



Yeast Infection Remedies

Yeast infections are common in pregnancy. There are many options for treating one time and chronic yeast infections.

Stay away from sugar. Yeast LOVES sugar and will thrive on it and create sugar and carbohydrate cravings. In order to prevent yeast and to reduce the negative effects of a systemic yeast infection, it is important to avoid sugar and high glycemic index carbohydrates such as white bread, bagels, cookies, cakes, etc. Eating yogurt (plain) or kefir, and low index carbohydrates such as sweet potatoes, whole grain pasta cooked al dente, berries, legumes and protein can help with balancing your blood sugar and quell cravings.

When you have a yeast infection whether caused by pregnancy or previous antibiotic use, or any other cause for that matter, your digestive tract is out of balance as is your gut and genital flora. It is important to recreate a good digestive flora in order to maintain the balance that is necessary to prevent the yeast from taking over. A good probiotic with lactobacillus can be taken daily throughout pregnancy to help maintain this healthy balance. You can also use a probiotic as a vaginal wash by simply opening the capsules and mixing with water and washing externally and internally.

Keeping yourself clean and dry in the vaginal area is very important as yeast thrives in dark and moist places. Always use 100% cotton underwear, or if possible go without underwear at all. Do not use over the counter douche products or deodorants as these upset the vaginal floral balance and pH. Do not use panty-liners that have any deodorant or chemical additives. People have found success by cleaning with a betadine and soap solution or Lever 2000 antibacterial soap. You can also dry yourself with a hair dryer.

Water – we don't drink enough. Drinking 1/2 ounce of water per pound of body weight daily can help restore balance in all areas of the body including the intestinal and genital tracts.

Apple cider vinegar, not plain white vinegar, which actually feeds the yeast, can help restore balance and kill the yeast. It can be taken internally by drinking one teaspoon of Bragg's organic apple cider vinegar in a cup of water or used in a warm bath by adding a cup of apple cider vinegar to a tub of warm water.

Garlic tablets (kyolic garlic for best results) can be inserted directly into the vagina for quick and quite long lasting relief. If you prefer you can put a peeled garlic clove directly into the vagina every few hours. And ingesting garlic is of course a wonderful addition to your immune boosting regime.

Tea tree oil is another possibility for treating yeast infection; however, be aware that it is very strong and should never be used directly on the vaginal area without being diluted. Put a drop in a few cups of water and wash the affected area. It may burn so be sure not to use more than a drop at a time.

Boric acid capsules: 600 mg capsules may be placed in the vaginal vault up to 14 days (boric acid can cause significant irritation, more than 7 days of use can result in systemic absorption of the boric acid with resulting problems). Boric acid has been shown to be problematic in pregnancy, so if you are concerned about possible side effects please avoid its use.

Gentian violet is another possibly irritating, but effective treatment. Apply gentian violet to the vaginal walls using a long cotton swab once daily for 14 days.

Ronnie Falcao's midwife archives recommends the following: 1/2 ounce Calendula Flower Oil. 1/2 ounce Pure Emu Oil from Health-E-Skin, 3-5 drops Pure Tea Tree Essential Oil. The calendula oil and Emu oil are very soothing to inflamed tissue and healing to tissue; the tea tree oil is used for antimicrobial properties. A few drops of this mixture may be applied 2-3 times daily. If it is too irritating, one application daily of the tea tree mixture, then another application later of just calendula and emu oils works wonders to soothe tissue that is itching and burning (can be used on any inflamed tissue, not just vaginal).

The homeopathic remedy Kali Carbonicum in the 200c dosage has been shown to be extremely effective against yeast infection. It can be taken every three to four hours for one day. Give it a day or so. You should experience relief. If no relief, then it is likely the remedy is incorrect for you and you should see a homeopath for a constitutional remedy. We highly recommend constitutional homeopathy for pregnancy.

Finally, there are medications that can be used as well. Over the counter Gyne-Lotrimin (clotrimazole) and Monistat (miconazole) are effective vaginal suppository treatments. Prescription Terrizol #7 (terconazole .4%) is another. Mycolog cream can be ordered as well and is an effective anti-fungal with a corticosteroid in it for pain.