

YEAST

Please check in with your midwife if you think you have a yeast infection and then use this sheet for treatment options. The remedies listed below are in no particular order.

These treatments clear up most yeast infections and it is safe to combine 2-3 methods if you like.

Before beginning, you can insert a clean finger into your vagina and scrape out any yeast build up. Then begin your treatment.

Suppositories

-A capsule of Boric Acid can be inserted vaginally per instructions on the label from your midwife. Contact her for a supply.

-Garlic, peeled (and not “nicked”), wrapped in gauze and coated in olive oil can be inserted into the vagina overnight. You can do this for several nights. The garlic will infuse throughout your system so you will be able to taste it in your mouth. If you are nauseous or having food sensitivities, you may want to choose another method.

-Tea tree oil suppositories are available at health food stores and can be inserted before bed for 7-10 days.

-Health food stores carry homeopathic suppositories which battle yeast.

-Once the yeast infection is under control you can insert 1 capsule of acidophilus each night for 3 weeks. This will help your body re-establish healthy flora in you vagina.

Rinses

You can use the following gentle rinses. **Note of caution-use very gentle rinsing, not douching. Douching is not recommended for pregnancy.**

-Hydrogen peroxide (3%) 1tsp with 1 cup of warm water. Rinse your labia and other affected areas 1x/day.

-Tea tree oil is an effective anti-yeast treatment and should be highly diluted to use. Make a stock solution by combining 1 teaspoon tea tree oil with 1 teaspoon isopropyl (rubbing) alcohol,

which should turn milky white. Store this in a dropper bottle. Make a rinse by adding 10 drops of the stock solution to a pint of water, and use one time a day for a week.

Itch Relief

Try using yogurt or diluted apple cider vinegar (1T:8T water). You can use these as often as you like. This will not kill yeast so continue your treatment to stop the yeast.

Nutritional Considerations

A healthy, whole foods diet will help restore balance. Emphasize raw onions, garlic, kale, turnips and cabbage. Make sure to drink lots of water, and drink as much cranberry juice as possible. Cranberry tablets can also be taken. Avoid all sugar including fruit and juice and refined carbohydrates. Eat plenty of yogurt with live cultures. Avoid all other dairy products. Take non-dairy acidophilus daily during pregnancy: 1/day at bedtime.

Lifestyle

Underwear can be microwaved to kill off any yeast. Wear cotton underwear or none. Avoid scented soap products. Keep the vaginal area clean. Use unscented toilet paper.

If these treatments are not successful

Monostat and Gyne-Lotrimin are available OTC. **It is important to follow the full seven day course.**

Discontinue any of these treatments if you experience pain or burning. Contact your midwife if yeast treatments are not improving after a few days of treatment or if you have any questions.