

How To Cure Yeast Infection



Diagnose And Cure Yeast Infection At Home

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INTRODUCTION

The reason you are reading this right now is because:

- You have a yeast infection
- You know somebody who has yeast infection
- You have symptoms you suspect might be as a result of yeast overgrowth
- You want to prevent a recurring yeast infection
- You simply want to learn to prevent yeast infection

Whichever reason yours might be, we are all aiming towards the same goal

“To cure yeast infection... fast, and prevent it from taking over our system again... forever”

Now if this is what you want, you’ve made a great decision to get and read this book. *“How To Cure Yeast Infection”* is a practical book that will open your eyes to the facts about yeast infection and educate you on how you can calmly test (diagnose) and treat yeast infection at home. Not only that, you will also learn how to prevent yeast overgrowth to ensure you don’t suffer the severe

symptoms that come with this infection again in life. Yes, it is possible and you are only few words and pages away from achieving it.

Ever wondered why some people never suffer yeast infection and yet seemingly the whole world scream to how it has rendered their life painful? Have you bought into the myth that it is only dirty people that suffer yeast overgrowth and similar infections like vaginitis?

Well, long story short; you are about to discover the real truth behind the highly advertised *secret cure and prevention for yeast infection*.

Chapter 1: WHAT IS A YEAST INFECTION?

A yeast infection is the medical term given to the overgrowth of fungal organisms and their affects in/on the body. This is also known as candidiasis (pronounced: can-dih-DIE-uh-sis), usually caused by a species of fungus called Candida Albicans. Yeast infections basically occur in certain areas of the body including warm, moist parts like the mouth and other moist parts of the skin. When they occur in the vagina, it is called vulvovaginal candidiasis, and this is when the 'good' or the 'healthy' bacteria vagina flora has been killed off.

The overgrowth of Candida can be triggered in so many ways. It could be as a result of stress, pregnancy or illness. Basically anything or condition that alters the immune system or the body hormone can lead to the overgrowth of Candida Albicans. For instance, diabetic people are more susceptible to yeast infections due to the high sugar content of their blood. Also certain medicines like birth control pills, steroids and antibiotics, such as those normally taken for strep throat, contain chemicals that can

kill the good bacteria in the body and thus step off the abnormal growth and multiplication of Candida.

Girls normally undergo hormonal changes right before their menstrual cycle and this is when yeast infections tend to show up more. Additionally, using clothing (especially underwear) that is too tight to the moist parts of the body can make yeast infections most likely. Using scented sanitary products, pads or any other clothing containing any form of chemical can upset the healthy balance of bacteria in the vagina and thus lead to overgrowth of Candida.

Yeast infection is not peculiar to any gender. It is a common infection that can happen to both boys and girls. However, unlike girls, boys don't get vaginal yeast infection, but they can get an infection of the head of the penis also caused by the same species of fungus, *Candida Albicans*, that causes yeast infection in girls. And like girls, boys who are diabetic or who are on antibiotics are more prone to yeast overgrowth. Also, boys that are not circumcised and who keep warm, moist folds of the foreskin maintain the perfect environment for yeast to thrive.

Yeast infection is not a sexually transmitted infection. It is seen as a common infection (caused by organisms already residing in the body) and thus not considered an STD. It is estimated that three out of every four women will have a yeast infection in their lifetime with many of these women having recurring infections. However, there are also chances that yeast infection can be spread through vaginal intercourse among partners who have unprotected sex, but the risk is low. If you have a partner who is having symptoms, it is advised that the person seek treatment and unprotected sex stopped until the symptoms disappear.

While yeast infection is not considered a sexually transmitted infection, recurring infections can sometimes be a sign of an STD or any other unhealthy condition that may require a serious and different treatment like bacterial infection. Hence if you or your partner frequently experiences some of the symptoms of yeast overgrowth, then it is a good idea to get tested to rule out STDs.

Chapter 2: CAUSES OF YEAST INFECTIONS

A good knowledge of the causes of yeast infection will help you to prevent yeast overgrowth from taking over your body and possibly save you the time, money, and the stress of bombarding your body with drugs.

The most common type of yeast infection is the vaginal yeast infection caused by the overgrowth of *Candida albicans* which are normally present in relative small numbers in your crotch. What you suffer as yeast infection or Candidiasis is as a result of the rapid growth and multiplication of this specie of fungus. However, several environmental disruptions favor this rapid growth of yeast which include increased PH, more heat and moisture absorption and retention, allergic reactions to foreign bodies, high sugar levels, hormonal changes and rapid reduction in the number of good or healthy bacteria in relation to the number of *Candida albicans*. The good bacteria normally subdue and control the growth of *Candida albicans*.

These environmental disruptions are often triggered by the following factors:

Antibiotics

Antibiotics are one of the leading causes of yeast infection owing to the fact that most people use antibiotics to treat other problems. This is because at a certain percentage, the antibiotics taken to kill unwanted bacteria in the body can also kill the good bacteria thereby leading to bacteria imbalance in the crotch and thus upsetting the vaginal ecosystem. Antibacterial deodorant soap can also have the same effect. Some people may get yeast infection only when they have consumed a certain percentage of antibiotics, while for others, it just happens at any dose despite the quantity.

Clothing

Clothing materials that are too tight and trap heat and moisture often create the perfect environment for yeast to thrive in. Also, non-cotton, tight and dirty clothing materials are also places in which yeast can accumulate in. Sleeping with one underpant for days without changing especially during and after yeast infection can either worsen the situation or lead to recurring infection.

Instances like this also include using the same underpants after exercises or other activities that made you sweat.

Chemicals

Most chemicals upset the bacterial balance in the crotch which triggers yeast overgrowth; chemicals like inks, dyes, perfumes and even soaps which may not only encourage yeast infection but also damage the mucus membranes. Do you use scented toilet paper, sanitary pads, deodorant sprays, chemical ridden laundry detergents or fabric softeners? These can also create enabling environment for yeast overgrowth.

Condoms

Several of the condoms in the market today contain nonoxynol-9 in the lubricant. This is a spermicidal chemical which is added to the lubricant in most condoms to help enforce safe sex between active partners. However, many studies have shown that nonoxynol-9 can often lead to bacteria imbalance by killing the good bacteria in the crotch as it fights the bad ones like HIV.

Additionally, some people are naturally allergic to latex and using one may mostly aggravate their yeast infection or increase their chances of getting infected.

Diet

Certain food substances can indirectly lead to some changes in the hormonal ecosystem in the body. For instance, eating foods that are high in sugar will lead to increase in the volume of sugar in the blood which will encourage yeast growth... Candida albicans, the fungus that causes yeast infection feeds on sugar. Too much intake of alcohol can also lead to the same effect. If you have diabetes, chances are your body will be taken over by yeast overgrowth if you take foods and drinks with high volume of sugar.

Hormones

Hormonal changes can also trigger yeast infection. This could be as a result of some alteration in the natural hormone in the body or due to an artificial hormone that is introduced. This is often the case with pregnant women who often have yeast infection. If you are on some contraceptive pills which fluctuates the female

hormone, then you may be prone to yeast infection. Also, the vaginal ecosystem undergoes certain hormonal changes just before menstrual cycle and this explains why most girls have yeast infection before they see their period.

Injury

If there is an injury to the vulvar or vaginal membrane, then it could lead to yeast infection if not properly tended to. Most often, these injuries result from exerting much friction against the crotch without enough lubrication, like having sexual intercourse where the female partner is barely wet. If you are adding artificial lubricants, it is advisable you are smart with your choices; oil-based lubricants like Vaseline can break down latex and non-oily hand-creams may contain dyes, scents or other chemicals that may alter the vaginal ecosystem.

Sexual transmission

Even when yeast infection is not considered a sexually transmitted disease, it is still unsafe to have unprotected sex when both or any of the partners are seeing symptoms of yeast

overgrowth. This is because doing so might lead to infection (of the uninfected partner) or further irritation of the infected part (in the infected partner). This could either be between heterosexuals, homosexuals or lesbians. In the case of heterosexuals, a girl can infect her male partner who may have no noticeable symptoms. And in this case, she would get re-infected after treating herself each time by her male lover. Let us also take note of toys... if you used your toy when you were infected or you or another person used it on any other infected person, it is likely that the next person to use that toy will get infected.

Weakened immune system

An immune system can be weakened by persistent illnesses or other infections like HIV or Lyme disease. People suffering from these kinds of infections are more prone to yeast infection. These may not be limited to vaginal yeast infection or yeast infection at the head of the penis (in the case of boys), it also includes a yeast infection of the throat commonly called *“thrush”* or *“esophageal yeast infections.”*

Sitting all day

Common among those in wheelchairs, sitting all day (with some amount of movement and inadequate care to the crotch) can create a perfect environment for yeast to thrive. This is because it keeps the crotch warm, dark and moist which would in-turn lead to imbalance in the vaginal ecosystem... thereby encouraging the growth of *Candida albicans*.

Chapter 3: RED FLAGS THAT SHOW YOU MAY HAVE YEAST INFECTION

There are several signs and symptoms that signal yeast overgrowth. Ideally these signs and symptoms vary depending on the area of infection in the body.

At the genitals (vagina and penis)

The signs and symptoms of vaginal yeast infection are a white thick discharge that takes the appearance of a cottage cheese. It also causes itching and irritation of the vagina and the surrounding tissues with pain during sexual intercourse and burn during urination. On the other hand, infection of the male genital organ is signaled by itching and burning of the penis, including the presence of rashes on the skin of the penis. However, most yeast infection at the head of the penis comes with no obvious symptoms.

Oral yeast infection

On other parts of the body like the mouth and the skin, the signs and symptoms of candidiasis can take different ways. Oral candidiasis or thrush (formerly known as moniliasis) triggers the formation of thick, white lacy patches on the top of the red base on the tongue, palate or another place inside the mouth. This could look like milk curds and may appear very easy to wipe but if they are removed with a blade, the underlying tissue may bleed. Sometimes, yeast infection can also turn the tongue red without the milk-like coating. Generally, oral candidiasis or thrush makes it difficult to eat and can be really painful when the mouth is dehydrated.

Other parts of the body

Yeast infections on the skin leads to the formation of rashes that cause itching and pain. Naturally, candidal organisms live on the skin but can overgrow at the eventual breakdown of the outer layers. This is common on warm and moist areas like the diaper regions and skin folds. If you see a red flat rash with sharp scalloped edges then it is likely a yeast infection on the skin. You may also notice similar rash nearby called “satellite lesions.”

General symptoms

People with weakened immune system who have yeast infections can show several signs due to abnormalities in their internal organs including pain and dysfunction of the organs. People suffering from AIDS, chemotherapy or other conditions may contract yeast infection called esophagitis in their upper gastrointestinal (GI) systems. This infection is very similar to thrush but extends down the mouth and esophagus to the stomach. People suffering from this infection generally find it very painful to swallow anything, including liquids, they have high risk of becoming dehydrated and they may suffer pain in the area of sternum (breast bone), pain in the upper abdomen and nausea and vomiting. If the infection spreads into the intestines, it may render the system incapable of fully absorbing food. Additionally, the infection can cause mental or behavioral complications if it spreads to the brain and or make the person sick with or without fever if it finds its way into the blood stream.

There are also other health complications which may be attributed to yeast infection. These include sexual dysfunction, vaginal odor, premature aging, leaky gut syndrome, urinary disorders,

depression or mood swings, chronic rashes, tiredness or fatigue, digestive pain, short attention span, constant migraines, hip pain, impotence, menstrual pain, shortness of breath, food allergies, learning and memory problems, eczema, brain fog, yeast infections in the toe or in fingernails.

Chapter 4: IS IT REALLY A YEAST INFECTION?

Identifying similar infections

There are also other infections and diseases that may show most of the signs and symptoms mentioned above. If you have never had a yeast infection before and are witnessing any of the signs and symptoms listed above, it is necessary that you don't mistake it for yeast infection when you are suffering from another form of infection or sickness. To be sure, here is how you can recognize other infections:

Bacteria vaginosis

Bacteria vaginosis is the overgrowth of one of the normal bacterial vaginal flora up to the point that it becomes pathogenic and thus develops into an infection with symptoms and health complications. Common bacteria species that causes this include Gardnerella and Bacteroides. Bacterial vaginosis feel a lot like yeast infection. This is because it sometimes can make the vulva

area itchy, burning and painful. But unlike yeast infection the discharge can be yellow, grey and greenish and may smell like fish or rotten food.

Urinary tract infections

Abbreviated as UTIs, urinary tract infections occur when the bacteria in the body infects the urethra rather than the vagina. If the infection spreads through the bladder to the kidney it can cause serious kidney damage. signs and symptoms of urinary tract infections include pain or burning when urinating, presence of blood or mucus in urine, frequent urge to urinate, pain or pressure in the back lower abdomen and, or fever or chills.

Trichomoniasis

Trichomoniasis is a major infection caused by a parasite that can infect both the vagina and the urinary tract. It is primarily a sexually transmitted disease that comes with itchy or painful crotch. If you are suffering from this infection, you might feel hurt when urinating, when having sexual intercourse and occasional pain in the lower abdomen.

Generally, if you are experiencing any sign or symptom that seems like you have yeast infection, be sure to check properly before you go ahead treating yourself for yeast infection you do not have. Most people may witness minor vaginal problems which may be related to menstrual cycles, sex, other infections, birth control methods, aging, medicines or changes after pregnancy which is common among most women.

For instance, other infections that may lead to a change in the normal vaginal discharge include sexually transmitted infections (STD) like chlamydia, gonorrhoea or genital herpes. Others include inflammation of the cervix called cervicitis, atrophic vaginitis, and foreign object in the vagina, like a tampon left for too long and excessive secretions which may be considered normal ordinarily.

Other causes of itching despite yeast infection (though some of these might also lead to yeast infection) include:

- contact dermatitis, which is irritation of the skin caused by

chemicals, soap or detergent

- Allergic reactions to foreign bodies like latex which is a common substance used in condoms
- Sexually transmitted infections like genital herpes, genital warts called human papillomavirus or HPV or trichomoniasis.
- Pinworms
- Atrophic vaginitis which is commonly found among postmenopausal women
- Other skin conditions like psoriasis

Additionally somebody with a compromised immune system like a person suffering from human immunodeficiency virus can also experience itching of the crotch.

Chapter 5: TWO WAYS TO DIAGNOSE YEAST INFECTION AT HOME

DIY home testing for vaginal and oral infection can help you give a name to a particular symptom you are having. While there are speculations as to the accuracy of these two tests, it doesn't null out the fact that it really does help when you have a few facts to decide on whether you need a doctor out-rightly or perhaps take a few yeast infection treatments at home. These can be done by either checking the PH level of the vagina and/or checking the concentration of yeast in the mouth.

Testing vaginal pH

If you have symptoms you suspect might be from yeast infection but not sure, checking the vaginal PH can help you to rule out other types of vaginal infections. Get the home vaginal pH test kit. This is not that costly and I think anyone who has suffered yeast infection or any other vaginal infection at least once should have this kit at home. The last I checked, it costs less than \$20. The Home Vaginal pH test Kit comes with a piece of pH test paper and

a color chart with which you can compare your pH results. To perform this self test, bring and hold the pH test paper against the vaginal wall for a few seconds. During this short period the color of the test paper will change in accordance to the pH level of the vagina. Now take it off and compare the color of the pH test paper to the color chart. It is likely that the color may not match the exact color in the chart; in this case, you should choose the closest color to the chart.

Interpreting your test result

Now the normal vaginal pH ranges between 3.8 to 4.5... which is slightly acidic. But the home vaginal pH test kit is calibrated on a scale of 1 to 14. On this scale also, higher pH levels indicates less acidity and lower pH levels indicates high acidity; if the test result is too high or too low it indicates the presence of a vaginal infection. But it is necessary you note that it is not all vaginal infections can change the pH of the vagina. To this end, the fact that your test result falls between 3.8 to 4.5 does not mean you don't have a vaginal infection but helps you rule out a couple of them. How?

If your test result is above the normal vaginal pH, it is likely that you have bacterial vaginosis (BV) which thrives in less acidic environments. So this will help you know that the symptom you may have been having is not from yeast infection and instead of treating yeast, seek help from a health-care professional.

On the other hand, if your test result is below the normal vaginal pH and if you have been previously diagnosed with yeast infection in the past, then it is likely that you have yeast infection.

Test your body fluid

When you wake up in the morning right before anything goes into your mouth and before you rinse your mouth or spit, get a glass of clean water in a clear glass. Now build up a bunch of saliva from your mouth (don't cough up anything) and spit it into the glass of water. Observe what happens within 15 minutes. The saliva will float which is normal but if after a while thin projections that may look like hair, small strings, jelly fish or spider legs start extending downward into the water, then that is a positive sign for Candida.

On the other hand, if you see cloudy saliva that sink to the bottom of the glass few minutes after float or particles that slowly sink or suspend below the saliva glob then those are colonies of yeast and thus it signals yeast infection.

Chapter 6: 11 HOME REMEDIES TO GET RID OF YEAST INFECTION

Yeast infection is a lot more like an imbalance, not actually a serious disease. If you are having symptoms you think are caused by yeast overgrowth and have gotten it firmed up by your doctor or by using any of the self tests above, then here are some of the really effective home remedies you can use to restore order in your system.

1. Yeast-free diet

You should start by cleaning up your diet. Avoid dairy, sugar and white flour and other sugar ridden foods like yeast bread. Fermented foods are also no longer ideal; these include foods like vinegar and all the foods it is produced with like salad dressings, balsamic vinegar, sauerkraut and Miso. Wine and beer produced with fermented alcohols should also be eliminated. And if you take sugar-laden yogurt, this is a good time to avoid them. All these food substances can trigger symptoms. Once you have recovered

from the infection, you can eat them one at a time to be sure you don't develop further symptoms.

2. Garlic

Garlic is one of nature's antibiotics, and a great medication for vaginal infections including yeast infections. You can take garlic by sprinkling raw chopped garlic on salads or pasta, or munch 1 - 2 cloves of freshly peeled sliced garlic if you can take it. It can also be crushed and drunk with water. If you can withstand a bit of pain (for those with painful yeast infection), you can also insert garlic wrapped in cheesecloth and tied with unwaxed dental floss into your vagina for a couple of hours. This is better done in the night, and if so, it should be done overnight.

3. Pau d'arco

Pau d'arco is a herb that comes from the native Bignoniaceae tree commonly found in South America. This herb helps to regulate the overgrowth of yeast in the body. It is perfect for combating a freshly discovered yeast infection and also an effective cure for a

full-blown infection with symptoms. If you can get this herb in liquid form, you can take it as a tincture either orally or applied topically. The typical dosage is a quarter teaspoon per day. But if you are applying this externally, then dosage can be increased.

4. Calendula

Calendula is an herbaceous plant classified in the daisy family Asteraceae. It came from the Macaronesia east through the Mediterranean to Iran and today has become one of the most praised herbs with various medical benefits. You may have heard about calendula in facial products; it is used as herbal remedies to heal wounds and soothe skin. But it is also a great home remedy for yeast infection when taken internally as a tincture. This is specially one of the best treatments for new moms who develop yeast infection in their breast while breast feeding (basically caused by the antibiotics they took due to positive strep B test before child birth).

5. Borax 6x

Borax acid is a chemical substance that has mild antiseptic and antifungal properties. If borax 6x is used at the first sign of symptoms, it can be really effective at controlling yeast overgrowth. Doctors do recommend the use of borax 6x for infections that failed to respond to other medications and for reoccurring infections. It has been effective in about 98 percent of women tested. To concoct this at home and use as a home remedy, fill up gelatin capsules with boric acid and insert it into the vaginal canal overnight for 2 or 3 consecutive nights. However, please don't use this treatment if there are open wounds in the vagina or if you are pregnant.

6. Palmarosa oil

Palmarosa oil is one of the essential oils with really good health benefits. It is produced from the same tropical grass family as lemongrass and contains excellent skin care properties. It contains geraniol, citronellal, citral, farnesol, limonene, dipentene, and geranyl acetate. It can be used in a mixture with a commercial yeast infection cream. Ideally, 4 drops of palmarosa oil would be enough to enhance the efficacy of the cream.

7. Tea tree oil

Tea tree oil is an antibacterial, anti-yeast, and antifungal oil that can be used to combat infections, fight acne and treat wounds. It helps to soothe irritations, rashes and burns and other fungal infections with typical symptoms of yeast infection. To achieve the best result with this oil, it is best applied twice a day; in the morning and bedtime. You might want to go with Vitanica Yeast Arrest; which is a form of tea tree oil that also contains borax, goldenseal, laera, neem, lactobacillus and vitamin E.

8. Probiotics

Probiotics are microorganisms (commonly known as friendly bacteria) that can confer various health benefits to their host. When introduced, these healthy bacteria help to suppress the growth of yeast and support overall health of the body including boosting the person's immune system. This treatment is perfect for people with chronic infections as it will colonize the vagina area with health-improving bacteria and thus reducing chances for

recurrences. You should take the Lactobacillus species and the ideal dose is twice daily. For better recovery, it is advised that you continue medication to two or more months after the infection has cleared up to reduce the chances of recurrence.

9. Vitamins and supplements

Taking healthy vitamins and supplements will only help to boost your immune system and build more resistance against the spread of yeast infection and its symptoms. This is ideal for people with weakened immune system. Good options to consider include grapefruit seed extract which is inexpensive and contains antifungal properties with long term health benefits. Others include goldenseal, vitamin C, and zinc and beta carotene.

10. Apple Cider vinegar (ACV) bath

Apple cider vinegar bath is a popular natural cure for yeast infection. This is a form of vinegar made from Apple or cider and it comes with a whole lot of health benefits from skin-care benefits to body pH regulation. To take an apple cider vinegar bath,

prepare lukewarm water and add 2 cups of apple cider vinegar. Then soak yourself in it for about 20 minutes. This will help provide some immediate relief from the symptoms of yeast infection while controlling yeast overgrowth. You may also want to take apple cider vinegar douche about 2 to 3 times a week; however the dosage should depend on the seriousness of your symptoms.

11. Eat Plain (unsweetened) Yogurt

Before you think of yogurt, it is important you understand that yeast feeds on sugar and so any food containing sweeteners is just not a good idea when you have yeast infection. This is why you need to double check and make sure you are using a plain or preferably organic yogurt for this. Yogurt contains probiotic properties and thus helps to boost the healthy bacteria in the crotch while killing yeast. For immediate relief from severe symptoms like pain in or around the vagina (for vaginal yeast infection) or in the mouth (for thrush), you can also put some yogurt inside the vagina or carry it in your mouth for a couple of minutes a day. For vaginal yeast infection, you can do this overnight consecutively for three nights and rob it around the

vagina for some relief during the day.

Chapter 7: YEAST AND YOUR DIET - CONTROLLING YEAST INFECTION

If you want to control yeast in your system, you have to pay very good attention to your diet. There are certain foods that can increase the multiplication of *Candida albicans* as they thrive on these foods; so when you eat them frequently, you are but feeding the harmful yeast in your system and helping them to multiply rapidly. These foods include sugar, vinegar (except of course those apple cider vinegar which is now a nice treatment for yeast infection), alcohol containing fermented beverages, and simple carbohydrates. To help control *Candida* overgrowth you have to eliminate the following foods:

- All forms of sugar, especially if you have chronic infection or suffer yeast infection more than 3 times a year. These sugar sources include honey and fructose such as agave
- Processed foods and inorganic produce which may have undergone several artificial mechanizations with possibility of containing chemicals that may encourage yeast overgrowth

- Any food substance containing artificial ingredients or chemicals including diet soda, caffeine, wheat, rye, farrow and barley
- Simple carbohydrates containing food like bread, white rice and pasta are known to breakdown into simple sugars in the body. If you can't totally avoid any of them, take effort to ensure that anyone you eat contains the least amount of sugar possible. Also the quantity you take can be controlled
- Alcoholic beverages and animal products with high percentage of antibiotics
- Soy, which is known for causing hormonal imbalance; hormonal imbalance is one of the major environmental factors that can trigger yeast overgrowth
- Foods like wine and beer that are yeast fermented

In addition to this list, you should also ensure you minimize the intake of any prescription medications as these are majorly scientifically synthesized chemicals. You should also find and start using a source of non-chlorinated water. Most birth control pills cause hormonal imbalance which supports yeast overgrowth. If you believe this is your problem, ask for non-hormonal birth control pills.

As a recap on this, you want to be on diet that is free from food that supports yeast overgrowth. Ideally alternatives include raw fruits and vegetables, unprocessed, gluten-free whole grains and locally grown, antibiotic-free animal products.

Another way to keep yeast in control is to encourage and support the growth of beneficial bacteria in your intestines by making their sources a good part of your daily diet. Probiotics and Enzymes Salad contain beneficial bacteria that will repopulate your intestines to strengthen the colony of good bacteria. Take Enzymes Salad and Probiotics twice a day; they contain live organisms that will not only control yeast overgrowth but also support digestive health and overall body health.

Ordinarily, *Candida albicans* are already in the body and maintaining a good balance between this specie of fungus and the other healthy bacteria keeps us in good health. To ensure this balance you need to choose a healthy, plant-based diet that is free from processed foods and chemicals.

Chapter 8: HOW TO PREVENT A RECURRENCE

If you have yeast infection more than 2 times a year than you are suffering from yeast recurrence and you need to take proper care of yourself from your diet to the clothes you wear and your environs to help minimize or eradicate the infection. Some medical practitioners also consider having a yeast infection more than once a year a recurrence. If you experience this or if you have suffered from yeast at least once, here are the measures you need to take to prevent future infections.

Clothing

Avoid wearing panty liners as these can increase the risk of having a recurring vaginal yeast infection. They create the damp, moist environments that tend to support yeast overgrowth. As an alternative to these, you want to wear cotton underwear or just wear panties with cotton panel at the crotch. Also keep moisture away from your body so you don't create a damp environment for yeasts.

Avoid wearing nylon pantyhose or synthetic leotards; at least not every day. When you must wear these, it is necessary you choose those with a cotton panel so they can absorb moisture away from your body. Additionally, change your wet workout gear or swimsuit as soon as you can. This will help keep damp environment in check around your crotch.

Cosmetics

Avoid using douches, scented powders, scented tampons and feminine deodorant sprays. These products may contain chemicals and perfumes that can upset the normal bacteria balance in the vagina by either killing the good bacteria or encouraging rapid multiplication of *Candida albicans*. It is not advisable you douche when suffering from yeast infection as this may aggravate the irritation and can spread the yeast through the cervix and into the uterus. Also, it is necessary you avoid scented sanitary pads or those with chemicals.

General hygiene

Wipe from front to back after using the bathroom. This is so you don't spread bacteria from the anus to the vagina.

Your diet

Control your sugar intake. High blood sugar levels encourage yeast overgrowth. If you are diabetic, this is a cause for alarm if you also suffer yeast infections; yeast infection and diabetes are almost like brothers hence your first step (if you are diabetic) should be to cut down on your sugar intake and find effective means of reducing your blood sugar levels by eating food that are free from sugar and sweeteners.

Eat plain yogurt. Eating yogurt that contains live cultures of lactobacillus acidophilus which is considered friendly bacteria may help to prevent yeast infections. However, a small study showed that women who take products that contain acidophilus had higher chances of having recurrent yeast infection. Hence if you rather start seeing symptoms after taking yogurts with acidophilus, then its better you stop and consult your doctor for proper diagnosis.

Women on antibiotics generally have high chances of getting yeast infection. If you suffered yeast infection in the past while placed on antibiotics, then its best to ask your doctor for a preventive antifungal therapy at the start and finish of your antibiotics medication periods.