VAGINITIS

Bacterial Vaginosis:

Protocol to follow:

Douche with a mixture of hydrogen peroxide – you can get this at any drug store. Use the 3% antiseptic hydrogen peroxide. Mix 1/4 cup of the peroxide in 2 cups distilled water. If distilled water cannot be obtained you will have to boil regular water to kill any microorganisms. Douche once a day (if really bad cases you can do this twice a day). Do until symptoms are gone. Many like to continue douching for a day or two after symptoms are gone just to be sure.

PLUS Take 1000 mcg or more folic acid daily (2,000 mcg = 1 mg)

PLUS Use vaginal acidolphilus. Insert one twice a day. If you can't obtain this, you can get a plastic syringe an splursh some yogurt into the vagina. Or open an acidolphilus/probiotic capsule, add it to ½ cup of body temperature pure water and douche with it. A last option is to eat extra amounts of probiotic yogurt twice daily (sugarless variety).

OTHER

It is not recommended that commercial douches be used by women.

This is an alternative to using the above mentioned hydrogen peroxide as a douche: 1 teaspoon tea tree oil in 2 cups distilled water. Douche once a day until symptoms are gone. NEVER APPLY TEA TREE OIL DIRECTLY WITHOUT DILUTION AND DO NOT INGEST TEA TREE OIL ORALLY.

Another alternative douche: 10 drops grapefruit seed oil in 1 quart of warm distilled water.

Make a tea tree vaginal suppository: 1/3 tea tree oil 2/3 vitamin E oil in a gel capsule. OR take a dry tampon and soak it in the mixture for a short time and insert the tampon into the vagina. The tea tree oil MUST be diluted; never ingest tea tree oil orally, it is for topical use.

With the proper diet and adding garlic, acidophilus, and caprylic acid to daily intake, there should be little or no vaginal irritation. If you feel you must use some kind of douche, many get relief from using inexpensive boric acid powder capsules vaginally (take for only two weeks at a time). Other women find squeezing the oil from a garlic capsule into the douche water is helpful.

If you wish to try an herbal remedy: Marjoram tea makes a really good douche and is non-irritating; you can also use marjoram mixed with plantain.

Avoid wearing spandex clothing. Cotton underwear allows air to move about which inhibits the growth of the yeast.

Take 6-8 drops Lugoil's potassium iodide solution in water 4 times a day for 3 weeks to treat Candida infestation of the blood (Dr. Orian Truss).