

The list of natural remedies available



Causes of yeast infection

Cure Your

YEAST INFECTION

Naturally

Cure Your **YEAST INFECTION** *Naturally*



Table of Contents

Forward	6
Introduction	8
Yeast Explained	12
Candida Albicans	14
Causes of Yeast Infection	15
If you're Pregnant	16
Use of Antibiotics	16
Use of Steroids	17
Wrong Diet	17
Stress	18
Clothing	18
Birth Control Pills	19
Menopause	20
Prolonged contact with Semen	20
Through Sexual Intercourse	21
Weakened Immune System	21
Before/ After Menstruation	22
Use of Douches	23
Use of Feminine Hygiene products	23
Spermicides	24
From Sexually Transmitted Infections	24
Symptoms of Yeast Infection	25
Symptoms	26
Systematic Yeast Infections	28
Do's & Don'ts for recurrent Yeast Attacks	30
Male Yeast Infection	31
Causes	31
Symptoms	32
Cures	32
Yeast Infection and HIV/ AIDS	33
Douching	34
Cures	38
Prescription Medication	39
Over the Counter Cures	40
Acidophilus	41
Potassium Sorbate	42
Gentian Violet	43
Boric Acid suppositories	44
Natural Remedies	45

Diet Changes	45
Clothing	46
Yogurt	47
Freshly Applied	48
Yogurt Tampon	48
Frozen tampon applicator	49
Frozen glove fingers	49
Syringes without needles	49
Eating	50
Garlic	50
Raw	51
As Juice	52
As a Suppository	52
As a Pill	53
As a Douche	53
Water	54
Cranberries	54
Fresh Cranberries	54
Cranberry juice	55
Cranberry pills	55
Oil of Oregano	55
Cinnamon	56
As a tea	56
As a tincture	56
As a powder	57
As a volatile oil	57
Apple Cider Vinegar Tonic	57
Herbal Tea 1	57
Herbal Tea 2	58
Buttermilk	58
Tea Tree Oil	59
Tea Tree Oil Cream	60
Reishi	60
Osha	61
Herbal Bolus	61
Herbal Talcum Powder	63
Douches	63
Herbal Douche 1	63
Herbal Douche 2	64
Herbal Douche 3	64
Herbal Douche 4	65
Vinegar Douche	65
Lemon Douche	65

Tea Tree Oil Douche	66
Garlic Douche	66
Garlic-Vinegar Douche	66
Acidophilus Douche	67
Vitamin C Douche	67
Hydrogen Peroxide Douche	67
Vinegar Bath	68
Salt and Vinegar Bath	68
Rose Essence	68
Aloe Vera	68
Slippery Elm	69
Homeopathic Remedies	70
What to Avoid	73
Clothing	73
Wet Swimsuits	74
Foods	74
Antibiotics	75
Birth Control Pills	76
Douches	76
Baths	77
Scented Feminine Hygiene Products	77
The Great Yogurt Conspiracy	78

Forward

If you started reading this book to gain all the knowledge and help that you can get about yeast infections, then I can tell you right from the outset that you're in the right place.



If you're reading this for the sake of curiosity about yeast infections then the same still holds true for you.

If you're reading this out of some mistaken notion that you will gain medical expertise and advice, then I have to say quite gently that you need to look elsewhere for that, preferably at your physician's or doctor's.

I am not in any way, nor have I ever been a medical practitioner. Although the information found within these pages is correct as far as I am aware, it is in no way a substitute for proper medical advice.

If you feel that you might be suffering from a yeast infection, then I would strongly recommend that you go see a qualified medical practitioner before you try any of these remedies.

That said, the natural cures that I have mentioned here, and the information that I have provided are to the best of my knowledge correct.

It might also be reassuring to know that I do have some have experience in the matter of yeast infections. The utter lack of proper information on this subject is what drove me to even consider writing this book.

Also before we go any further let me just add that some of the information contained within these pages is not for the faint-hearted.

Although – depending on your point of view of course – there is nothing gross or indecent about the human body, some people might

find that the information is a little too graphic or detailed for their tastes.

I've tried my best not to offend any sensibilities but sometimes, and when dealing with yeast infections especially, it's a little difficult to ignore the obvious.

Unfortunately, and this is why I thought I'd mention this so early on in the book, there's simply no way to go about the subject of yeast infections without going into some detail.

And if, to spare any blushes, I was to include only half of the information necessary, then I wouldn't be doing a very good job of bringing you the proper information.

So without further ado reader, read on and gather what information that you may.

Don't be ashamed or embarrassed if you come across something that might be deemed a taboo subject, there's simply no room for such thoughts when you're looking into yeast infections and their cures.

After all, if you only ever look at your body like something to be seen but not mentioned, then you will almost definitely have trouble in coming out into the open and getting the medical help and remedies that your body needs.

Introduction

Candida, thrush, candidiasis, and vaginitis. A yeast infection by any other name is still a yeast infection.

And unfortunately for quite a lot of women, at 75%, they will get a yeast infection at least once in their lifetimes.

Of course it's also true that most women will suffer from it more than once in their lifetimes. It's also a true that a percentage of men will get yeast infection as well.



If you've never heard of this before then you're probably wondering what on earth I'm talking about, but I have to assure you that it's perfectly true.

Men can and do get yeast infections, although the occurrence for this isn't as high as it is in women. For the most part male yeast infections will occur when their partner is suffering from a vaginal yeast infection and passes it on during sexual intercourse.

It's also true that yeast infections aren't something that reared its head recently, like some of the other medical problems going around, nor was it diagnosed recently either.

The truth of the matter is that yeast infections have been around since time immemorial, or at least from the time that the first woman made her appearance on this earth.

It's not likely to have started with a man since they don't have the proper conditions for contracting a yeast infection in the first place.

And although like I said, men can get yeast infections, the causes for it don't begin with them. In this case they're just the unlucky recipient.

Of course, quite a few of women today would find much irony in this (and in some cases even a cause for celebration).

There's also the fact that yeast infections don't only occur in the vagina.

In fact yeast infections can occur in a number of different places like the mouth, the underarms, between the toes, and any other place on your body that might serve as a good breeding ground for the bacteria that forms the yeast.

The most common area that a yeast infection will occur though, is in the vagina.

That's why, if you go looking around for information you'll find more information on yeast infections of the vagina, than on yeast infections that occur elsewhere.

In fact, at first glance there's almost little to no information on these other yeast infections. Vaginal yeast infections have seemed to have taken over the whole area of yeast infections!

That said I have to confess that on my part too, I'm writing about vaginal yeast infections. I also touch upon the subject of male yeast infections, and in shorter detail on the subject of yeast infections in general.

I do however stick mainly with vaginal yeast infections throughout the whole book.

You might be wondering why on earth I would do that, after all isn't there already enough information about vaginal yeast infections?

And the answer is yes, there's enough and more than enough information about yeast infections available.

But what I found when I was searching for everything that I could find on it, was that the information was at times sketchy, and at times different, depending on what book, article or webpage you were reading.

When you're looking for cures for a yeast infection, you'd be amazed at the vast amounts of information that's just floating around waiting for you to grab at it.

But here again I found that although there were numerous amounts of cures available, most of the sources I looked at were giving me the same information.

And since I was spending so much of my time trawling through the various lakes full of information, I figured that probably just about everybody else was doing the same as well.

And that's where I got my brilliant idea for this book. To be able to find the information that you need under one roof, was I thought just what was needed.

Besides, after all those months of going through the vast amounts of information I was about ready to go slightly stir-crazy from information overload.

I had to write down all the information that I had found otherwise it would just be all a waste of time.

And that's really how this book started out. I had already compiled the list of natural remedies available and jotted down everything in my haphazard but organized manner.

All that remained for me was to flesh it out with valuable information on what a yeast infection was, what the causes were, and what the symptoms were.

I was also lucky in that I found out that most of the remedies that I had found out about to date were also applicable to male yeast infections as well. They just needed to be adapted to fit the male recipient.

To me at least, male yeast infections were linked irrevocably with vaginal yeast infections.

After all if you were having sexual intercourse with a partner who had a yeast infection, then there was a good chance that you too would get it. It wouldn't necessarily start with you, but you could end up with it.

Then again there was also the problem I faced in writing this book that I hadn't personally checked out each and every one of these cures for myself.

The problem being that if I were to check out each of these remedies, I would undoubtedly be suffering from a yeast infection for most of my natural lifetime.

And since even I didn't feel the need to prolong any yeast infection for the sake of scientific curiosity, I'm happy to say that I found a source of never ending delight and information in the form of a group of women who were more than happy to share their experiences with me.

Through them, and through my own experiences and that of my partner, I can say that just about all of these remedies have been tried out.

Before we go any further though I would just like to reiterate that I am in no way a qualified medical practitioner, nor am I a student of medicine, or an herbalist.

So although the remedies I've listed later on in this book have been found to work on different people, myself and my partner included, this does not mean that they will work for you, or that they won't cause you any adverse effects.

Remember that every person is different, and that although we might all be superficially alike, deep down we're all of us different.

Our bodies react in different ways to different things, and what may work for one person just might not work for you.

Then there's also the case that while you might be perfectly alright with a particular ingredient or herb most times, there could be mitigating factors which at a particular time will make you react adversely to that herb or ingredient.

You should always be careful before you try anything new and proceed with caution. And this holds doubly true if you're pregnant, or you suffer from a medical condition.

Talk things over with your physician first of all, and if you're still going to go in for something other than prescription medicine then take every precaution you can and first make certain that you won't react adversely to that remedy.

This might all seem like overkill when all is said and done and you don't come up with any negative results from home remedy, but it pays to err on the side of caution.

And in this case erring on the side of caution might save you from the distress of having something far more serious than a yeast infection to contend with.

Yeast Explained

So what exactly is a yeast infection? And, naturally enough, your next question might be something along the lines of, “How do you get a yeast infection?”



Well, this is your lucky day believe it or not since I've answered that very question in the next section called “Causes of yeast infection”. But for this section I've stuck to explaining what I can about yeast infections in general.

The first thing that I have to tell you, is that although not of a serious nature, a yeast infection is not something that you will want.

Not that you necessarily have the option of saying no to a yeast infection. This is far from the case. When you get a yeast infection it's not because you welcomed it with open arms.

Then again, you might not even recognize your symptoms for being a simple yeast infection. Or conversely you might mistake something far more serious as being a simple yeast infection.

There are a few ways to determine if you have a yeast infection, but just to be on the safe side, I would personally think about consulting a doctor.

This becomes especially true if the symptoms don't fade, or if you suffer from recurring attacks.

Basically though, and to put it very simply, yeast infections occur when your natural bodily balance becomes slightly skewed.

It could be down to any number of reasons – which I've gone into in the section “Symptoms of yeast infections” – but the plain and simple fact is that your body has somehow lost its natural balance on things which in turn can lead to any number of problems cropping up.

Yeast infections, are one of the ‘any number of problems’ which can crop up.

Since bodily imbalances means that all the bad germs and bacteria that are floating around can finally find a foothold on you somewhere, this means that you will generally contract something or other, maybe a cold, maybe a yeast infection.

When you get a vaginal yeast infection it's because the good bacteria that live in your vagina have been outnumbered by the bad yeast producing bacteria.

And since your vagina is the perfect place for yeast bacteria to thrive – dark, damp, and warm – you have the pleasure of hosting them until such time as you can find a cure to get rid of them.

That's why some of the things that you should avoid if you tend to suffer from recurrent yeast infections, is staying for a prolonged time in a wet bathing suit.

Not only do you provide the yeast with the perfect place to thrive in your vagina, but with a wet swimsuit you're also providing them with additional fodder by providing them with more warm and damp conditions.

So to cap it off, yeast infections generally occur when there is a bodily imbalance. And no matter where on – or in – your body you get a yeast infection, it occurred because the conditions were right for yeast producing bacteria to thrive.

These right conditions would entail having warm damp places that are also conveniently dark, and where the body pH levels have been imbalanced.

One other thing that you should remember, and which I've also covered later in the book, is that a yeast infection need not be the condition. It can instead be a symptom of another perhaps more serious condition.

And that's why it's always a good idea to consult with a doctor, physician or other qualified medical practitioner before treating yourself for a yeast infection.

This is especially true the first time that you believe that you might be suffering from a yeast infection.

You can always speculate and conjecture that a yeast infection is what you have, but you can never be certain. There'll always be the possibility that it's not a yeast infection but something else.

So like I said earlier, err on the side of caution and get a confirmed medical opinion before you go any further.

Candida Albicans

This isn't the name of some deadly offshoot of a yeast infection, rather it's the name given to the Candida organisms which can be found naturally in small numbers in the vagina and elsewhere in the body.

Normally these organisms exist only in small manageable numbers. But when something happens to throw off the natural bodily balance, the Candida Albicans bacteria will take over.

They will multiply and fight against the good bacteria in your body to take control and in most cases they will win, simply for the reason that there is probably more than one reason that your body is out of synch.

Things like diet and lifestyle will also have an impact on your body and its system of checks and balances. So you will need to take these into account as well when looking for a remedy in the fight against Candida Albicans.

Causes of Yeast Infection



Yeast infections aren't caused by one factor alone, most times there will be more than one circumstance that will lead you to have a yeast infection.

In this section I hope to give you some details on what these factors are, and hopefully help you find your way through the mire of information that surrounds this sticky subject.

So to that end I've listed the number one factors that will lead to a yeast infection first, and after that, I've gone into some detail on the why's how's of it all.

- If you're Pregnant
- Use of Antibiotics
- Use of Steroids
- Wrong Diet
- Stress
- Tight Clothing
- Birth Control Pills
- Menopause
- Prolonged contact with Semen
- Through Sexual Intercourse
- Weakened Immune System
- During your monthly Menstruation
- Use of Douches

- Use of Feminine Hygiene products
- Spermicides
- From Sexually Transmitted Infections

The long and short of it though is the fact that the normal environment of the vagina has been disrupted and is more receptive to the yeast producing bacteria.

What all of these causes have in common is that they in some way or other change the balance of the condition of the vagina.

If you're Pregnant

If you're pregnant you're susceptible to getting yeast infections due to the hormonal changes that occur in your body. The same applies if you're breastfeeding.

The problem here though is that you need to be very careful what medication you use in getting rid of your yeast infection.

Some natural medications and herbs can be harmful to pregnant women and can even cause early labor.

Some medications will also have an adverse effect on your unborn baby so it's best to get proper medical advice before you try anything out.

Use of Antibiotics

Whether it's a constant use of antibiotics, or whether it's as a result of a course of antibiotics that you just finished off, it can't be denied that you could get a yeast infection.

It's not a given that you will get a yeast infection just because you used antibiotics, but there's a good chance that you might. And this becomes even more positive when you take into account the type of antibiotic that you were prescribed.

These generally make the balanced environment of the vagina, into an inhospitable and unbalanced area.

Organisms that would normally flourish in your vagina and your stomach would now find it difficult to thrive there, and other organisms will try and take over.

It's at this time that you would normally succumb to a yeast infection.

Use of Steroids

The use of steroids will act on your body in much the same way that certain immune system illnesses, like HIV/ AIDS, will act on your body.

It will weaken your immune system to the extent that your body will be unable or too weak to fight off an infection.

This will in turn allow the yeast bacteria to continue growing and multiplying unabated. Which will in its turn, pave the way for the yeast to take over and to cause you problems.

Wrong Diet

The wrong diet is unfortunately something that we can't seem to get away from in this day and age of processed foods and refined sugars.

It's an unhappy fact that most people have an imbalanced diet and that they're unable to do anything about it.

The addictive quality of having ready-prepared foods for us to turn to when we need a helping hand in the kitchen is just too hard resist for most of us.

And we'll continue on this destructive path until something comes along to give us a wakeup call and tell us to change the way we eat.

Until that time, and sometimes even after that time, we will continue to be logged down in high-carbohydrate, high-fat, and high-sugar foods.

Download the rest of this book for \$14.99.

[Download here!](#)

[Learn more on how to cure yeast infection](#)