to be cautious.

DIAGNOSIS OF VAGINAL YEAST INFECTIONS



In most of the cases, it is very much possible to treat this condition in the privacy and comfort of your own home. In order to determine what exactly is the root cause of your suffering, your doctor will take a smear, scraped from the affected area. This sample will be subjected to microscopic analysis in a lab to look out for culture. This is the cheapest and most accurate way of diagnosing a yeast infection. Early detection is extremely important as you may be suffering from some other condition that may have symptoms just like the yeast infection. For example, it can be gardnerella- a bacterial infection.



Vaginal & Vulva Yeast Infection – Causes

There can be many different reasons responsible for vaginal infections and inflammations. Let us look at a few common ones.

A diet that is extremely high in refined carbohydrates can be a potential cause for vaginal infections. If you are having too much sugar, candy, chocolates, white bread, cookies or alcohol (especially wine), it can be a trigger for vaginal infections. All these diets are rich in calories and poor in nutrition

If your monthly menstrual cycle is not regular, you can get vaginal yeast infection. This is more likely in the week that leads to your period.

A high level of stress weakens the immune system. This makes your body more vulnerable to different types of infection including the yeast infection.

Pregnancy and child birth is a time of great physical and emotional turmoil. Hormones play havoc in the body at this time. Many women complain of vaginal infections during the time of their pregnancy.

Prescribed birth control pills, drugs, antibiotics etc have always been linked to being causes of Candida yeast infections.

If you are diabetic, you may be passing more sugar through your urinary tract than others. Since there is extra sugar or glucose in your body, you may be susceptible to a vaginal yeast infection.

If you are deficient in basic minerals and vitamins, again your immune system gets compromised. You may be more vulnerable to a yeast infection.

Remember that the vaginal skin is extremely sensitive. Any sort of chemicals applied to it can result in inflammation. Use of chemicals like vaginal sprays, deos, colored/scented toilet paper etc may irritate the vaginal tissue. This can increase the risk of vaginal infections.



If you are sexually very active, then a word of caution! Too much intercourse within an extremely short period of time or insufficient lubrication can lead to irritation and inflammation of the vaginal skin and result in a yeast infection. This is more common in women in mid-40s to mid-50s.



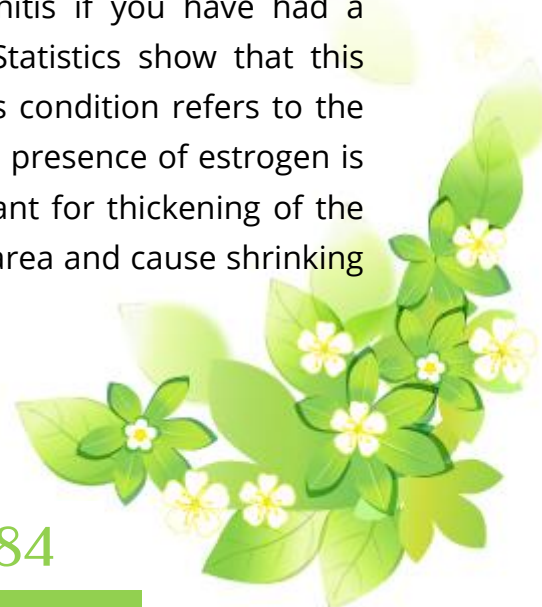
If you are using extremely tight clothes, there might not be enough ventilation in the vaginal area. Clothes like panty hose, nylon panties, tight fitting jeans etc block off sufficient air supply and provide a suitable environment for the yeast infection to develop and thrive in.

VAGINAL INFLAMMATION – 3 MAIN TYPES

If the symptoms you are experiencing, have not improved, after trying these treatments, then it is a must that you visit your doctor and get a correct diagnosis done. There are different vaginal infections that can affect you. Let us look at 3 of the most common ones.

Atrophic Vaginitis

You have more chances of contracting atrophic vaginitis if you have had a hysterectomy or during your post-menopause time. Statistics show that this infection affects almost 40% of women worldwide. This condition refers to the thinning on the skin lining of the vagina. The decreased presence of estrogen is considered to be the cause as this hormone is important for thickening of the vaginal lining. This condition may also affect the vulva area and cause shrinking





or thinning of the skin here. This results in lesions and adhesions on the vagina. It also results in pain during intercourse, pain during urination and an increased susceptibility to a yeast infection. You may also experience symptoms like stinging, burning, itching, and a watery discharge. It is more common in older women. It leaves the vulva and the vagina more vulnerable to developing a yeast infection.

If you are opting for a conventional treatment for atrophic vaginitis, you will be given a vaginal estrogen cream to give you temporary relief. You may or may not have to take synthetic hormones externally. However this is not necessary. Visit your naturopath for a natural solution, which will not cause you any nasty side-effects usually associated with the conventional medicines. You may want to give natural Vitamin E oil a try. Rub it on the affected area and leave it on overnight. It is known to have worked wonders for a lot of women. A few good herbal medicines would include mother-wort, vitex agnus castus, and black cohosh (scientific name - *cimicifuga racemosa*).

Black cohosh is a herb that women with menopausal or menstrual problems have been using since traditional times. It is known to lower the levels of luteinizing hormone and have a positive and balancing effect on the body's pituitary and hypothalamus glands. This in turn helps to regulate body's temperature and helps avoid hot flushes and vaginal dryness.

In Germany alone, as much as 75 % of the medical doctors are known to have recommended this herbal medicine. Many experts even consider it a worthwhile alternative to estrogen replacement therapy.

Pregnant women, women who are breastfeeding and those wanting to conceive, however, are not recommended to use black cohosh. If the symptoms you are experiencing are physical in nature, use the herbal medicine, but if the symptoms are more emotional or mental in nature, please try homeopathy. While you can combine both the treatments and get the best of both worlds, it is



recommended that you ask the help of your naturopath and do not self medicate. Please note that homeopathic medicines have different levels of potency or strength, and it is important that you take the right one. For higher levels of severe anxiety and depression related to menopause, the stronger ones work best. But let an expert guide you on the same.

Another excellent herb that can be used to treat vaginal infections is Cimicifuga. It can cure symptoms like atrophy of tissues, vaginal dryness, tearing, itching, stinging and burning. It is also known to be beneficial for women who may be experiencing tension in their upper back and neck and pain in the smaller joints in their body (ankles, toes, hands, wrists etc).

Opt for a homeopathy treatment if you are experiencing mental an emotional unease and depression during pre-menopause or menopause. It can help a lot in curing symptoms like depression, headaches, hot flashes, excessive sweating in the night, mood swings etc.

Infectious Vaginitis

As the name suggests, this type of vaginitis is a result of some kind of infection. It could be due to a yeast infection, a bacterial infection (Gardnerella) or a sexually transmitted disease (STD).

Get yourself diagnosed correctly before starting any treatment. It is important to determine what is causing your vaginitis so that you can treat yourself suitably.

Irritant Vaginitis

This happens as a result of an allergy or an irritation (as the name suggests). There can be different causal factors for the same. It can range from physical (tampon usage) to different chemical (scented wipes) agents.



It is best to switch to using sanitary napkins. If you must use tampons then make sure that they are natural and have no chemicals, fragrances or irritants. You can try switching your tampon brand and ask your health-food shop to guide you to choose a good quality, natural tampon.

VAGINAL YEAST INFECTIONS – MEDICAL TREATMENT

Most doctors will always give you antifungal medications for treating vaginal yeast infections. These medications may involve either oral pills or creams that need to be applied in and around the vagina or both of these. But not many doctors will ask you to make the lifestyle and diet changes that we have recommended here. It is useless taking any type of treatment if you do not address the causes initially. If you do not uproot the cause, the infection will keep coming back.

If your test results show the presence of multiple pathogens indicating mixed infections, then your doctor may recommend a combination of different treatments.

A few of the common topically applied anti fungal creams include:-

- Terconazole
- Clotrimazole
- Butoconazole
- Miconazole

Often, women try to get relief from these painful infections by using OTC (over the counter) creams and lotions. However, it is important to remember that symptoms showcased may or may not be due to Candida yeast infection. There are other infections (as described above) that might show the same symptoms.



If the OTC products do not offer you any relief, then we recommend that you consult your doctor for him to make a thorough evaluation.

A few of the common topically applied oral anti fungal medications may include:-

- Fluconazole
- Miconazole
- Terconazole
- Clotrimazole
- Nystatin

Diflucan (Fluconazole)

This is one of the most popular oral medications prescribed for treating vaginal infections. Many women have ended up taking these tablets or applying these creams for years and years, without any successful result as they were never told to modify their lifestyle or diet in addition to taking/applying this medicine. We have had many such cases and have been able to help many women who have been using this drug since a long time.

Side Effects

Continued usage of Diflucan can have multiple side effects. They range from serious effects to common effects.

We have listed down some of the serious side effects that you may experience. Get emergency medical help at once if you see any signs of these side effects.

- Hives and jaundice
- Difficulty in breathing
- Swelling of face, lips, throat and tongue



- Flu symptoms – chills, body ache, fever etc
- Seizure (convulsions) and nausea
- Severe blistering and peeling of skin, red rash appearance and itching
- Easy bruising and unusual weakness
- Dark urine, loss of appetite, and clay colored stools

Some of the other common side effects of Diflucan include:-

- Headache and dizziness
- Unusual, unpleasant taste in the mouth
- Mild stomach pain and diarrhea

Most doctors treat vaginal infections with topical applications and vaginal tablets than oral medicines. But if no result is noticed, they immediately prescribe an antibiotic. While there are very remote chances that vaginal treatment will cause any side effects, the oral antibiotic and antifungal medicines may not be as safe. Make sure you avoid Fluconazole, even if there are very remote chances of you being pregnant or getting pregnant. In case you have been using this drug and experienced side effects, then it is advisable that you take up a herbal treatment course to cleanse your liver for at least three to four weeks as this medicine affects the liver significantly.

Do not use drugs repeatedly

If you indulge in repeated usage of prescribed drug and antibiotics, it can result in stronger strains of the yeast eventually becoming drug resistant. This leads to you requiring higher dosage or stronger drugs. This in turn can lead to further side effects. This aggravates the problem further and you get caught in a vicious



cycle. Many doctors have given up using Nystatin and antibiotics as they only end up weakening your immune system and can even result in damaging vital organs like the kidneys and the liver. In case you have treated yourself with an OTC prescription and you experience your infection symptoms again within two months, it would be wise to consult a health care professional.

Candida and Endometriosis

One of my colleagues who is a doctor had gone to a health conference in Canada some years back and the conference was on topic of endometriosis. She spent 2 days discussing Candida Albican infections and how to recognize and treat yeast overgrowth in women. We are slowly seeing an increasing number of medical doctors opting to practice natural forms of medicine. Initially doctors had no regard for this and those who did try to use natural medicines were treated as charlatans, quacks and snake oil peddlers.



We have seen women with endometriosis, not having a candida or thrush problem. However we have rarely seen women with endometriosis, without having some or the other history of Candida. In most such cases, the women have suppressed the infection using an OTC product. They may have had the infection really long ago. With the use of topical medications, it never got cured but was pushed further into the endometrium, thereby causing endometriosis eventually. To avoid all this, we recommend that if you have the vaginal thrush or if you ever get it, please do not try any medications on your own. Follow our “Yeast Infection No More” program patiently and carefully. We understand it is irritating, annoying and embarrassing but the key to everything is patience. It may seem difficult in the beginning but persist and your effort will surely pay off.



Your infection will vanish from the root instead of being suppressed and getting pushed further in; which can only result in misery and discomfort in future. It may even make as big a difference as between remaining infertile and conceiving a child.

There is a true life story of how a young girl eventually developed endometriosis later in her life due to using topical applications and suppressing her infection temporarily when she was young.

Is it really Vaginal Thrush?

Vaginal thrush infections, which are instigated by yeast infections, prove irritating, annoying, discomforting and embarrassing for many women. There is persistent itching in and around the groin area, especially the vagina. There may or may not be increased discharge.

Always keep in mind that you have an increased chance of developing Candida fungal vaginal infections (thrush) if you are:-

- Diabetic
- Pregnant
- Take oral birth control pills
- Consume antibiotics frequently
- Have a compromised immune system

These conditions/causes can put you on the top of the highly susceptible list when it comes to vaginal thrush infection. Remember, a vaginal thrush infection is most often caused due to a change in the vagina's pH balance which results in an increased growth of yeast. Yeast infections are also frequently seen after one consumes antibiotics.



Sometimes, there may not be a clear reason responsible for a woman developing a vaginal thrush infection. The diagnosis happens clearly as it is confirmed after taking a swab from the infected area. Conventional treatments are oral tablets, vaginal tablets or topical applications.

But the question you need to ask is, is it really vaginal thrush or something else? We have put together a table that looks at different types of infections and their symptoms. You can refer to the same below.

Vaginal Yeast infections are not cured by Suppressive Treatments

Your doctor may mostly prescribe topical therapies. The first application of the same may cause a burning sensation in the vagina but soon you will find that around 70 to 90 percent of your thrush is gone. But then, stop and think! Has it really been cured or it has just been suppressed as the cause of the infection was never addressed. We strongly believe that treating the infection this way only suppresses the infection. The infection is actually driven back into your body. It stays there untreated and recurs from time to time. There are many such vaginal endometriosis patients who recall having treated their vaginal yeast infections using topical treatments, many years ago. They believe that it is cured. But they are sadly mistaken. With time, they find themselves suffering from endometriosis and other chronic women's problems – all because the cause of the yeast infection was never discovered and treated initially.

Treat the person, not just the vagina

If your vaginal micro flora is imbalanced, it is almost always a sure sign that there is a similar imbalance in the woman's digestive tract. Hence when patients come to us with problems of recurring vaginal infections, we always recommend them to religiously follow our "Yeast Infection No More" program. In case of the



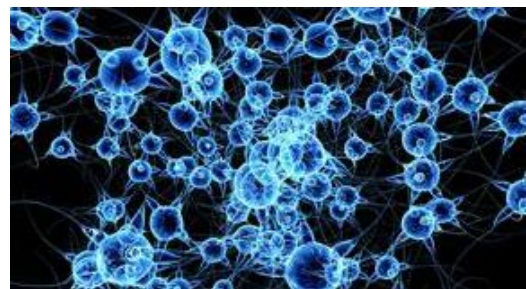
vaginal infection not being too acute and recurring, it can be taken as an one off case and be treated with the different local tips that we have already discussed. You may not have to resort to a strict lifestyle and diet change. But make sure to follow our “Yeast Infection No More” program if your problem resurfaces.

There are many different presentations of the infection besides vaginal thrush. You need to know what is it that you are having, before you start treating it. Please check with your doctor so that a correct diagnosis can be done and accordingly, a suitable treatment can be started. Let us look at a few other presentations of the vaginal thrush:

BACTERIAL VAGINOSIS (BV)

BV is also known by the name gardnerella vaginalis. It infects a woman when the growth of bacteria changes the pH balance of the vagina from acidic to alkaline. This may happen due to poor health (in general), poor hygiene, use of birth control, poor hygiene during sex (can result in transferring of the e-coli bacteria from the rectal area to the vagina) etc.

When your vagina becomes too alkaline, it results in a brine like or fishy smell and also a foamy discharge which is grey in colour. To diagnose, a swab is taken from the affected area for analysis, while the treatment prescribed is a short course of strong antibiotics.



BV is the most common of all vaginal infections (Bacterial vaginosis, Trichomoniasis and vaginal yeast infection). Yes, it is not vaginal yeast infection that wins in being “most common” but it is the bacterial vaginosis. In June 2009, after a lot of research experts discovered a link between Bacterial vaginosis and



the level of vitamin D in the body. We recommend that you take a blood test to determine the level of Vitamin D in your body. Statistics show that majority of the population has borderline or extremely low Vitamin D levels. Vitamin D is an extremely crucial water soluble vitamin that aids in boosting up the immune system. Also ensure that you maintain good personal hygiene when it comes to sex as many cases are a result of infections transmitted due to poor hygiene during and after intercourse.

CHLAMYDIA

Chlamydia is a disease that can be transmitted by sexual partners to one another. It is not the same as normal vaginitis. There is a slight difference. If by chance you develop heavy infection in the pelvis, only then will chlamydia show any symptoms. In order to diagnose if you have chlamydia or no, doctors will normally take a swab from the affected area. For getting cured of this infection, doctors will ask you to take a course of strong antibiotics. As it is a sexually transmitted disease, it is recommended that both sexual partners should be checked thoroughly. If found infected, they should be treated accordingly, else they will keep passing the infection to each other.

TRICHOMONIASIS

Another name for this would be “trich”. It is not the same as the other issues that you face. Firstly, an organism called a flagellate is what causes it. People suffering from Trichomoniasis tend to experience a greenish-yellow discharge from their vagina, an itch that can range anywhere between mild or extremely strong and also in some cases, a strong burning sensation and pain in the vagina.



Your doctor will take a swab of this discharge in order to do the diagnosis. They will treat you with a course of extremely strong antibiotics. We recommend that post this course; you should take a powerful probiotic course for 4 to 6 weeks.

GENITAL HERPES

Genital Herpes is an infection caused by a virus, namely the herpes simplex virus. In most cases, it gets transmitted between sexual partners. Herpes is normally seen at the entrance of the vagina. If you have herpes, you will have small blisters at your vaginal entrance. At times, your vagina may also get infected with the virus as a result of coming in contact with a cold sore. If you are having herpes for the very first time, it is possible that you may also have fever and experience night sweats. The lymph nodes in your groin get swollen (on the affected side), there is discomfort in general and you may experience pain while urinating. The entrance of the vagina can become swollen, sore and red and cause a lot of discomfort.

Once the herpes infection has settled down, you may experience flare-ups that can range from regularly to extremely rarely. The skin around the affected area becomes really sensitive. There is a slight tingling sensation. Post this, you may experience painful blisters, which itch and create an extreme burning sensation if ruptured while itching. It is ideal for you to visit a doctor and determine how best to stop these flare ups. Your doctor may analyze the situation with the help of special swabs taken from the affected area and sent to the lab. More often than not, a course in anti-viral treatment will be prescribed.

However, there are a variety of natural alternatives to this. If you are suffering from severe herpes, we would highly recommend you a course of natural medicine for at least 6 to 12 months. Most doctors would view herpes infections are incurable infections and resign you to a lifetime of drugs, which are only good at suppressing the symptoms.



GONORRHEA

This disease is caused by bacterial namely the gonococcus bacteria. This is also a disease that can be transmitted between sexual partners. The main issue here is that there may not be any highly visible symptoms of this disease. Some people may experience burning pain while urinating. The good thing is that cases of this infection are very rare these days. For diagnosing if you have gonorrhea or no, doctors will ask for a swab from the urethra, cervix or back passage. As always, for getting treated you have to take a strong antibiotic course. As it is a STD, it is recommended that both sexual partners should be tested for the same and treated as required in order to avoid the risk of transmission back and forth.

VAGINAL INFECTIONS & INFLAMMATIONS - SIGNS AND SYMPTOMS

Let us have a look at the different presentations of vaginal infections.

INFECTION	PAIN	DISCHARGE	ODOR	ITCHING	LESIONS
Yeast Infection	Normally No	Thick & white like cottage cheese	Musty or yeasty smell	Can be very severe	Red lesions or pimples
Herpes Type 2 (Genital-Viral Infection)	Small sores can burn and/or sting	No	No	Can be really severe after blisters form	Small blisters filled with clear fluid



**THE 12 HOUR
YEAST INFECTION
RELIEF REPORT**

Trichomoniasis (STD-parasite)	Burning while passing urine, painful during intercourse	Copious grey to green & frothy	Foul and strong smell	Yes	Small red ulcers on vaginal wall or cervix
Gardnerella (bacterial infection)	Usually without irritation	Thin watery grey or green	Fishy smell	Not normally	No
Atrophic Vaginitis (hysterectomy or menopause)	Pain during intercourse	Could be watery and burning sensation during discharge	No	Yes	Some adhesions could be formed due to reduced estrogen
Chlamydia (STD- Bacteria)	Abdominal pain, pain on urination	Yellow discharge	Strong smell	May cause anus to itch and bleed	Complications may include scarring of fallopian tubes
Gonorrhoea (STD- Bacteria)	Abdominal pain, pain on urination	Creamy, green pus-like or bloody discharge	Odorless	Itchy or irritable vulva	Complications may include pelvic inflammatory disease



TREATING BOTH PARTIES INVOLVED



If you have been diagnosed with some type of vaginal infection, please remember that your partner also has a high chance of contracting that infection. Chances are that he/she already has contracted the infection. Instead of playing “passing the parcel” and getting into a vicious cycle of infecting each other time and again, make sure that both of you are treated.

Also, make a note and inform any recent sex partners so that they can get themselves tested, diagnosed and treated accordingly. This is extremely important else there is constantly a risk of continual infection.



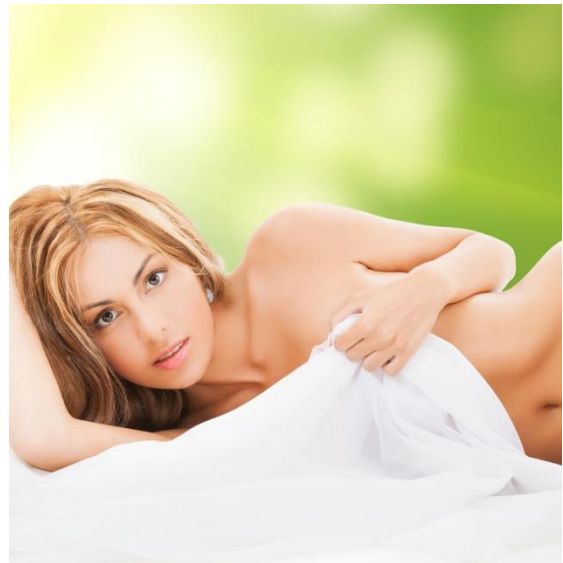
Chronic Vaginal Thrush - The Vaginal Implant Protocol

INTRODUCTION

Let us share with you, a local treatment that we have been recommending since years, and one that gives great results. This treatment is in two parts.

- Part 1 – The Kill Phase
- Part 2 – The Build Phase

We strongly recommend that you take this treatment for a minimum of 3 months on a regular basis. This will ensure that you get the best results. Also, follow our “Yeast Infection No More” program, take the “Yeast Infection No More” dietary approach and consume the “Yeast Infection No More” supplements. Make sure that you follow the local vaginal implant protocol down to the last detail without deviating. It is very much possible that your vaginal yeast infection can be eliminated from the core if you follow this treatment persistently.





The simple thumb rule is that what you get out of a treatment is directly and exactly proportional to what you put into it. We can vouch for the results that our treatment offers (provided it is followed properly). We have helped many women get total relief from extremely stubborn vaginal infections; ones they have been battling for really long durations.

TREATMENT – WHEN AND HOW LONG?

You can use the anti-microbial treatment from one to five days. It is completely dependent on you as to how long you want to use it for. It depends to a large extent on the level of comfort and the effort that you are willing to put in. Keep alternating between the beneficial implant and antimicrobial protocol to get great results. Some women may get more results when they do 2 to 3 anti-microbial treatments prior to their periods and do multiple probiotic treatments after their cycle. Other women use these treatments in sets (anti-microbial and probiotic) multiple times before as well as after their cycle. It is preferable that you use what works best for you, depending on what gives you more relief as there is no standard formula on how it should be done.

Once you start the treatment, you will soon be able to figure out what works best for you in terms of treatment and duration. Based on what results you get, you would be easily able to gauge the efficacy of a particular treatment. Keep in mind that the local treatments work more effectively if they are supported with the “Yeast Infection No More” diet. Yes, we know we have been constantly repeating this, but it important and hence there is so much emphasis on this.

Let us look at the implant treatment protocol that has helped multiple women, in the past fifteen years with a great success rate. Women following this treatment have stated that they have obtained awesome results in as little as 24 hours.



The treatment being in 2 phases is what makes it unique. The aim is to change the vagina's pH in order to get quicker results.

Many programs that we see commercially either recommends the build stage using yogurt or just recommend the kill stage using garlic. However, we strongly advise that you follow both the stages regularly, more importantly if you have recurring or chronic vaginal thrush. If you have been using Diflucan regularly, then you must definitely do the following protocol along with our "Yeast Infection No More" program.

PART 1- THE KILL STAGE

The best time for the Kill stage to work is the week leading up to (and including) your menstrual cycle. It is very important that you continue the implant even during your menstrual cycle. If need be, you can omit the day on which your flow is the heaviest, But it is recommended that you continue till the flow completely stops. Wait for at least 2 stags before you start with the Build Stage. This allows the vagina and its surrounding environment including the vulva, to build up the beneficial flora that is needed to stay in perfect health.

You may want to try and experiment with the Kill Stage. In some cases, if women start too strongly with the Kill stage, they many notice a change in the flow and an increase in the pre-menstrual syndrome symptoms. Women with a history of premenstrual difficulties, polycystic ovarian syndrome, endometriosis or other such problems, need to be a little cautious when applying the Kill Stage of any treatment, especially in the week leading up to their menstrual cycle. Do not avoid the stage but be a little cautious and start with a milder treatment, especially in the first month.



It will take you easily 3 months to notice any change, especially in chronic cases. So be patient and do not give up immediately after the first month. Once you complete these Kill and Build stages, for about 4 to 6 months, along with the “Yeast Infection No More” lifestyle, diet recommendations and dietary supplements; you will most definitely find a huge improvement whether it is related to your premenstrual complaints or endometriosis. We have received extremely positive feedback from our patients over the years.

You can successfully use this protocol for the following:-

- Bacterial infections like Gardnerella
- Candida vaginal yeast infections
- Chronic vaginal thrust

Antimicrobial Treatment Protocol – The Kill Stage

- You will need one crushed garlic clove. Make sure it is fresh and organic. In case you are travelling a lot, you may use Kyolic garlic extract. But fresh garlic will give you superb results most times, as seen by the hundreds of cases we have dealt with. Hence always go for fresh garlic.
- You will require 1 tablespoon of fresh yogurt. Buy the best natural one you can find, without preservatives, flavor, color etc.
- You will also need half teaspoon of apple cider vinegar. Please ensure that you are only using a good quality product always, even if it is expensive. Bragg is one such high-quality brand.
- Insert a mixture of the garlic, apple cider vinegar and fresh yogurt into the vagina at night before sleeping. Wear a panty pad or sanitary napkin to bed, to absorb leakage.



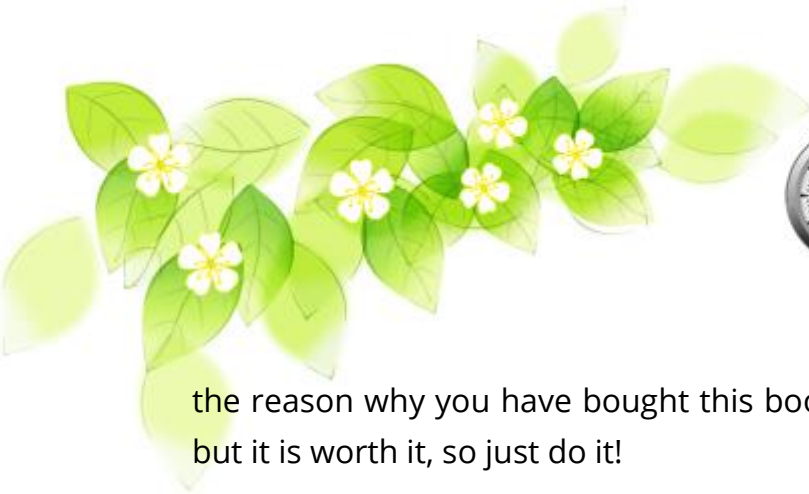
One important thing to note is that garlic is antibacterial and it may also end up affecting the beneficial bacteria introduced in your vagina during the initial implant program. A few women choose to go for just yogurt and garlic while others use all the 3 ingredients. You can use what best suits you. Make sure that you always re-introduce the beneficial bacteria using a probiotic course for at least a week, after completion of the antimicrobial protocol. If you follow the Kill and Build protocol quite a few times in a year, it is guaranteed to help you maintain a healthy environment in your vagina.

During the Kill stage, you must take the suggested probiotic capsule twice daily. This can help in improving your immunity and also plant good bacteria in your digestive tract. It also reduces the chances of transfer of bad bacteria from your perineum to the vagina. When you wipe, always remember to use the front to back direction. Use this protocol alongside with the recommendations given in the "Yeast Infection No More" program. This maximizes your chances of having a favorable outcome.

The best results can be obtained if you follow the local treatment, lifestyle recommendations, diet and supplements as suggested by us.

You could also alternate the Kill Stage with another treatment known as the Boric Acid Vaginal Suppository Treatment. Using this treatment increases your chances of success to 99.99% and helps in eradicating even the nastiest of cases of infection. In case you are suffering from intestinal Candida (diarrhea, gas, bloating etc) along with having vaginal thrush, then use the Kill Stage in combination with the Grapefruit Seed Extract Vaginal Treatment. Do not go for the boric acid treatment. Grapefruit Seed Extract treatment is more beneficial as it work wonders in decreasing any vaginal/fecal contamination that occurs.

One point that we have been reiterating again and again is that just following these local treatments is not enough. If you want permanent results, you have to take care of the diet and lifestyle requirements as well. After all, that is precisely



the reason why you have bought this book right? It may take a little extra effort but it is worth it, so just do it!

Kill and Build Phases – Simple Steps

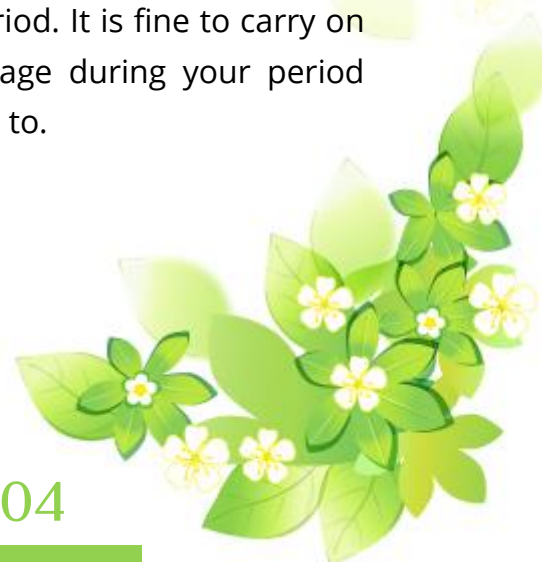
Fresh garlic pods, garlic tampons or capsules can be inserted into the vagina in the morning as a part of the kill treatment. Post this, you may insert lactobacillus capsules in the evening as a part of the build treatment. Doing this ensures that the bad organisms' growth is inhibited and the delicate vagina is populated with beneficial micro-organisms, thus resuming its environment to a normal healthy state.

PART 2- THE BUILD STAGE

Make sure you follow both the Kill as well as the Build stage. You may get relief after doing a few rounds of the Kill stage and then opting for the Build stage. Or you may experience greater relief by just rotating these two stages. You can experiment and see what works best for you and use that.



It is ideal that you wait for at least 2 days after stopping the Kill stage before commencing the Build stage. It is important to hike up the number of beneficial bacteria in the vagina. Also do not do this stage while you are having your period. It is fine to carry on with the Kill stage during your period though. You may avoid the heaviest flow day, if you wish to.





In order to avoid aggravations, you need to be very careful while doing the Kill Stage especially if you have had a history of premenstrual difficulties. But this is not the case with the Build stage. In every form of treatment, exercising basic common sense is necessary. If you have experienced any serious genitor-urinary complaint, then ideally go really slow initially till you gain more experience and self-confidence.

The Pro-biotic Implant Protocol – The Build Stage

You would need to mix together the following ingredients:

- Low fat yogurt (make sure it is natural, plain and without any colors or flavors) or the whey on top of it – 10 ml
- Probiotic powder (High potency one) – 1 teaspoon

Use a 10 ml syringe or vaginal applicator and insert this mixture well into the vagina (gently), at night before going to bed. Use a sanitary napkin or panty pad while sleeping, in order to absorb excess leakage. We strongly recommend not using a tampon here (based on the feedback received from hundreds of our patients).

The next morning, cleanse the area well with a douche of 1 teaspoon of powdered probiotic mixed with 300-400 ml of filtered or boiled water. Repeat this treatment each evening for a week. If the infection does not clear up after a week, it is possible that other organisms like Trichomoniasis or Chlamydia may be present in your vagina. In such cases, it is best to visit a doctor, have a pelvic examination done so that you get the correct diagnosis. It may also happen that your condition might require a little stronger antimicrobial treatment.

Follow the Kill and Build protocol multiple times in a year so that you can maintain a vigorous vaginal environment. Do keep in mind that all these treatments should be followed simultaneously with the “Yeast Infection No



More” program. Do not forget to follow the dietary and lifestyle recommendations given. It will increase your chances of getting great results. If you only use the mentioned protocol, you will only get temporary results as the underlying cause of the infection will remain untouched. Now that is not what you bought our book for right? You want permanent results, so make sure you take that extra effort.

Whey and Pro-Biotic Powder Douche

There are different variations and options to making this yogurt douche. Some of them are really effective. If we have to talk about one best douche protocol, it will be the whey and probiotic powder douche (Used in the Build stage). This is one of the variations of the plain yogurt douche. It can be made even more effective if you alternate it with the tea tree oil douche (Used in the Kill Stage).

This method also has a Build phase (using whey and probiotic powder douche) and a Kill phase (Using tea tree oil douche). These 2 steps are the key to eradicating vaginal thrush infections completely. Other books may not emphasize enough on the same.

In place of using yogurt, you can try whey. It is considered more effective. It is extremely rich in lactic acid. It is also natural and hence can be used to eradicate vaginal yeast infection completely. The process is also really simple. Mix a teaspoon (leveled) of a high quality probiotic powder with about half teaspoon of a mixture of whey and a little tepid water. Make sure that the tepid water and whey solution that you use is at room temperature as this is something you have to insert into your vagina. Insert the same using a applicator or syringe and use a pad or sanitary napkin afterwards. Leave on overnight if possible.



Curing Vagina Thrush - Using Aromatherapy Oils

Salvatore Battaglia is an author who has written one of the best books in the world on aromatherapy (The Complete Guide to Aromatherapy, The Perfect Potion, 1995). According to him, the best oils that can be used to cure a yeast infection are lavender, geranium, lemongrass, German chamomile, myrrh, tea tree, thyme and petit grain.



Aromatherapy Treatment

The treatment recommended by Salvatore consists of baths as well as the local applications of essential oils. The oils stated above have high antifungal, antiseptic and immune-stimulation properties. For vaginal infections, add 2 to 3 drops of the required oil to a large bowl of warm water and a sitz bath should be taken. You can do this twice daily if the symptoms persist.

Itching and Soreness - Aromatherapy Douche

Valerie Ann Worwood (The Fragrant Pharmacy. MacMillan, London, 1990) has recommended using a douche with whole milk yogurt, which contains live acidophilus cultures.

Mix 5 drops each of German chamomile oil, lavender oil and tea tree oil with a 100 gm carton of fresh yogurt. This mixture would have the dual properties of being both antifungal as well as antibiotic. In case there is a lot of soreness and itching, this method is effective. You can insert this mixture using a syringe or applicator or tampon.

You could also dilute the yogurt with warm spring water till it turns into a thin fluid. You can then add the essential oils and use this mixture as a douche and wash the vaginal tract with it, two times every day.



The Tea Tree Oil Douche

Tea tree oil is one of the best natural medicines that you can use to get relief from vaginal infection naturally. Ensure that you get the Australia tea tree oil for use (The top quality tea tree oil comes always from Australia just as the top quality maple syrup is always sourced from Canada). We have successfully recommended this oil to all our patients for over twenty years and have routinely received excellent feedback.

You also get tea tree oil in water soluble form. This is the most effective for a douche. While making a douche you have to add the oil to water, if the tea tree oil you are using, is not water soluble then the oil will just float on top of the water. Your results will definitely be compromised. If you use a tea tree oil brand that can fully dissolve itself in water, you are guaranteed to get great results. However, feel free to try both and then settle on the one that suits you the best.

For stubborn skin areas like the toe nails, toes, feet etc, you may use the pure, undiluted oil. It is fully safe to be used on nails. Other oils like thyme and oregano, though effective, may cause burning sensations when applied.

Add 1 teaspoon of water soluble tea tree oil to 300 ml of tepid water and mix well. You can fill a douche bag with this mixture and apply as necessary to the vaginal area. This oil has both antifungal and well as anti-inflammatory properties. A better bet would be the combination of Tea Tree Oil Vaginal Pessary and Douche.

Tea Tree Oil Vaginal Pessary and Douche Combo

Australian tea tree oil has been consistently producing wonders while treating vaginal infections. For over 50 years, alternative medicine doctors have been using and recommending a tea tree oil douche and it has always received excellent feedback.



Mix 8 to 10 drops of pure Australian tea tree oil in 500 ml (1 pint) of tepid distilled or purified water. You must douche in between pessary applications. It is one of the best solutions ever to get rid of the consistent burning and itching that you may be experiencing as a result of a Candida vaginal yeast infection.

Water-Soluble Tea Tree Oil

As mentioned before, for douching, you can try the water soluble variant of tea tree oil. It might work better for you. We have known quite a lot of people who have effectively treated their tinea, cracked heels, athlete's foot etc with the help of a warm foot spa prepared using water soluble tea tree oil.

People who are well aware of the know-how of essential oils will be easily able to tell you that when it comes to anti-fungal oils, tea tree oil is second to none but oregano oil. Like oregano oil, you can use it straight on fungal nails, stubborn areas of skin, jock itch etc. You can use the pure tea tree oil when you want to do a scalp, nail or spot skin treatment and go for the water soluble one when you need to douche or wash areas of your skin. You can directly apply tea tree oil to your skin for skin problems like fungal nails or athlete's foot. You can use water soluble tea tree oil as a douche in a small amount (about 1/4 to 1/2 teaspoon mixed in 1 cup tepid water). It is recommended that you use a tampon here. Initially start off with a weaker solution and as and when your body get used to it, you can make the douche solution stronger. With time, you will figure how the tea tree oil affects your body and benefits it. You can also alternate this douche with the probiotic and whey douche. Results guaranteed!!!

Two power packed treatments

Here are 2 power packed treatments you can use to treat vaginal infections. These treatments are sure to give you results even if the others fail. Hence, we have saved them until the very end. Let us have a look at both of them.



Treatment 1 - The Grapefruit Seed Extract (GSE) Vaginal Treatment

This is an excellent treatment to use, more so if you are suffering from both vaginal thrush as well as digestive problems. You can alternate this treatment with the other power packed treatment which is the Boric Acid treatment. This alteration is normally recommended for the most “impossible” cases.

GSE Vaginal Rinse – Use filtered, boiled, distilled or filtered water for making this rinse. Take 16 ounces of water in room temperature and add 15 drops of grapefruit seed extract to the same. Use this mixture to douche the vaginal area once per day. Do this for 3 to 4 days. Repeat the treatment every 7th day from then on. It is recommended that when you douche, you are in a reclining position so that the retention of the solution is greater and better.

GSE Tampon - For making a GSE tampon, you must soak a tampon in a mixture of 5 drops of GSE and 1 tablespoon of any vegetable oil. Make sure this has been mixed really well. Insert this treated tampon in your vagina and leave it overnight. You can repeat this for 3-4 nights continuously.

In case you experience a lot o vaginal irritation, you must reduce the mixture to 5 drops per pint (600 ml) of tepid water. Stop, if the irritation does not go. In case you are pregnant or menstruating, ideally avoid douching. If you must douche then consult your health care professional and get proper guidance.

Treatment 2 - Boric Acid Vaginal Suppository Treatment

Are you like many others who get concerned on listening to the term “acid” and “vaginal treatment” in the same sentence? Do you think using boric acid will result in a lot of pain and burning? Rest assured that all of this is untrue. Remember that lemon juice and vinegar are also different types of acid. They are also likewise safe to use.

Boric acid is extremely safe to use. It is a non toxic white crystalline powder with antibacterial and antifungal properties. This is available without prescription.



There are many applications to boric acid. It is an extremely potent insecticide as well. If you mix it with oil, roaches and ants are attracted to it, and they die upon eating it. Interestingly, the homeopathic medicine Borax 6 c, which is prescribed for oral thrush in infants, is also a form of boric acid.

Boric Acid Vaginal Suppository Treatment is known to be really effective, especially in case of stubborn and resistant vaginal yeast infections. However, you must remember and use this treatment alongside with the two phases - Build and Kill stages that we have already explained in detail before.

Making Boric Acid Vaginal Suppositories

Making your own vaginal boric acid suppositories is no rocket science. All you need would be some 00 gelatin capsules and fill them up with 500-600 mg boric acid and you are done. You can find boric acid and the gelatin/cellulose 2 piece capsules at your drug store or at a good health food store. You can make a lot of them at a time and store as they have a really long shelf life. They can easily stay for a year or more if stored in a cool and dry place. While storing them, take care and place them in a container and also drop in a couple of little sachets or packets of silicon, which will help to keep the capsules free of moisture and also possibly harden up over time. You can use an old vitamin container for storing these capsules. Do not keep the capsules in the fridge.

The Treatment

You must insert one capsule into your vagina at bedtime, for a 7 to 10 day period. You can alternate this with the lactobacillus acidophilus treatment during the day and the boric acid treatment during the night. If your infection is stubborn and keeps recurring, use this treatment for 30 days continuously. After one month, use this treatment for 2 days in a week and continue this for as long as a year. You will get the best of results when this treatment is alternated with the GSE treatment. Also remember to use the 2 step protocol that we have



discussed earlier. Do not stop this treatment even during your menstruation. You can pause it though for those few days when the flow is the heaviest.

Take care and avoid these treatments if you are pregnant. Make sure you keep the GSE and boric acid out of reach of children.

Vaginal Infections – Best Herbs to use

When you have vaginal thrush, you can use herbal medicines in many different ways for treating it. The most common way is to simmer it and use the solution (Decoction). You could also make a tea of these herbs (Infusion) to help reduce the itching and burning. These infusions can be used internally as a douche or can be applied externally with the help of pads and tampons soaked in the infusion. In our “Yeast Infection No More” program, we recommend that you treat both – internally as well as externally.



A few popular herbs used for treatment of yeast infections would include chaste tree, aniseed, Echinacea root, andrographis, tea tree oil (use oil externally), garlic (apply topically), thyme (use oil externally), oregano (apply topically) and Pau D'arco (apply topically).

Pau D'arco Vaginal Treatment

Pau D'arco refers to an herbal medicine derived from the inner bark of a tall rainforest tree. Make sure that you do not fall for some counterfeit product (there are a lot of them in the market owing to the really high demand). Do your research properly and get an authentic product.



**THE 12 HOUR
YEAST INFECTION
RELIEF REPORT**

The precise dosage recommended by us is based on a lapachol content of anywhere between 2 to 4 percent. Take 500 ml (1 pint) of pure water in a stainless steel saucepan. Boil the water and add 15 to 20 grams of the inner bark to the water. Let it boil for 10 to 15 minutes. Bring it to the rolling boil. Cover with a lid and let it simmer gently. Take care and use only pure water and not tap water. Similarly, do not use an aluminum vessel for boiling. Use a tampon that has been soaked in this solution. Insert the tampon and change it every 24 hours till your infection disappears. This treatment works well, if you have used the real Pau D'arco and not a spurious product.

We hope that this book has given you an insight into the different types of presentations, symptoms and treatments for vaginal infections. It is our aim to help you lead an infection free life. Do follow all the protocols given in our "Yeast Infection No More" program with persistence and patience and watch your yeast infections vanish and never return. Say goodbye to the painful, annoying, irritating and embarrassing yeast infection problems forever! Feedback is always welcome.

Good luck with winning the battle against yeast infections!