Bacterial Vaginosis No More™

A unique 5-step plan to healing and preventing bacterial vaginosis holistically

Copyright 2016 Jennie Obrien
www.BacterialVaginosisNoMore.com
BV No More™

A Unique, Easy To Follow 5-Step Plan For Healing and Preventing Bacterial Vaginosis Holistically

By Jennifer O'brien
Copyright Notice

Copyright © 2016 BVNoMore.com. All rights reserved.

All content contained within the “BV No More™” book is the copyright © 2005-2016 of Higher Ways Publishing, Inc.

All literary work contained within "BV No More ™" belongs to, and is the sole property of its author, and has been reprinted with permission. Reproduction, copying, or any other form of use of the content contained within the book is strictly forbidden without express permission from the author personally. If perjury is discovered, the offenders will be prosecuted to the full extent of the law.

Note: The owner of this book is permitted to print one hard copy of this e-manual for personal use. These rules have been established to protect the rights and ownership of the author, and to ensure that the work is upheld as the author’s own.

Notice: This is NOT a Free Book. You do NOT have resell rights of this book. I invested years of research and it took me 6 months to create this resource. If you have purchased this book from anywhere other than BVNoMore.com, including eBay, please report that website to support@BVNoMore.com. Thank you.
Disclaimer

While all attempts have been made to verify information that has been provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions or contrary interpretations of the subject matter herein. Any perceived slights of specific persons, peoples or organizations are unintentional. The Author neither makes, nor attempts to make any diagnosis or cure, or prevent any disease.

This publication is an informational product based on my own experience and research, and it has not been evaluated by either the FDA or the medical profession, and is not aimed to replace any advice you may receive from your medical practitioner. The Author and Publisher assume no responsibility or liability whatsoever on behalf of any purchaser or reader of these materials. The author is not a doctor, nor does he claim to be. Please consult your primary care physician before beginning any program of nutrition, exercise or remedy. By consulting your primary care physician, you will have a better opportunity to understand and address your particular symptoms and situation in the most effective ways possible.

As always, before applying any treatment or attempting anything that has been mentioned in this book, or if you are in doubt, you should consult your physician and use your best judgment. If you fail to do so, you are acting at your own risk.

You, the buyer or reader of this book, alone assume all risk for anything you may learn from this book. BVNoMore.com, Higher Ways Publishing INC., the publisher and Jennifer O'brien are not liable or responsible for any increase in severity of your Bacterial vaginosis, or for any health problem you may encounter should you give up medical treatment.
By choosing to use the information made available on the BV No More website and in this book, you agree to indemnify, defend, and hold harmless Higher Ways Publishing Inc. and BVNoMore.com from all claims (whether valid or invalid), suits, judgment, proceedings, losses, damages, costs and expenses, of any nature whatsoever (including reasonable attorney's fees) for which Higher Ways Publishing Inc. and BVNoMore.com may become liable, resulting from the use or misuse of any products sold through the BVNoMore.com website.
# Table of Contents

Copyright Notice ......................................................................................................... 3  
Disclaimer ................................................................................................................... 4  
Table of Contents ........................................................................................................ 6  
Chapter One: ....................................................................................................................... 9  
Introduction ......................................................................................................................... 9  
About This Book ........................................................................................................... 10  
How This Book is Organized ........................................................................................ 11  
The Holistic 5-Step Plan That Works ........................................................................... 13  
My Story ....................................................................................................................... 15  
Chapter Two: .................................................................................................................... 23  
Everything You Wanted (or Didn’t Want) To Know About Bacterial Vaginosis ............ 23  
   What Is Bacterial Vaginosis? ........................................................................................ 23  
   Types of Vaginosis ....................................................................................................... 24  
   What Really Causes Bacterial Vaginosis? .................................................................... 26  
   Who’s Most at Risk for Developing Bacterial Vaginosis? ........................................... 28  
   Is Bacterial Vaginosis Hereditary? ............................................................................... 32  
   How the Immune System Affects Bacterial Vaginosis .............................................. 33  
   The Complications that Bacterial Vaginosis Can Cause .............................................. 34  
   Pregnancy Problems...................................................................................................... 35  
   An Increase in Post Surgery Infection .......................................................................... 36  
   Weakened Immune System .......................................................................................... 37  
   An Increase in STD Susceptibility................................................................................ 37  
   Psychosexual Symptoms ............................................................................................... 37  
   Antibiotic Resistance .................................................................................................... 37  
   Vitamin and Mineral Depletion .................................................................................... 38  
Chapter Three: .................................................................................................................. 39  
Diagnosing and Evaluating Bacterial Vaginosis ............................................................... 39  
   The Signs and Symptoms to Watch Out For .............................................................. 40  
   Symptoms Checklist ..................................................................................................... 41  
   Self-Test........................................................................................................................ 42  
   Diagnosing Bacterial Vaginosis .................................................................................... 47  
   Common Tests for Bacterial Vaginosis ........................................................................ 48  
   Other Medical Disorders That May Resemble Bacterial Vaginosis ............................. 51  
Chapter Four: .................................................................................................................... 54  
Antibiotics & Other Conventional Treatments for Bacterial Vaginosis and How They May Affect Your Health .............................................................................................................. 54  
   Treating Bacterial Vaginosis with Antibiotics .............................................................. 55  
   Why Antibiotics Don’t Always Work .......................................................................... 56  
   Anti-infective Medications ........................................................................................... 57  
   Antibacterial Medication .............................................................................................. 57  
   Over-the Counter Creams and Douches ....................................................................... 58  
   The Side Effects You Need To Be Aware Of............................................................... 58
Antibiotics..................................................................................................................... 59  
Intestinal Infection ........................................................................................................... 59  
Yeast and Urinary Tract Infections .................................................................................... 59  
Allergic Reaction ............................................................................................................. 60  
Drug Resistance .............................................................................................................. 60  
The Dangers of Anti-Infectives ....................................................................................... 60  
The Dangers of Anti-bacteria Medications .................................................................... 60  
The dangers of over the counter treatments .................................................................. 61  
Chapter Five: ..................................................................................................................... 62  
The 5-Step BV No More Holistic System for Reversing Bacterial Vaginosis ................. 62  
Step #1: ......................................................................................................................... 63  
The Bacterial Vaginosis No More Quick Fix: .............................................................. 63  
72 hours to relief ........................................................................................................... 63  
Step # 1:  Kill the Bad Bacteria in Your Vagina ....................................................... 63  
Step # 2:  Make Bad Bacteria Unwelcome ............................................................... 67  
Step # 3:  Give Your Body More Good Bacteria ...................................................... 68  
Step # 2: ........................................................................................................................ 71  
Reversing BV with Alkalizing Protocols and Liver/Bowel Cleanses .......................... 71  
General Tips .............................................................................................................. 73  
Use Filtered Water .................................................................................................... 73  
Stay Hydrated ............................................................................................................ 74  
Use Caution ............................................................................................................... 74  
Alkalinizing Showers ................................................................................................ 74  
Alkalinizing Foot Baths ............................................................................................ 75  
Full Body Alkalizing Bath ........................................................................................ 76  
Dangers to Be Aware Of ........................................................................................... 78  
Part II:  Colon Cleanse for BV .................................................................................. 81  
Psyllium Husks ......................................................................................................... 84  
Bentonite Clay .......................................................................................................... 84  
Step # 3: ........................................................................................................................ 87  
Boosting Your Immunity So It Can Fight Bacterial Vaginosis .................................... 87  
How the Immune System Works .............................................................................. 87  
How Your Immune System Can Control BV ............................................................... 90  
How to Boost Your Immunity ...................................................................................... 90  
How Can Vitamins Help your Immune System? ...................................................... 96  
Foods to Boost Your Immune System ....................................................................... 98  
8 Great Immune Boosters ........................................................................................ 101  
Herbs for a Healthy Immune System ...................................................................... 102  
How exercise can help you to have a healthier immune system............................. 103  
Step # 4: ...................................................................................................................... 105  
Reversing Bacterial Vaginosis with the Right Diet, Vitamins & Minerals ................. 105  
Foods and Other Elements to Avoid When Battling Bacterial Vaginosis ............... 106  
Bacterial Overgrowth ............................................................................................... 107  
Food Savers to Enjoy .............................................................................................. 111  
The Digestion Factor ............................................................................................... 116  
Meal Planning When You Have BV ........................................................................ 117
<table>
<thead>
<tr>
<th>Keeping a Meal Log</th>
<th>117</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fighting Bacterial Vaginosis Naturally with Nutritional Supplements</td>
<td>118</td>
</tr>
<tr>
<td>Immune Boosters</td>
<td>121</td>
</tr>
<tr>
<td>Phytochemicals</td>
<td>122</td>
</tr>
<tr>
<td>Vitamin Supplements</td>
<td>122</td>
</tr>
<tr>
<td>Minerals Needed to Fight BV</td>
<td>124</td>
</tr>
<tr>
<td>Herbal Treatments for Bacterial Vaginosis</td>
<td>126</td>
</tr>
<tr>
<td>Naturopatica Remedies</td>
<td>129</td>
</tr>
<tr>
<td>Use Raw Herbs</td>
<td>130</td>
</tr>
<tr>
<td>Use Herbs in Liquid Form</td>
<td>131</td>
</tr>
<tr>
<td>Know Who Is Making Your Herbal Medications</td>
<td>131</td>
</tr>
<tr>
<td>Herbal Teas for Treating Herpes (and BV)</td>
<td>133</td>
</tr>
<tr>
<td>Step # 5:</td>
<td>137</td>
</tr>
<tr>
<td>Bacterial Vaginosis Mind Control Plan &amp; Lifestyle Changes</td>
<td>137</td>
</tr>
<tr>
<td>Are You Stressed?</td>
<td>142</td>
</tr>
<tr>
<td>Do You Exercise Regularly?</td>
<td>146</td>
</tr>
<tr>
<td>Are Your Getting Enough Sleep?</td>
<td>147</td>
</tr>
<tr>
<td>The Importance of Sleep Cycles</td>
<td>147</td>
</tr>
<tr>
<td>Preparing Your Body for Sleep</td>
<td>149</td>
</tr>
<tr>
<td>Mind Protocol</td>
<td>151</td>
</tr>
<tr>
<td>Using Biofeedback to Break the Stress Cycle</td>
<td>151</td>
</tr>
<tr>
<td>Meditating, Yoga and Prayer</td>
<td>152</td>
</tr>
<tr>
<td>Controlling Your Emotions</td>
<td>153</td>
</tr>
<tr>
<td>Using Food to Boost Your Mental Health and Outlook on Life</td>
<td>154</td>
</tr>
<tr>
<td>One Final Thought</td>
<td>156</td>
</tr>
<tr>
<td>Appendix I</td>
<td>157</td>
</tr>
<tr>
<td>Your Frequently Asked Questions Answered</td>
<td>157</td>
</tr>
<tr>
<td>Appendix II: Product Recommendations</td>
<td>161</td>
</tr>
<tr>
<td>Appendix III: Glossary of Important Terms</td>
<td>163</td>
</tr>
<tr>
<td>Links, Resources and Supporting Material</td>
<td>165</td>
</tr>
</tbody>
</table>
Chapter One: 
Introduction

Stop the itching … Calm the burning … Get rid of the odor … when you suffer with chronic bacterial vaginosis, these are the only things you can think about. Relief seems fleeting; if not impossible. But it doesn’t have to be. You can get rid of bacterial vaginosis – with the right treatment protocol.

Although bacterial vaginosis is not usually a dangerous condition, it sure can be irritating! Women who must suffer with repeat episodes often find that their entire life revolves around easing their distress and getting rid of those nasty and uncomfortable symptoms as soon as possible.

Chronic bacterial vaginosis is more than a simple infection that takes a few days to clear up. It is a condition that can leave its victims feeling helpless and alone. Imagine having to worry that others can literally “smell” your infection. Think about how awful it would be to always be on the alert for that “fishy smell” so you can avoid any intimate contact during an episode. Then there is the constant itching and burning sensation in a place where you really don’t want to feel that kind of itch and
burn. If you suffer with bacterial vaginosis, you do not have to wonder. This is your daily life.

Until now you may have tried all sorts of the creams, lotions, antibiotics and even a few home remedies to cure your condition and find some relief. Unfortunately for the vast majority of sufferers, these common remedies simply do not work – at least for long. There is a better way to get the relief you so desperately need and to rid your vagina of this chronic infection once and for all.

**About This Book**

*Bacterial Vaginosis No More* is a simple holistic approach to getting rid of the bacteria causing your distress. Designed to help the BV sufferer not only ease her symptoms, but to eradicate this bad bacteria completely from the system, *Bacterial Vaginosis No More* offers a step by step solution to dealing with BV and helping the body heal itself -- from the inside out.

Traditional medications can offer some relief for BV symptoms, but those who have suffered with this condition understand full well that masking these symptoms only results in repeated episodes. *Bacterial Vaginosis No More* takes another approach; tackling what is causing the BV. A more in-depth program that not only stops the symptoms; it gets rid of the bacteria causing them. This leaves the patient Bacteria and vaginosis free!
By attacking the bacteria causing the problem through proper nutrition, vitamin and mineral stabilization, and other holistic measures, *Bacterial Vaginosis No More* offers real help for a real problem. Stop masking the symptoms. To get rid of Bacterial Vaginosis, you must deal with the real problem – the bacteria – that is causing the symptoms. This program does just that.

**How This Book is Organized**

The *Bacterial Vaginosis No More* program is a simple 7-step holistic plan for reversing Bacterial vaginosis and finally getting permanent relief. But before you can begin the program, you first must understand what BV is and why conventional treatments plans don’t work.

*Bacterial Vaginosis No More* is divided into five distinct chapters that will answer all of your questions, and offer the solutions you so desperately seek. It can be read from cover to cover, or you can skip to different sections in order to get the fast help you need, going back to the others chapters as warranted by your individual condition.

One warning about skipping ahead though: it is important to understand the condition in order to treat it properly, so please take the time to read the entire book. Filled with expert information and important tips, this book has been
designed to be a complete help guide for the BV sufferer. You just may be surprised at how much you learn from its pages.

Chapter Two begins with a basic overview of bacterial vaginosis. Considered the prelude to the rest of the book, it explains exactly what BV is; who is most prone to its attacks (and why); and the reason one woman's body may be able to suppress its symptoms and another may not. Chockfull of great information, this chapter is a must-read for those who want to better understand their condition and what may be causing it.

Once you better understand bacterial vaginosis, chapter three delves into the diagnosis and evaluation procedures you can expect from your medical practitioner. This includes a listing of signs and symptoms of BV; a symptoms checklist and self tests; an explanation of tests your doctor may perform to check for BV; as well as the diagnosis procedure used by doctors; and related disorders which could be the real cause of your uncomfortable symptoms.

With a clear diagnosis in hand, your doctor may want to start you on a specific treatment protocol to rid your body of BV. Wait! Chapter four will explain the typical medications and over the counter drugs most often used for treating bacterial vaginosis and tell you why they could be doing you more harm than good. This section is designed to give the whole story regarding conventional BV medications and treatments, including their side effects and other health risks.
For many women, the risks involved in taking conventional medications to treat their BV are just too high. That is what makes chapter five of this book so important. Here you will find my unique 5-step plan for reversing bacterial vaginosis without dangerous drugs (and their side effects). By using a more holistic approach to treatment, you will learn how to pinpoint the exact cause of your bacterial overload and how to help your body heal itself by giving it the right mix of vitamins, minerals and other more natural healing helps.

The Holistic 5-Step Plan That Works

What does this unique 5-step plan include? Step I begins with a quick fix designed to offer the BV sufferer relief in less than 72 hours. Not meant as a permanent cure for your bacterial vaginosis, this quick relief treatment is just meant to ease your symptoms while you work through the rest of the program.

Offering relief from your harshest symptoms, the program begins by explaining the role acids and alkalinity play in your vagina's overall health. Outlining several alkalizing protocols and giving a step by step liver and bowel cleanse, you can begin neutralizing the bad bacteria in the vagina which is causing all the problems.
Step three explains the link between bacterial vaginosis and the immune system, outlining a simple plan for boosting your immunity in a way that can directly affect your healing.

Everyone knows that the foods we ingest can affect our health, but did you ever think about how certain foods may be interacting in your body, actually accelerating bacteria growth and exacerbating your BV symptoms? In step 4 you will learn what foods and elements to avoid to decrease your symptoms and which ones to eat more of to help fight bacterial vaginosis. This section will also outline the types of BV fighting nutrients and supplements you will need in order to clear out this bad bacterium and find permanent relief from your BV.

Healing your BV with the right mix of vitamins, minerals and supplements is just part of our healing plan. In step 5 you will learn how to use your mind to heal BV and what lifestyle changes will be necessary to keep that bacterium under control. In this section you will learn the role stress plays on your health (and your BV) and what activities may be irritating your symptoms.

Although meant to be a complete guide to Bacterial vaginosis, offering tips and healing helps as well as a detailed healing plan, *Bacterial Vaginosis No More* readers may have additional questions not answered in the general texts. That is why I have added several appendices at the end of the book – to answer more obscure questions and concerns. Here you will find a frequently asked question section as
well as listing of product recommendations, a glossary of important terms and a series of links and resources to turn to for more help.

Maybe you have suffered with bacterial vaginosis for years and have tried every offer of help you could find, to no avail. So why should you trust my protocol? Because I’m not a doctor … or a scientist. I am a BV sufferer just like you. I have experienced the same horrifying symptoms as you have and I have been embarrassed by them. I have sat in a meeting at work, struggling not to let on to everyone else in the room that my vagina was on fire, burning and itching to the point where I couldn’t sit still. I have been on a date only to realize that I smelled “fishy” and had to excuse myself before my date noticed. I have been where you are and I was tired of being embarrassed and of worrying that my BV would return at just the moments I feared most. That is why I took my healing into my own hands and started looking for an answer – a real answer.

**My Story**

Like most women, I had never heard of bacterial vaginosis until I learned I had fallen victim to the disorder. What began as a brief stint with what I thought was a basic Yeast Infection turned into years of suffering with recurrent episodes of bacterial vaginosis (BV).
The first indication that anything was out of the ordinary was a slight discharge from my vagina that seemed to worsen over the course of a few days. I also began experiencing a burning and itching in my genital area that was becoming unbearable. A trip to the local pharmacy for some vaginal cream seemed to help, but my symptoms did not completely go away. Then they suddenly got worse. As the burning intensified I called my doctor who said I likely suffered with a Urinary Tract Infection (UTI) and not the yeast infection I had surmised I had. He prescribed an antibiotic to help ease my discomfort. The treatment seemed to work and I forgot all about the incidence – until a few weeks later when it happened again.

Since I had just finished my monthly cycle, I figured the bleeding had irritated the skin and used some soothing creams to help ease my discomfort. Again, my symptoms continued, worsening by the day. Worse yet the pain was becoming excruciating when I peed. Another call to my doctor, only this time he wanted a urine test to make sure it was a repeat of that nasty urinary tract infection I was dealing with. His office called two days later to say that the results were negative and I had to come right in for an exam.

I'll be honest when I say that a gynecological exam is not my favorite activity, and having one when you are already feeling the itching and burning down there is even worse. My doctor was quick to diagnose bacterial vaginosis, or what he described as a “simple bacterial infection” that should go away in a few days with treatment. He then prescribed a new antibiotic and some ointment to help ease my discomfort.
And it did. Within a few days my symptoms were gone and I was living normally once again.

Like most women, my symptoms disappeared for a while and I forgot all about the episodes. Then, while getting ready for date one night I noticed an off “fishy smell.” Not sure what was causing it, I took a shower and used some deodorant spray and went on my date. It wasn't until things were getting a little heavy in his apartment that I began to notice that strange odor again. I excused myself, went to the bathroom and noticed a heavy grayish discharge on my panties. But that wasn't the worst of it – when I stripped off my panties the worst smell emitted from my private parts. “Oh no!” I thought. “I can't continue this date smelling like that.”

I rushed from the bathroom making some lame excuse about not feeling well and went home. The next morning that old stingy and burning sensation was back, along with some really gross discharge. I called my doctor – again. This time he told me that bacterial vaginosis can become a chronic problem for some reason. Since no one knew exactly what caused it, he offered a few tips:

1. stop douching
2. avoid bubble baths using scented oils and soaps
3. avoid multiple sex partners
4. don’t use vaginal cleansers
5. stop smoking
6. avoid strong detergents for washing your underwear

7. remove my IUD

Again he prescribed antibiotics and then made an appointment for me to have my IUD removed, hoping that that would help stop these repeated infections. Sounded simple enough. It wasn’t. No one warned me that when you have bacterial vaginosis any type of surgical procedure (like getting or removing an IUD) can make you more susceptible to contracting other infections; even infections as serious as like pelvic inflammatory disease (PID). Unfortunately for me that is exactly what happened. For weeks after this simple procedure I was in excruciating pain and wondered if the PID would ultimately impact my ability to conceive when I was ready for a family.

Finally, all my symptoms were gone and I began living a normal life again. With the IUD gone it was time for me to find a new form of birth control. I asked my partner to use a condom, but when I began experiencing pain in my vagina upon penetration, we decided that maybe that was aggravating my condition so I switched to the pill. That didn’t work either. The high estrogen levels the pill caused also seemed to increase my BV symptoms.

I spent my days in an endless cycle of itching and burning and an endless cycle of trying to come up with yet another excuse for avoiding my boyfriend’s advances.
Between the uncomfortable feeling, the discharge and the foul odor, I felt anything but sexy -- and anything but desirable.

As I continued to pull away from an intimate relationship, my boyfriend became even more frustrated with the situation. He ended the relationship and I was left alone and uncomfortable. The good news is that between the release of the stress the situation was causing with my partner and the absence of any sexual contact, my BV seemed to be getting better – and it stayed better until I met my husband.

Beginning a new relationship is always exhilarating, and free from the symptoms of BV for months, I entered into this new relationship with abandon. Until one evening when my new partner mentioned an odd odor. Oh no, I thought. Not again. Within days all of my symptoms were back.

Worse yet, the prolonged doses of antibiotics were beginning to take their toll. I began experiencing bouts of extreme fatigue, which were later diagnosed as a Vitamin B deficiency caused by taking too many antibiotics. Then there were the attacks of yeast, causing even more uncomfortable symptoms. Still, the doctor insisted that antibiotics were my only chance at getting rid of the BV.

My new partner was very understanding through it all, and encouraged me to keep trying to get well. We managed to figure out times to be intimate that was comfortable for both of us. Despite it all our relationship thrived. A year later we
married. It wasn’t long before we decided to start a family. Life was good and despite recurrent episodes of BV everything was fine.

I got pregnant right away, but disaster struck when I had a miscarriage a few weeks later. It was my new OB/GYN that explained to us that chronic bacterial vaginosis can put some women at a higher risk of miscarriage. Could that have been the cause? To be safe, she put me on a new treatment regimen to control my BV and I became pregnant again shortly afterward.

That pregnancy seemed to be going just fine when I began experiencing an increase in my BV symptoms during my 30th week of pregnancy. At 35 weeks my water broke and I went into premature labor. This time I learned that yes indeed, my bacterial vaginosis was playing havoc with my body and had put my baby at risk for an early delivery.

Although all was well and the baby was born perfectly healthy, I decided at that moment that I had had enough. Whatever was causing these repeated episodes of BV had to be stopped. I was not going to risk my health; my relationship; or any future pregnancies because of this toxic bacterial overload in my vagina. I was going to find an answer – and a cure.

I spent the next few months enjoying my new baby and scouring the internet for answers. I researched bacterial vaginosis and looked for studies and research
reports from all over the world. Then I began looking into a variety of homeopathic remedies and all natural cures.

It didn’t take long to begin seeing links between the foods we eat; the toxins our bodies are being attacked by in our environment; the vitamins and minerals we are deficient in; and even the lifestyle choices we make. Bacterial vaginosis may be caused by a bacterium, but there were reasons why this bacterium grows out of control in some women (and not in others). If I could figure out how to stop the bacteria in the first place, I could figure out how to reverse BV without dangerous drugs and their side effects.

It took me several more months of painstaking research ad some trial and error using myself as a guinea pig trying out a variety of treatment options. Eventually though I seemed to have stumbled across the right mix of remedies to develop the plan that helped me reverse my bacterial vaginosis and live a BV free life. It has been years since I have had an attack and can honestly say that my BV is gone for good!

After devising my simple attack plan I offered this healing protocol to some new web friends I had met during my BV research stage. They tried it and the results were astounding. Within weeks I was getting emails, texts and phone calls from women all over the world who were experiencing the same kind of relief I had
experienced. They all encouraged me to write a book – this book – explaining how
the healing plan worked.

“You can't keep this a secret,” wrote one desperate woman. “BV has ruined my life. I
can’t keep a partner; I have had several miscarriages and I am just miserable. Your
healing plan changed all that. For the first time in my life I can live a normal life free
from BV attacks. Please tell everyone what you have learned!”

I took her advice and the result: *Bacterial Vaginosis No More*; a holistic treatment
plan for BV sufferers. I never intended to become an expert on bacterial vaginosis
or to become a spokesperson for its reversal. Life experience put me in this
position, but that does not mean that I am not qualified to help you – I am. My
program can – and will – help you get your BV under control.

Ready to learn how to live a BV free life? Great! It’s time to get started on your road
to recovery ...
Chapter Two:
Everything You Wanted (and Didn’t Want) To Know About Bacterial Vaginosis

When a bad bacterium attacks your body, all sorts of symptoms can occur. You can become lethargic; get a fever; experience all sorts of aches and pains. But, when a bad bacterium overtakes your vagina, more annoying symptoms may occur like a thin and watery discharge; pain; extreme itchiness; burning; and a strong fish-like odor. Unable to be ignored, these signs of a bacteria overload in the vagina can turn your life upside down as you try to get through your day (and nights) without anyone taking notice of your squirming; bathroom runs for quick relief; and yes, that icky smell penetrating from your pants.

Bacterial vaginosis is no fun. Sure, it won’t kill you, but it can kill your sex life -- and make you unbearably uncomfortable. The sudden onset of symptoms may leave many sufferers wondering “what the heck is going on down there?”

What Is Bacterial Vaginosis?

One of the most common ailments that send women to the doctor, bacterial vaginosis affects between 10-40% of all women. Unlike other infections, BV is not
caused by a specific organism or virus, but rather, a change in the pH level of the vagina.

A healthy vagina contains both good and bad bacteria. This can include a variety of bacteria species. The trick to staying healthy and averting vaginosis is keeping the good bacteria in a more abundant supply than the bad bacteria. Research shows that women with 90% genus lactobacillus (good bacteria) in their vagina rarely suffer with bouts of vaginosis.

There are several reasons for this. For one, lactobacillus bacteria produces a natural disinfectant which helps to kill off bad bacteria. It also produces lactic acid in the vagina, which helps to create a more acidic environment, which also helps to keep the reproduction of bad bacteria to a minimum.

Sometimes, though, the bad bacteria (called anaerobic bacteria) and an organism called Gardnerella begin to grow too much. If the good bacteria found in the vagina can not overtake it, the bad bacteria continue to grow, causing all sorts of the symptoms you are probably now experiencing.

**Types of Vaginosis**

In its most general term, vaginosis is considered inflammation of the mucous membranes in the lining of the vagina. This can be caused by either a bacteria or an
infection. As is the case with most medical maladies, there are several different types of vaginosis that fall under two main type heads:

1. **Bacterial Vaginosis**: or an inflammation of the vagina caused by an overgrowth of bacteria or fungus in the vaginal area.

2. **Infectious Vaginosis**: an inflammation of the vagina caused by a sexually transmitted disease such as Trichomoniasis or gonococci. When vaginosis is caused by an STD, the infection needs to be taken care of before the vaginosis symptoms can be treated and cured.

Within these two types of vaginosis are subcategories of the disease which include:

- **Ordinary Vaginosis**: this is the most common type of BV and can usually be relieved with the kind of diet and lifestyle changes outlined in my holistic healing plan.

- **Atrophic Vaginosis (AV)**: usually found in post menopausal women who have had hysterectomies, this disorder is caused by adhesions that make the woman more susceptible to infections. The most common sign of AV is a think watery discharge streaked with blood.
What Really Causes Bacterial Vaginosis?

Bacterial vaginosis is extremely common, with statistics showing that one in every five women battle the disease (and its outbreaks) on a regular basis. Although no one knows exactly what causes the bad bacteria in the vagina to begin overproducing, inciting BV symptoms, researchers have found several factors that contribute to the affliction:

- **A bacterial or fungal infection:** any type of infection such as a yeast infection can disturb the natural Ph level of the vagina, setting you up for a bacterial vaginosis outbreak.

- **Vitamin D deficiency:** The New York Times reported in 2009 that scientists have discovered a distinct link between low vitamin D levels and an increase in BV symptoms. According to the research, women with vitamin D levels below 37 hare 50% more likely to develop bacterial vaginosis.

- **Excessive douching:** douching more than one a month can cause a change in the vagina's pH level and this can allow bad bacteria to grow more abundantly.

- **Deodorant sprays & vaginal cleaners & scented hygiene products:** can all irritate the vaginal area, cause a change in the vagina’s natural balance and cause all sorts of infections including BV.

- **Smoking:** smoking not only inhibits your immune system but it can actually kill good bacteria in the body, allowing bad bacteria to grow.
• Birth control: any type of birth control that increases estrogen levels can change the way the body works. While birth control pills and shots should not be avoided altogether, precautions should be made to ensure that they do not increase your chances of developing BV or some other type of infection (more on this later in the book). Intrauterine Devices (IUD) put you at a greater risk of reproductive infections and should be used with caution.

• Environmental toxins: we are bombarded with environmental toxins everyday. Too much exposure can weaken the immune system and allow infections like BV to take hold in the body.

• Poor diet: the body needs a certain amount of nutrients in order to work properly. When your diet is void of these vitamins and minerals, the immune system may not be able to keep bacteria and fungus from over producing, causing the symptoms associated with BV.

• Tight non porous clothing: wearing clothing that does not allow the vagina “to breathe” can cause sweat and bacteria to build up. With no escape, these bacteria will begin to grow in the vaginal area.

• Pregnancy: the changes in the body due to hormone fluctuations can allow BV causing bacteria to grow.

• Diabetes: when the body is fighting diabetes, it often fails to work as efficiently as it should, allowing bacteria and fungus to grow.

• Antibiotic use: antibiotics are known for their bacteria killing abilities. The problem is that antibiotics kill all bacteria (both good and bad). This can
leave your vagina without the good bacteria protection it needs to fight off BV.

- Multiple sexual partners: although not considered an STD, bacterial vaginosis does seem to be more prevalent in women with multiple sexual partners.

- E Coli: when spread to the vagina, e-coli can cause BV. One of the best precautions for this is to wipe from the front to the back after each bowel movement.

- Bubble or scented baths: you might think they make you smell nice, but perfumed and bubble baths often contain harsh ingredients that can strip the vagina of its natural BV fighting elements.

**Who’s Most at Risk for Developing Bacterial Vaginosis?**

Bacterial Vaginosis can strike any woman at any time. Still, there are some factors that can put you at a higher risk of contracting the disease. Here are just some of the factors that can make you more susceptible to BV attacks:

**Hormonal Changes**

Hormonal changes have been linked to increased BV symptoms. One reason may be that hormones help to stabilize the vaginal environment and when hormones go haywire, the natural environment that usually keeps bacteria
levels stable are disrupted. Some of the hormonal culprits to be aware of include:

- Abnormal estrogen levels: when estrogen levels get too low, the vaginal lining begins to thin (this can increase bacterial growth); while higher than normal estrogen levels can create an ideal breeding ground for bacteria and fungus. Be careful when using any sort of oral broth control since they tend to cause hormone fluctuations that could put you at risk for BV.
- Menstruation: hormone levels rise and fall with a woman’s cycle. If you notice your BV symptoms increasing during certain times of the month, then hormones may be the culprit. Be sure to discuss this with your doctor.
- Pregnancy: as many as 30% of pregnant women develop BV
- Stress: often causing hormones to fluctuate, stress can cause all sorts of medical conditions including BV.

**Lupus**

Systemic Lupus Erythromatosis (Lupus SLE) is a disease of the immune system which puts its victims at a higher risk of contracting all sorts of infections; including bacterial vaginosis.

**Low Vitamin D**

No one knows why women with lower than normal vitamin D levels suffer with BV more often than women with normal levels of Vitamin D, but research shows that those with a Vitamin D level below 37 have a 50% greater chance of
developing BV. While normal vitamin D levels are considered to be between 30-100, most researchers have found that levels above 40 are best for beating vaginosis.

**IUD**

Anytime a foreign body is placed into the body, infections may increase. This seems to be the case for some women who have an IUD. In the event you develop vaginosis after having an IUD inserted, taking it out can sometimes break the bacterial infection pattern and return your vagina to its pervious healthy environment.

**Surgery**

Any type of surgical trauma (from a hysterectomy, abortion, etc) can disrupt the normal vaginal environment, increasing the chances of developing bacterial vaginosis.

**Race**

Race does seem to play a part in who develops bacterial vaginosis. African American women seem to be at the greatest risk of developing bacterial vaginosis (23%), while Asians are the least affected (5%). About 9% of white women suffer with the disorder and 16% of Hispanics.
**Genetics**

Not considered a genetic disease, bacterial vaginosis is caused by bacteria. Still, researchers have found a link between genes involved in inflammation and infection, and an increase of the disorder in some patients. So, if you notice that BV seems to “run in the family” it may not be because you inherited BV as much as you inherited a gene that predisposes you to contracting certain infections.

**Diabetes**

Suffering with diabetes does put you at a higher risk of contracting bacterial vaginosis. Most doctors agree it is not because of the diabetes, but because of the medications that must be taken to control the diabetes.

**Promiscuousness**

No one knows why, but women who have multiple sex partners tend to suffer with BV more often than women who are either monogamous or who rarely change sexual partners. While the bacterium that causes BV can be transmitted from person to person, changing sexual partners seems to kick-start the production of those bacteria in some women.

**STD’s**

Although not considered a sexually transmitted disease or sexually transmitted infection (STI), bacterial vaginosis is more prone in women suffering with other STD’s and STI’s.
**Chronic Antibiotic Use**

Using antibiotics on a regular basis for other ailments can disrupt the normal Ph level in the vagina, putting you at a higher risk for developing bacterial vaginosis.

**Is Bacterial Vaginosis Hereditary?**

While bacterial vaginosis is NOT hereditary (it is caused by an overgrowth of bad bacteria in the vagina), there are hereditary factors that may make you more susceptible to the infection. In a study presented in 2010 by the Society for Maternal-Fetal Medicine (SMFM), researchers showed that genetic variations within genes that regulate the maternal inflammatory response are associated with an increase in bacterial vaginosis outbreaks during pregnancy.

Similar studies have shown that other genetic factors may also predispose some women to developing the BV infections compared to women who do not carry the same inflammatory genes.

While no distinct link has been made, researchers do believe that there are strong genetic factors that indicate a predisposition to BV. More research is underway.
How the Immune System Affects Bacterial Vaginosis

The immune system is an amazing bodily system. It is always on guard to help protect the body from invading organisms such as bacteria, viruses, funguses and more.

Whenever the body’s cells alert the immune system to a possible attack, it sends out fighter cells to attach themselves to the invaders, thus rendering them helpless. Without a fast-acting and efficient immune system, the body is left unprotected against a myriad of illness and infections.

This is exactly why the immune system is such an integral part in keeping the vagina safe from bacteria that can cause vaginosis. If anything (like stress or poor nutrition) breaks down the immune system, it is left unable to help keep the vaginal balance intact and bacteria are allowed to grow. Once the bad bacteria overpower the good bacteria in the region, vaginosis occurs. Left unchecked, these episodes of vaginosis symptoms will become more and more often, and continue to worsen.

Build up the immune system and the body can begin to fight off the attack, strengthening the vagina and keeping it clear from ongoing attacks. Simply put,
a strong immune system is your best protection against bacterial vaginosis and is the best medicine you can use to fight it.

Unable to fight off a strong immune system, the bacterium that causes vaginosis can be eradicated, giving the BV victim relief. We will discuss in chapter five exactly how to use your immune system response to fight off bacterial vaginosis as well as how to strengthen your immune system so it can become an efficient fighting machine once again. For now, it is important to simply understand the important role your immune system plays in keeping you healthy – and BV free.

The Complications that Bacterial Vaginosis Can Cause

When your doctor first diagnoses you with chronic bacterial vaginosis he will probably explain to you that it is not a serious condition (just a nuisance) and you have nothing to worry about. This is not exactly the truth. While bacterial vaginosis is not life threatening, it can affect your health and wellbeing, putting you at risk of other infections and medical problems.

Some of the risks that have been linked to bacterial vaginosis that you need to be aware of include:
Pregnancy Problems

Bacterial vaginosis can make your dreams of having a baby a nightmare. In some cases BV can infiltrate the uterus (womb) and fallopian tubes (egg canals), causing a secondary infection called pelvic inflammatory disease. This can damage the fallopian tubes, making it much more difficult to conceive; or it can cause an ectopic pregnancy. When an ectopic pregnancy occurs the fetus begins to develop outside of the womb making the pregnancy a life threatening situation for the mother. Of course the fetus can not survive under these conditions.

Miscarriage and premature birth are real concerns when bacterial vaginosis is present. In most cases miscarriages caused by BV happen in the later stages of pregnancy. Stillbirth is also a concern. For those babies that do survive such an early delivery, lung issues and low birth weight are the primary cause for concern.

Among some of the other pregnancy complications that can be caused by bacterial vaginosis are:

- Infertility: when the fallopian tubes are clogged by the infection, it makes it impossible for the egg to be fertilized.
• **Amniotic Sac Rupture**: any type of infection in the uterus (including BV) can cause the amniotic sac to rupture. This can be dangerous to the fetus, causing premature birth or stillbirth.

• **Chorioamnionitis**: a condition which makes the membranes surrounding the fetus to expand and swell. This can cause preterm labor and cerebral palsy.

• **Postpartum Endometriosis**: once your baby is born, BV can cause the lining of the uterus to become inflamed, resulting in more shedding and increased bleeding.

---

**An Increase in Post Surgery Infection**

Infection is the #1 danger after any surgery. If your body is already fighting bacterial vaginosis, the chances of you contracting a more serious infection at your surgical site increase. Although there is a risk of post surgery infection from any type of surgical procedure, the most common are female related surgeries like hysterectomies, IUD insertion or removal and abortion.
**Weakened Immune System**

Anytime your body is fighting an infection (even a small one) your entire immune system is weakened. While it fights off the infection (like BV), your blood count is lowered, decreasing your body's overall defenses.

**An Increase in STD Susceptibility**

Bacterial vaginosis is not a sexually transmitted disease, but it can make you more susceptible to contracting one, including HIV, which causes AIDS.

**Psychosexual Symptoms**

Although bacterial vaginosis itself does not cause any real sexual problems, many women have reported psychosexual symptoms while suffering with the disease. A lack of libido, anxiety and fear of sex due to the fact that pelvic pain may occur during penetration or that sexual contact may cause an outbreak of BV, are real concerns for women suffering with this chronic condition.

**Antibiotic Resistance**

Sustained antibiotic use can cause all sorts of problems, including antibiotic resistance. Since antibiotics are usually the first course of action in treating BV,
women have to be especially careful that they are not relying solely on this

**Vitamin and Mineral Depletion**

Bacterial vaginosis can sap your vitamin B and folic acid reserve, causing you to
feel sluggish and tired all of the time. A loss of folic acid can be a real concern for
women who may be trying to get (or do get) pregnant, since low levels of folic
acid have been linked to significant neurological birth defects.

Now that you have a better idea of what bacterial vaginosis; how you got it; and
what this means for the rest of your life, let’s discuss the procedures necessary
to ensure that your BV diagnosis is correct.
Chapter Three: 
Diagnosing and Evaluating Bacterial Vaginosis

We are going to talk a lot about treating bacterial vaginosis, in the pages to come. But, before we can begin to outline a systematic plan of attack for reversing your BV, you must first find out if bacterial vaginosis is indeed the culprit for your distress.

Bacterial vaginosis is a very common ailment, with some studies reporting as many as 1 in 5 women suffering with the infection sometime during their adult life. For many of these women, repeat attacks are inevitable.

The fact that BV is so common can sometimes lead doctors to prematurely diagnosis the condition, when indeed the patient may be suffering with another type of vaginal infection.
The Signs and Symptoms to Watch Out For

Not every woman shows classic signs of bacterial vaginosis. Studies have shown that as many as 50% of sufferers show few – if any – real sign of the disease. For those who do exhibit symptoms, bacterial vaginosis can present itself in some unique ways, with symptoms such as:

- **Vaginal discharge:** every woman experiences an increase in her vaginal discharge during certain times of her cycle. But when that thin watery discharge turns into a gray-white discharge that seems to seep out in a large amount all of the time (sometimes requiring you to change your underwear or wear protective linings), then BV may be the cause. Most sufferers also report a slimy feeling like they cannot get clean due to the excessive discharge.

- **A Foul Smelling Fishy Odor:** one of the most distinct signs of BV is its foul fish-like odor that seems to permeate from your vagina. The odor tends to get worse after sex and during your period when BV is to blame. Although typical fish odor is most often reported, some women say they smell odors more like onion, chemicals, metallic, bleach and even smoke when suffering with a bacterial vaginosis outbreak.

- **Pain:** painful penetration during sex and on and off again vulvar pain (which can be extreme) are also signs of bacterial vaginosis.

- **Severe Itching:** although vaginal itching can be a sign of other infections, almost all BV patients report some degree of itching during an attack.
• **Chronic Yeast and Urinary tract Infections:** whether BV is caused by these other infections or the other way around is unclear, the fact remains that women who suffer with any of these chronic conditions, usually suffer with the others too.

• **Vitamin B Deficiency:** anytime the body fights an infection, it uses up its stores of vitamin B levels. This drop is due to the way vitamin B helps the body process energy (which is needed when the immune system must fight a chronic infection).

### Symptoms Checklist

Still not certain that bacterial vaginosis is the cause of your distress? Check and see how many of these common symptoms you have:

- vaginal discharge (in cases of BV, an increase in a white or gray discharge is most common – thick cottage cheese like discharge may indicate another type of infection).
- Vaginal odor: an increase in foul vaginal odor that resembles fish
- Extreme itchiness
- Pain during sex
- Vulvar pain
- chronic yeast infections
- chronic urinary tract infections
- Tiredness and fatigue
- Foggy thinking
- A slimy feeling

**Self-Test**

If you checked off more than half of the symptoms above, take this self-test to see if you may be suffering with bacterial vaginosis. Answer yes or no to the following:

1. *Have other women in my family have suffered with bacterial vaginosis in the past?*

   Although bacterial vaginosis itself is not hereditary, there are specific genes which may make you more susceptible to contracting it – and those genes do run in families.

2. *Do I often suffer with severe vaginal itching and a lot of discharge?*

   Every woman experiencing bouts of excessive vaginal discharge and some itching, but it is unusual for these symptoms to become excessive or chronic in nature.

3. *Do I often feel tired, cranky and foggy?*
Battling chronic episodes of bacterial vaginosis can strip your body of important vitamin B reserves and this can leave you feeling overly tired, foggy and sometimes even cranky.

4. *Does it hurt when I have sex?*

Bacterial vaginosis tends to inflame this sensitive area, which may cause vulva pain and vaginal pain upon penetration.

5. *Do I sometimes experience oral to genital sex?*

Enjoying oral sex can sometimes leave bacteria in the genital areas, leading to BV.

6. *Is my sexual partner female?*

It is more common for female sex partners to pass the BV bacteria to one another.

7. *Do I sometimes notice a distinct fishy smell emanating from my vagina?*

This foul smelling odor is a telltale sign of bacterial vaginosis.

8. *Is it hard to get that “clean” feeling?*

Excessive discharge that clings to the lining of the vagina can leave you feeling unclean.
9. **Have I had more than one miscarriage without any real reason why?**

Several unexplained miscarriages may be the result of undiagnosed BV.

10. **Am I finding it difficult to get pregnant?**

In more severe cases, bacterial vaginosis can infiltrate the uterus and the fallopian tubes, causing inflammation and blockages that can impede a pregnancy.

11. **Have I had any of the following pregnancy complications: miscarriage; preterm labor; stillbirth; ectopic pregnancy?**

Although not the only reasons why women lose pregnancies, bacterial vaginosis does make these pregnancy complications more common.

12. **Do I have lupus?**

This anti-immunity disease can make you much more susceptible to contracting BV.

13. **Do I suffer with any type of STD or STI?**

Anytime you suffer with an STD or STI you are more likely to succumb to a reproductive infections such as BV.

14. **Am I HIV positive?**
HIV makes patients much more susceptible to contracting any sort of infection, including BV.

15. **Do I suffer with either high or low estrogen levels?**

Abnormal hormone levels (especially when it comes to estrogen) changes the natural balance of the vagina, which can make it hard to fight off the bacteria that causes BV.

16. **Am I African American or Hispanic?**

No one knows why, but African American and Hispanic women are much more likely to contract BV than their white and Asian counterparts.

17. **Do I douche more than once a month?**

Douching severely disrupts the natural balance of the vagina, stripping away good bacteria and allowing bad bacteria the chance to grow.

18. **Do I take a lot of bubble baths?**

Anytime you use or soak in perfumed bath oils, soaps, etc. you change the pH level of the vagina, which can irritate the vagina and cause BV.

19. **Am I pregnant?**
Pregnancy increases a woman’s chance of contracting BV due to fluctuating hormones. It has been estimated that 16% of pregnant women fight bacterial vaginosis during their pregnancy.

20. Do I have diabetes?
Diabetes may cause BV, but the medications used to control it does seem to increase a woman’s chance of contracting the infections.

21. Do I wear a lot of tight fitting pants?
Wearing non porous and tight fitting underwear and pants can create a ripe environment for bacteria growth.

22. Do I take oral contraceptives?
Oral contraceptives change the hormone levels, which can cause BV.

23. Have I been prescribed antibiotics more than three or four times this year?
Antibiotics don’t just kill off the bad bacteria making you sick; they also kill off the good bacteria that works to keep you well. Taking too many antibiotics too often can leave you defenseless against certain infections such as BV.

24. Do I use a lot of deodorant sprays or powders in my vaginal area?
The chemicals used in these deodorants, sprays and powders all change the pH level of the vagina, giving the bad bacteria of BV a chance to thrive.

25. Do I have multiple sex partners?

Although not sexually transmitted disease, BV does tend to show up more in women with multiple sexual partners.

If you answered yes to at least half of these questions, then it is time to talk to your doctor about bacterial vaginosis.

Diagnosing Bacterial Vaginosis

In the vast number of cases, bacterial vaginosis is diagnosed simply by a physical exam and a review of a patient’s symptoms. While this may not be the most effective way to diagnosis any disease, it is certainly acceptable if this is your first and only case of BV. But, if your symptoms return with repeated outbreaks, it may be time to have a clear diagnosis made to ensure that BV is really what is causing your symptoms.

The Health History

As is the case whenever you enter a doctor’s office with a complaint, the first thing they will do is take a complete health history. This is usually done by the nurse. Be sure to tell the nurse all of your symptoms and explain how long you have had them
and if this is a repeat attack. Be clear and honest about your health and lifestyle history. In many cases when a vaginal infection is expected, questions about your sex life will be asked. Don’t shy away from these, even if they are embarrassing. You answers can offer important clues as to what is wrong.

The Physical Exam

Next, the doctor will likely do a complete physical exam. This should include a check of your heart, lungs, blood pressure, ears, throat, and more. Finally, a good check of the vaginal area is completed. This may include a complete internal pelvic exam, especially if the doctor suspects another cause for your symptoms or is concerned that the BV has travelled to the uterus or other internal female organs.

During this physical exam, the doctor will be looking for inflammation, irritation and an unusual discharge from the vagina. These are all signs of bacterial vaginosis.

Common Tests for Bacterial Vaginosis

Of course a definitive diagnosis cannot be made without a few tests. Since many vaginal infections share the same kinds of symptoms, it may be difficult for your doctor to definite diagnosis bacterial vaginosis without some of the tests explained below:
**The Whiff Test:** no, your doctor isn’t going to smell your vagina. This test does involve taking a sample of your vaginal discharge and dropping a solution of potassium hydroxide solution on it to see if a strong fishy odor is present.

**The Wet Mount:** looking at a sample of your vaginal discharge mixed with a saline salt solution under a microscope can show the presence of CLUE Cells, a type of bacterial cell that indicates bacterial vaginosis.

**Culture:** taking a culture of your vaginal discharge may show signs of an overgrowth of Gardnerella vaginalis, which is indicative of bacterial vaginosis.

**Vaginal PH Level:** Normal vaginal pH levels range from 3.8 to 4.5. When levels exceed 4.5 it is usually a sign of bad bacterial overgrowth which causes BV.

**Oligonucleotide Probes:** A very accurate way to detect the genetic material of BV, this test is not used routinely since it is not available in most laboratories.

**The Gram Stain Test:** This is a simple test that squirts a certain dye on a sample of vaginal discharge. When viewed under a microscope, the sample will either turn pink (gram negative) or pink (gram positive). In the event the sample turns more pink than people the odds are good that BV is present in the vagina.
What Vaginal Testing Is Like

Testing for bacterial vaginosis feels much like having a standard pelvic or internal exam. A speculum is sued to exam the cervix more closely and then samples of the discharge are collected using a swab. Although your discomfort should be minimal, if you are extremely irritated, you could experience a bit of pain and some minor bleeding afterward.

To ensure that the test results are accurate be sure to follow these simple tips before seeing your doctor:

- avoid douching for at least 24 before your exam
- avoid sex for at least 24 hours before your exam
- avoid testing for BV during your period
- do not use any vaginal washes or creams for 24 hours before your exam
- do not use tampons prior to BV testing

What Your Test Results Mean

If your doctor reports finding a grayish white discharge in your vagina that looks shiny with small bubbles, he will likely do more comprehensive testing to diagnosis bacterial vaginosis. Some of the things that may cause a positive BV test result includes:
• a pH level higher than 4.5
• a positive fish odor
• a large number of CLUE cells found
• a lack of long rod-shaped bacteria (lactobacilli) in the sample

Other Medical Disorders That May Resemble Bacterial Vaginosis

While it may seem simple to diagnosis bacterial vaginosis, there are other medical conditions that may resemble it, making an incorrect diagnosis without proper testing common. Here are just a few of the things that you and your doctor should consider when diagnosis bacterial vaginosis:

Candida Albicans (Yeats Infection)

Nearly every woman has had a yeast infection come time during her adult life. Caused by an overgrowth of the fungus Candida Albicans, this type of infection is so common because the yeast causing it is normally found in the vulva and vagina.

When stressed, you eat poorly, use too many antibiotics, steroids, experience hormone fluctuations or have an ineffective immune system the fungus can grow. When the body can no longer keep up and the yeast takes over. This causes all sorts of symptoms like an intense itching, burning, soreness, dryness and a thick cottage
cheese like discharge from the vagina. Yeats infections can be difficult to eradicate and often come back with repeat episodes, making them easy to confuse with bacterial vaginosis.

Trichomonas Vaginosis

Caused by a tiny parasite that lives in the vagina, TV is most often contracted during sexual intercourse and can mimic the signs of both bacterial vaginosis and a yeast infection. Here are some of the telltale signs of Trichomonas:

- an offensive smelling odor
- a yellowish/green discharge (may appear bubbly)
- severe itching of the vagina and perineum
- burning sensation when urinating
- symptoms of cystitis (if the bladder is affected)

Sexually Transmitted Diseases and Infections

Many STD’s and STI’s like gonorrhea, herpes, Chlamydia and syphilis may be confused with BV in their early stages. Since itching and burning are common complaint of each, it is important that your doctor rules out an STD before treating you for chronic bacterial vaginosis.

Figuring out whether or not you have bacterial vaginosis is not always an easy task. Some women exhibit little if any symptoms, while other women report their
uncomfortableness to their doctors, but may not get a full and correct diagnosis right away.

Once a clear diagnosis is made, your doctor will begin you on a treatment regimen designed to get rid of your symptoms. The problem with many conventional treatment plans is the fact that they often just mask the symptoms you are experiencing, without ever really tackling the cause of your repeat BV episodes. In the next chapter, we will discuss the most common BV treatments used today and why they may or may not work – and how they may affect your overall health.
Chapter Four:
Antibiotics & Other Conventional Treatments for Bacterial Vaginosis and How They May Affect Your Health

Just because your doctor writes you a prescription for a medication to help relieve your bacterial vaginosis symptoms does not mean that is the best course of action. All-too-often, women simply accept these prescriptions without ever questioning what the medication may do to help – or hurt – their infection and their bodies.
Treating Bacterial Vaginosis with Antibiotics

Antibiotics are one of the most common ways to treat bacterial vaginosis. They work by either killing the bacteria or interrupting its lifecycle, rendering it unable to reproduce. Although statistics show that antibiotics can work to get rid of a bacterial vaginosis infection about 90% of the time, of that high percentage, more than a quarter of those sufferers experience a repeat infection within 4-6 weeks. Still, antibiotics remain the main course of treatment for this disease.

Types of Antibiotics Used in Treating Bacterial Vaginosis

There are several different types of antibiotics used in treating bacterial vaginosis: Metronidazole, Clindamycin and Tinidazole.

Metronidazole is usually taken as an oral medication twice a day for one week (seven consecutive days). Some doctors prefer to prescribe an external gel which is applied to the vaginal area once a day for five days.

Clindamycin, is a much stronger antibiotic and is usually only given when BV returns after repeated course of action with Metronidazole. The best and safest way to take this medication is in a cream form, applied to the vagina one time each day for a week. Suppositories are also available.
Tinidazole is the strongest of three medications offered for treating bacterial vaginosis and is usually given in a one dose pill form. It is usually reserved for use when the other medications fail to clear the system of the BV infection.

**Why Antibiotics Don’t Always Work**

Using oral antibiotics for treating BV may be effective in some patients, but all-too-often, women who suffer with this chronic condition report that the medications only offer temporary relief. Why? Because they interfere with the life cycle of the bacteria causing your systems but rarely kill it completely off. Even if it does, unless you tackle the reasons why that bad bacterium is growing in your vaginal area, it will return. Antibiotics can only kill off the bacteria that exist there now. It can not prevent future growth—and BV attacks.

Another reason why antibiotics often fail to fix the problem is that more and more bacteria are becoming resistant to them. For decades, people have been prescribed antibiotics when they really didn’t need them; or they failed to take their entire prescription as prescribed, and that allowed certain bacteria to hibernate in the body, growing stronger against the antibiotics attack. Now, many bacteria simply are not threatened by antibiotics, and this can be dangerous.
“Antibiotic: A drug used to treat infections caused by bacteria and other microorganisms. Originally, an antibiotic was a substance produced by one microorganism that selectively inhibits the growth of another.”

**Anti-infective Medications**

Offered by prescription only, anti-infectives include such medications as Acid Jelly, Clindacin, Clindesse and Sulfrane. Usually given in cream or gel form, these medications are used on the affected area to kill the bacteria causing the discomfort.

“Anti-infective: Something capable of acting against infection, by inhibiting the spread of an infectious agent or by killing the infectious agent outright. Anti-infective is a general term that encompasses antibacterials, antibiotics, antifungals, antiprotozoans and antivirals.”

**Antibacterial Medication**

Antibacterial medications such as triple sulfate are often prescribed in tablet or cream form to be inserted in the vagina. They work by killing off the fungus and bacteria causing the symptoms.
Over-the Counter Creams and Douches

One trip down the pharmaceutical aisle of your local drugstore and you will find a myriad of creams, lotions, gels and douches advertised to treat and cure bacterial vaginosis. Some of these creams can help to relieve the itch and burning caused by the bacteria, but few actually work to destroy the bacteria causing those symptoms. There are some exceptions though. They include:

Betadine feminine wash: this over the counter remedy is known to kill germs, inhibit fungal growth and reduce swelling and soreness.

Boric Acid Douches: while douching is generally not considered a good way to treat BV, using boric acid has shown some good results. The reason is because it is an acid-based douche which may help to increase the acid in the vagina which helps the body naturally kill off the bad bacteria causing the BV symptoms.

The Side Effects You Need To Be Aware Of

Every medication offers its own set of side effects, but when dealing with the prescription and over the counter therapies used to treat bacterial vaginosis, it is especially important to know what dangers you may encounter.
Antibiotics

Treating bacterial vaginosis with antibiotics can offer a myriad of side effects and potential dangers. Here are just a few:

Nausea and Vomiting

Antibiotics don't just kill off the bad bacteria making you sick; they also kill off the good bacteria meant to keep you well. Most people who have taken an antibiotics before know full well that nausea, vomiting, and diarrhea are all common side effects because of the upset in intestinal flora caused by the medication. In more severe cases, stomach pains and dehydration may occur.

Intestinal Infection

Clindamycin is a common antibiotic prescribed for treating hard to treat cases of bacterial vaginosis. One dangerous side effect of this drug is a life threatening intestinal infection caused by the medication.

Yeast and Urinary Tract Infections

As the antibiotic works to get rid of the bad bacteria causing your BV, it also tends to kill off the good bacteria that helps keep vaginal yeast under control. Once this good bacterium is gone, the yeast is free to grow, causing a secondary yeast or urinary tract infection in the patient.
Allergic Reaction

In some rare cases, a dangerous allergic reaction may occur when using these BV drugs. Watch for signs of swelling, difficulty breathing, heart palpitations or any other unusual sign that may signal an adverse reaction to the drug.

Drug Resistance

One of the biggest dangers of using antibiotics to treat bacterial vaginosis is building up a resistance to the treatment. The more often you turn to antibiotics for treating your condition, the better the chance that the bacteria you are fighting will no longer respond to the treatment. This can leave you unable to use those same types of drugs for treating other infections in the future – and that can be deadly!

The Dangers of Anti-Infectives

The most common side effects of anti-infective medications are nausea vomiting and diarrhea. Fever may also be present. However, any sign of hives, dizziness, breathing difficulties, rash, and swelling of the face or eyes must be immediately reported to your doctor. This could be life threatening!

The Dangers of Anti-bacteria Medications

Using anti-bacterial medications to treat BV are usually considered safe, but may result in nausea, vomiting, diarrhea and a slight fever. The most common side effect of these drugs is an increase in yeast infections following treatment. Since
antibacterials interrupt the normal vaginal flora, yeast is able to grow and may overtake the good bacteria in the region, causing a secondary infection.

**The dangers of over the counter treatments**

Often considered safer than antibiotics and other prescription medications when treating bacterial vaginosis, over the counter douches, creams, gels and suppositories usually offer one major side effect: they alter the natural balance of the vagina and this can cause repeat BV infections; urinary tract infections and yeast infections after treatment. Allergic reaction including rashes and hives are also a concern. In most cases, however, simple irritation is all that results.

As you can see, treating Bacterial vaginosis isn’t always easy – or safe. From a simple rash, nausea or low grade fever to a life threatening infection, all of these prescriptions and over the counter medications have been linked with some serious side effects and dangers.

If you are not willing to take the risks associated with these types of conventional BV treatments, it may be time to look at a more natural (and effective) way to treat and reverse your BV infection.

In chapter five, we will discuss a more holistic approach to treating your bacterial vaginosis, offering a variety of tips and therapy options that will not only stop your symptoms, but rid your vagina of this nasty bacteria for good.
Chapter Five:
The 5-Step BV No More Holistic System for Reversing Bacterial Vaginosis

Anyone who has suffered with bacterial vaginosis in the past knows how difficult it is to get rid of this annoying and frustrating condition. Antibiotics work for a while only to have your BV return. Over the counter meds may offer some quick relief, but more often than not fail to actually eradicate the disease. Want a better approach? Try this 5-step holistic plan for healing your bacterial vaginosis for good. Say good bye to that nasty smell, incessant itching and other embarrassing symptoms. It is time to heal your BV from within, using the effective remedies nature has to offer.
Step 1:  
The Bacterial Vaginosis No More Quick Fix:  
72 hours to relief

When you are in the throes of an itchy and burning bacterial vaginosis attack, all you want is instant relief. Since holistic healing takes some time, I begin my unique 5-step healing plan with a quick 72 hour relief remedy for ridding victims of those irritating symptoms. By following this simple quick fix plan you can get the relief you need while your body has the chance to heal itself using the other therapy helps offered in this unique protocol.

This special therapy not only offers relief for symptoms, but some of the ingredients can help to stabilize your vaginal environment; kill bacteria and fungus; and help repopulate the good bacteria that can fight bacterial vaginosis. Feel free to use some or all of these remedies in your quest for relief.

Step # 1: Kill the Bad Bacteria in Your Vagina

The first step to finding instant BV relief is getting rid of the bad bacteria causing all the trouble. There are several methods (described below) that can be used to kill off the bad bacteria in your vagina, while leaving the good bacteria that you need alone.
Folic Acid to the Rescue

One of the hardest to get minerals is folic acid. One reason is because many of the foods we eat have been stripped of their natural folate by pesticides and other chemicals, and another is because our body is unable to store it for future use. That means we have to have a constant supply of folate, or its synthetic form known as folic acid.

Studies have shown that ingesting as little as 100 mcg of folic acid per day can help to alleviate BV symptoms. Still, most experts agree that 1,000 mcg is needed for best results. For those who are in the midst of a BV attack, even the higher dose may not be enough. To help restore your reserves, take 1600 mcg a day for 4-6 days and then reduce your folic acid intake to 400-1,000 mcg per day for maintenance.

Other ways to get more folic acid in your system is to eat foods like:

- dark green leafy vegetables
- nuts and seeds
- whole wheat breads
- beans and peas (lightly cooked)
- sprouts
- oranges
- grapefruit
Tea Tree Oil Help

Tea tree oil is an efficient natural antibacterial, antiviral and antifungal medication that is great at killing bacteria and fungus. Able to penetrate the skin, this powerful disinfectant also helps to reduce inflammation and heal wounds. It can be dangerous if swallowed. By adding a few drops of 100% tea tree oil to a tampon and inserting for about two hours, you can safely kill much of the bacteria that cause BV. Some women find instant relief with mixing equal parts of the oil with water, olive oil or coconut oil and using it as healing douche. Be sure to only use this douching method once or twice though since over douching can aggravate BV.

One note here: with hundreds of tea tree oils available on the market, be sure that the one you sue for healing BV comes form the manuka tree (it grows in New Zealand).

Oregano Oil

Oregano oil is a strong antioxidant and has been used as a natural healer for hundreds of years. You can use it in several ways in order to treat you bacterial vaginosis:

- Oral capsules: take 1-2 capsules daily for several days to help ease the discomfort of BV. The only problem with this method is that the oil must get
through your system before it can offer any real healing help. This can take several days.

- **Suppositories:** some women report placing an oregano oil capsule in the vagina (it takes awhile, but it will dissolve) to help relieve symptoms faster. Repeat once or twice a day for several days.

- **Topically:** by breaking open the capsules, you can place the oil directing on the affected area. This seems to offer the fastest relief for many women in the grips of an attack.

- **Douching:** mix the oregano oil of several capsules with plain water and sue as a cleansing douche.

**Hydrogen Peroxide**

Want immediate relief from the itching, burning and foul smell of a bacterial vaginosis outbreak? Get some hydrogen peroxide and distilled water for fast relief! Fill a douching bag with ¼ cup hydrogen peroxide (use 3% hydrogen peroxide only!) and ¼ cup distilled water. The 3% Hydrogen peroxide is safe enough for your tender vagina and the distilled water is void of any chemicals or fluoride which may kill off the good bacteria in your vagina.

The best to handle this healing method is to lie down in the bathtub and empty the douche into your vagina. Lie still for about 5 minutes. Then, rinse with more distilled water. Repeat the entire process.
Hydrogen peroxide is an excellent antibacterial and works well at killing the bad bacteria in your vagina without hurting the good bacteria you need to keep BV away. Don't be alarmed if while douching you feel a bubbly sensation or hear a fizzing sound. This is just the peroxide at work.

Feel free to douche with this mixture 2 times each day for 3-5 days. It is fast, effective and safe!

**Step # 2: Make Bad Bacteria Unwelcome**

Killing off excess amounts of bad bacteria in your vagina is a great place to start when it comes to ridding your body of bacterial vaginosis. The problem is, if you don't make your vagina an unwelcome environment, that bad bacterium will only come back. Here are some effective ways to help discourage bad bacteria from growing.

**Diluted Apple Cider Vinegar**

One of the reason that women contract bacterial vaginosis is because the ph levels in their vagina become too alkaline. A more acidic environment helps to kill off bad bacteria and helps the good bacteria found there thrive. One way to help relieve your BV symptoms immediately is to simply take two tablespoons of raw apple cider vinegar (the dark kind that features a cloudy residue at the bottom of the jar).
onto a towel or washcloth and hold it to your vagina. You should experience instant relief from that burning and itching feeling.

For more long lasting relief, mix equal parts of the apple cider vinegar and distilled water and use as a cleansing douche.

**Step # 3: Give Your Body More Good Bacteria**

Once you have eradicated that bad bacteria overgrowth and made it harder for it to come back, the next step in getting relief is to add some more good bacteria to your vagina. Here are some suggestions on how to do just that:

**Eat Kefir**

Never heard of kefir? That’s okay. It is not a common food item in the U.S., but it is gaining popularity as more and more people experience its wonderful health qualities.

Kefir is a fermented milk product from Russia that some people say resembles yogurt, with some big differences.

First, yogurt is fermented using only bacteria (good bacteria), while Kefir uses a variety of good bacteria and yeast in the fermentation process. Containing a natural carbonation, Kefir features a light, foamy, yet creamy texture that many people
enjoy due to its milkshake like qualities. Flavored with fruits, Kefir is a good substitute for yogurt.

So what makes Kefir so good for you? Like yogurt, it contains a lot of good bacteria that helps your intestinal tract stay healthy. While these bacteria often pass through the intestines when eaten in yogurt, kefir bacteria actually stays put, colonizing in the intestines, helping your body to stay healthy and strong. This is especially good when battling bacterial vaginosis.

While drinking kefir shakes or using it in your recipes will not offer instant relief from your BV symptoms, it will (over time) help your body fight off the bad bacteria that is causing them.

**Use Yogurt**

Eating yogurt on a regular basis is a great way to help keep bad bacteria from overtaking your intestinal tract and your vagina. However, that may not be enough to stop a BV outbreak. In the past, women have found that slathering the inside of the vagina with plain yogurt helped to relieve their itchy symptoms. This is because the vaginal lining was able to absorb the good bacteria found in the yogurt, which helped to stop the growth of the bad bacteria causing the outbreak. The trouble with this treatment method was that it was messy and uncomfortable.
Thankfully there is a new method that is much easier (and cleaner) that uses yogurt suppositories that are inserted into the vagina and allowed to dissolve, offering basically the same benefits as rubbing yogurt itself in the area.

**Take a Lactobacillus Acidophilus Insert**

If you want to stop bacterial vaginosis in its tracks, the best way to do so is to introduce more good bacteria (called lactobacillus Acidophilus) into your system. The more good bacteria in your intestines and vagina, the less likely BV will occur. One way is to simply take a pill that puts these important bacteria straight into your intestinal tract.

Another option is to use lactobacillus acidophilus inserts, which can be inserted straight into the vagina for quick relief. Once this good bacterium gets to the affected area, it begins to immediately kill off the bad bacteria causing your BV symptoms. This is an especially effective method of treatment when used right after a hydrogen peroxide douche.

Now that you have some ideas on how to get some quick relief for your BV symptoms, let’s look at some natural ways to begin reversing your vaginosis and preventing that bad bacteria from taking over your vagina in the first place.
Step # 2:
Reversing BV with Alkalizing Protocols and Liver/Bowel Cleanses

As we have discussed, one of the main reasons why the bad bacteria which causes BV is able to take over your vagina is because the Ph levels of that area are out of sync. In most cases, your body becomes too acidic; in others too alkaline. How does this happen? It is all due to our environment.

Research shows that the average person comes in contact with 1,000 or more chemicals and other toxins every single day. They are everywhere: in the food we eat; the water we drink (and shower in); even the air we breathe. No matter how hard we try to keep our homes toxin free the odds are good you and your family are still being bombarded with formaldehyde, pesticides, fluoride and dozens of other chemicals you would rather stay away from.

This may all sound scary until you realize how good our bodies are at stopping these toxins away from our vital organs and releasing them slowly through our skin, urine, bowels and more. When we can keep our toxic exposure to a minimum our bodies are every good at keeping us safe. Trouble ensues, however, when we eat too many of the wrong foods and are exposed to too many toxins in our environment.
Unable to keep up with the purge, our body reacts with unstable ph levels which can introduce bacteria and illness.

Chronic bacterial vaginosis is just one side effect of this kind of toxicity. Left unchecked, even more sinister diseases may begin to plague you. So how can you get rid of these toxins safely and restore your body's Ph levels in order to get relief from your BV symptoms?

There are several protocols that can help alkalize your body (reduce its acidity) and keep bad bacteria from growing in abundance in your vagina. This alone can help to reverse your symptoms and prevent bacterial vaginosis from recurring in the future. Used in conjunction with the other steps outlined in this book and you can rid your body of BV permanently!

By using the alkalinizing protocol described below you will be able to flush dangerous toxins from your skin while also rebalancing your body's overall ph level and oxygenating your body's blood and cells. This will help to purify every organ in your body on a cellular level, making you feel better and relieving your BV symptoms – and maybe even other health concerns you may have.

Keep in mind that anytime you begin a toxin removal protocol, you may feel worse for a few days. This is because your lymphatic system will be working hard to release stored toxins from your fat cells and flush them out through your skin,
bowels and kidneys. As these toxins make their way through your body you may feel tired, weak and even a bit sick. Depending on how toxic ridden your body is, you may feel anything from a bit achy to downright horrible.

That is why I recommend starting slowly. Begin with the alkalizing showers and foot baths described below (5-10 minutes at first, working up to a half hour), and then, over time move into full body alka-bath submersions. For best results, 30 minute cleanse are needed, but your body may not be able to handle that at first, so begin with what you can manage (even 5 minute) and add a minute or two with each cleanse.

**General Tips**

Before I outline that actual alkaline protocol you will begin to help rid your body of the dangerous toxins making you sick, it is important to review these basic tips to make sure you get the most benefit from the procedure while also staying safe.

**Use Filtered Water**

Since the water coming from your tap may contain additional chemicals and toxins that you don’t want to come in contact with, add a filter to your faucet to help keep the water you use as toxin-free as possible,
Stay Hydrated

The protocols listed below can be very dehydrating. For this reason, be sure to drink at least 1-2 glasses of water before beginning the protocol. Some women may also want to sip on herbal tea through the procedure.

Use Caution

Depending on how many toxins are being stored in your body, you may feel weak and dizzy during and after the procured. Don't overdo it! If you begin to feel badly, stop the procedure and try again in a day or two. There is no need to rush it. It is always best to detoxify the body slowly to avid any adverse reactions.

Alkalinizing Showers

Alkalizing showers are a great way to begin the detoxifying process without putting your body under too much stress. This procedure can also be done when you are too busy for a full alkalinizing bath.

Here is the best way to take an alkalinizing shower:

- Fill a spray bottle with 3% hydrogen peroxide (for extra sensitive skin, add equal parts of distilled water).
• Spray the entire body liberally with the hydrogen peroxide (be sure to keep away from your eyes!)

• Let sit for 3-4 minutes

• Shower as normal

• After drying off, reapply hydrogen peroxide spray to the skin. This will help your skin to seep out toxins throughout the day.

Alkalining Foot Baths

Foot baths are a little stronger than the alkalizing shower and can often help to detox your body even more thoroughly. These are also good for people who feel ill a lot due to excess toxins in the body. When you have an overabundance of toxicity, a full body bathe may be too strong to handle; while a shower may not be enough to do much good. Foot baths are a good alternative to both.

For an efficient alkaline foot bath try this solution:

• Mix 4 tablespoons Epsom salts; 2 tablespoons baking soda and 1 pint of 3% hydrogen peroxide in 1-2 gallons of hot water. Be sure to make the water as hot as you can handle. The key to success is making the body sweat.

• Soak feet in this solution for 3-5 minutes. Keep adding hot water to keep the temperature up throughout the entire soaking period.
• Then place feet in an icy cold bath for 1-2 minutes.

• Alternate between the hot foot bath and the cold foot bath for able 30 minutes or for as long as you can tolerate.

• Always end the soaking session with the cold water. This helps to stop the alkalizing process. Otherwise your lymphatic system will continue to flush toxins into your bloodstream until your feet cool down and his can make you feel quite lousy!

Here is another mixture to try: 4 tablespoons Epsom salts and 1 cup apple cider vinegar (this one works great too!). Use these ingredients in the same manner described above.

**Full Body Alkalizing Bath**

For those who are ready to get loads of toxins out of their system (and who are healthy enough to do it), a full body alkalizing bath is your best option. Able to pull huge amounts of toxins and acids from your body’s fat reserves and into your lymphatic system for removal, a full body alkalizing bath is the perfect way to keep toxins and chemicals from wreaking havoc on your internal systems.

Cleansing your body from its current state of toxicity is not difficult, but it can make you feel tired and drained; especially if you try and do it too fast. That is why I
recommend starting with a shorter bath of only 10-15 minutes, working up to a
good half hour soak over the course of a few days – or even weeks.

Generally speaking, however, if you have started out using the shower or foot bath
methods outlined above, you should be able to handle a full 30 minute soak right
from the start. This is the optimal amount of time to strive for.

While the actual detoxing process can leave some people feeling achy and sick
(much like they are coming down with the flu), once your begin to clear your body
of the toxins hiding inside of it, the bath described here will make you feel
invigorated and energized. Patience is the key to feeling the full benefits of this
program. For some, taking an alkalinizing bath several times a week is necessary at
first, followed by a maintenance program of one bath every 7-10 days.

While this type of alkalizing bath can offer tremendous health benefits for everyone,
those who suffer with bacterial vaginosis will experience great relief from their
symptoms within a few days. By cutting down the acid content in the vagina, bad
bacteria cannot thrive, thus allowing the good bacteria natural set there to overtake
the bad ones causing all the trouble.

For best results, try this effective bacterial vaginosis bathe:

- **Skin brush your entire body**
• Combine 2-3 cups Epsom salts; 1-2 cups baking soda; 1 pint of 3% solution hydrogen peroxide to a bathtub full of hot water (as hot as you can tolerate). Optional: some people also as oregano oil, cayenne pepper or ginger powder to the mixture to increase the sweating potential of the bath.

• Stay submerged in the water as much as you can for 10-30 minutes (the longer you stay in the better the protocol works)

• Step out of the hot bathe and immediately get into a very cold shower (as cold as you can stand). Rinse for 1 minute. This step must not be avoided! It is essential to helping the body rid itself of toxicity without causing an imbalance in its alkalinity vs. its acidity. Failing to cool the body down quickly enough in the shower could result in too much alkalinity in the body. This will keep the lymphatic system flushing toxins into your bloodstream which could make you sick.

**Dangers to Be Aware Of**

While detoxing toxins from the body and helping your vagina re-stabilize its Ph level with these baths and soaks can be very beneficial to treating bacterial vaginosis as well as improving your overall health, you do need to keep a few safety concerns in mind:
1. Hydrogen Peroxide is caustic. Using anything more than 3% hydrogen peroxide can seriously harm the skin. Always dilute stronger strengths and anytime application makes your skin burn or feel uncomfortable, stop and dilute the treatment more.

2. Keep hydrogen peroxide away from your eyes! Even a small amount can seriously hurt your eyesight. If you do happen to splash some in your eyes, flush thoroughly several times and then head to the local emergency room for further treatment.

3. Rapid detox can make you sick! Trying to rid the body of toxins too quickly can make you sick. Some people feel slightly achy or tiered, while other spike a fever and can feel nauseas, lightheaded or even faint. As soon as you begin to feel negative effects from the treatment, stop!

4. Don’t get overheated. One of the tricks to making this remedy work is keeping the water in the tub or soak as hot as possible. The more your body sweats, the more toxins it can release. Getting overheated though can cause other problems. Always stop the treatment if you feel dizzy and keep someone close by who can help you out of the tub (some people wear a bathing suit) in the vent you feel dizzy or faint.

5. Always end with a cold shower! The only way to stop the detoxifying effects of this lymphatic overload is to step into a nice cold shower for 1 minute. Fail to finish the program with this step and your lymphatic system will continue to release toxins all day long and that can make you very sick. Plus your body will become too acidic and then you'll have even more problems to fix.
6. Start slow. Although the protocols outlines above tell you to stay immersed in the water for a certain period of time, it is always best to stop the procedure if you feel ill. You can always increase your bathing or soaking time in subsequent tries.

Feel free to repeat this process every day until you begin to feel better. Most women report a decrease in their BV symptoms within 1-3 days of these powerful detoxifying baths.

Once you have used the bath above to normalize your vaginal pH level and have seen a decrease in your BV symptoms, feel free to switch to the maintenance bath remedy below:

- Skin brush your entire body before drawing your healing bath
- Add 2-3 cups Epsom salts and 2 cups apple cider vinegar to a hot bath.
- Make sure the water is as hot as you can stand it – sweating is an integral part of this healing remedy.
- Stay submerged as much as possible and allow your entire body to sweat
- If you can handle staying in the bath for the full 30 minutes, great. If not, get out when you begin to feel negative effects (dizziness, weakness, tiredness).
• As soon as you get out of the hot bathe, jump into a freezing cold shower (as cold as you can tolerate) for one full minute. This will not only cool down your overheated body, but it will stop the alkalinizing process. Left to continue and you could end up feeling worse.

While these alkalizing protocols may seem simple enough (and they are), be sure to take the necessary precautions and be sure to follow the exercises exactly as written. Voiding the body of toxins can make you sick if done incorrectly or too quickly. Whenever you begin to feel negative effects, stop the process, rinse in cold water and resume at a later date. Your body will be quick to tell you when it is being flooded by toxins and needs time to flush them before taking more. The key to a successful purge is listening to your bodies signals and taking your time to flush those toxins out slowly. Remember, they have built up in your fat reserves over time and cannot be expected to be released all at once without some negative side effects.

**Part II: Colon Cleanse for BV**

Many holistic health practitioners believe illness and disease begin with a toxic colon. Use this colon cleanse recipe to help clean out and detox the colon and intestinal tract. Whether we’re fasting or not, it’s important to ensure our colons are functioning properly.
Just as we attempt to stimulate the eliminative processes of the skin and the lungs through dry skin brushing and breathing exercises, we can also enhance bowel activity and health by performing a colon cleanse. The liver in particular plays a major role in bodily detox, and it uses the colon as its "dumping ground".

One of the plagues of our modern society is sluggish, under-active colons. Thanks to over-processed, denatured foods, over eating slow-to-digest meats, and not getting enough fiber, many of us have bowels that aren’t working at their peak of performance. But even if we eat a diet of carefully chosen healthful and natural foods, we still benefit from an occasional colon cleanse.

Fasting in general, enhances colon activity. The break from food allows for a resting period of the whole intestinal tract, offering a time for these organs to "catch up" and self-heal. Before, during, or after a fast, depending on what type of fast you’re doing, are good times to cleanse the colon. Many use enemas or colonics for this purpose with good results, although it isn’t necessary if these aren’t practical for you.

In our normal eating patterns, when waste matter doesn’t move along quickly through the colon, it dehydrates and hardens, becoming a thick and sticky mass. This old, undigested and putrified matter becomes more and more difficult for the body to eliminate, and can harbor unwanted bacteria, toxins and parasites. It can also hinder the flow of normal digestive fluids from the liver and pancreas.
Rehydration and removal of this waste matter is paramount to healthy colon function and to optimum physical health. Two of the best products for cleaning out the colon are psyllium and bentonite clay.
Psyllium Husks

Psyllium husks have a unique characteristic in that when mixed with water, they swell up, creating a slippery, gelatin-like substance. This "gelatin" holds a great deal of water in the bowels, helping to soften the feces. Its slipperiness then acts as a lubricant for easier elimination. The extra bulk created by the psyllium will stimulate better peristalsis, the movement of the muscles in the walls of the intestines that "pushes" the matter along.

Psyllium husks are an all-natural product, being the outer hull of the seeds of the Plantago plant. While they have been used for hundreds of years in Europe for treating bowel problems, the West has only recently caught on. Now, many over-the-counter laxatives contain forms of psyllium.

For our purposes in detoxing, we want to use the highest quality, preferably organic, psyllium. Drinking plenty of water along with the psyllium is a must, otherwise it can be dehydrating to the rest of the body as it absorbs and holds water in the intestines.

Bentonite Clay

Bentonite is a natural earthen clay that is highly absorbent. It is not assimilated by the body but acts to absorb and bind to toxins in the intestinal tract, and then
pass on out with the feces. Clays are frequently used externally for the same purpose of drawing out impurities in the use of facial masks and other skin treatments.

Bentonite clay is available in both dry and liquid form, and either form will work for colon cleansing. Plenty of water should be consumed with bentonite to avoid any dehydrating effects.

Colon Cleanse Recipe

You can vary quantities to some degree to suit your personal preferences, but the general recipe is as follows:

Psyllium and Bentonite Colon Cleanse

1 rounded teaspoon psyllium husk

1 teaspoon bentonite clay powder (or 1 tablespoon liquid bentonite clay)

8 ounces water or juice

Place the psyllium and bentonite in an empty glass, then add the water and stir briskly.

Drink quickly, before it thickens.

Follow with another 8 ounces of plain water or juice. Plenty of fluid is important. You'll want to drink 2 or 3 glasses every day, but begin slowly by drinking only one glass the first day, allowing your system to adjust to the greater bulk. Take in between meals, at least 2 hours apart from any supplements or medications.
Most drink it morning and evening, with the optional third glass in the afternoon. Drinking a glass an hour before a meal may make you feel fuller and eat less.

This cleanse can interfere with normal nutrient absorption, so only follow for up to two weeks at a time. Stopping use also helps assure your body maintains it’s natural eliminative functions, so be sure to start including plenty of fiber-rich foods in your diet, about 25 grams per day.
Step # 3:
Boosting Your Immunity So It Can Fight Bacterial Vaginosis

The immune system is a busy place. It is here that the body sends out the messengers and disease fighters to keep us healthy. Mess with the immune system and your entire system can get out whack – and that can lead to disease!

Bacterial vaginosis is caused by bad a bacterium that begins to overtake the good bacteria in the vagina. Once the bad bacteria takes hold, all sorts of problems begin to emerge including the itching, burning, swelling and smell that most of us associate with BV. So what allow this bad bacterium to overgrow? As we have discussed, the cause is often due to an imbalance of the acid and alkaline environment there. But how does this happen? It is usually due to an inefficient immune system. When the immune system is unable to do its job, bad bacteria can grow and this will eventually turn into an infection that causes BV.

To understand this, you must first understand how the immune system works in order to see the connection between your itching vagina and your overall health.

How the Immune System Works

The immune system is our #1 defense against any dangerous pathogens. It helps us to fight off viruses and bacteria that can make us sick, but that’s not all. The immune system also works to keep free radicals (or toxins) from damaging our cells and organs. Not just one system, but a compilation of every bodily system, the immune
system works to find dangers and attack them before they can cause any real harm in – and to – our bodies.

There are several specific areas that the immune system uses to help do its job: the nervous system, the blood, the circulatory system, the bowels and the thymus.

When it comes to fighting off nay disease, all of these systems must work together. If one is inefficient, the others must take over its job. Otherwise, bacteria and virus can infiltrate certain parts of the body (like the vagina) and cause harm – or at least nasty symptoms.

So how can you make sure that all of the systems connected to the immune system are working at peak capacity? Eating well is your first line of defense. By giving your body the right nutrients, you can ward off all sorts of medical maladies, including bacterial vaginosis.

Your blood is another place that can help (or hinder) your ability to fight off diseases. When too many toxins are allowed to build up in your system, they are circulated throughout the body via the bloodstream. Unfortunately, as they move through your body, these toxins poison cells and weaken your immune system, leaving every system defenseless against attack. This can leads to all sorts of medical problems, including a susceptibility to BV.

The circulatory system too, has a direct impact on how healthy your immune system is. Responsible for increasing the blood supply to important organs like the heart and brain, without a well-functioning circulatory system, your immune system
cannot work properly. Some ways to increase circulation throughout your body is
to decrease your sugar, white flour and red meat intake as well as to get up and get
moving. Walking for 20 minutes every day is a great way to get your blood moving
and increase your body's ability to circulate it to the organs that need it.

Your bowels (and how efficiently they work) are another key component to keeping
your body strong and healthy. When you bowels don't work properly, intestinal
toxemia can result. This is a condition triggered by poor eating habits that allows
certain bacteria to build up in your intestines, weakening your body's ability to fight
diseases like bacterial vaginosis. Constipation too, can cause the immune system to
malfunction. Again, the proper diet can help to alleviate both of these problems and
return your immune system to tip-top shape.

When it comes to keeping the immune system working well, the thymus is crucial. A
tiny gland found in the lower neck, the thymus gland is the king of the immune
system. It is responsible for manufacturing the all-important T-cells that scour the
body looking for invading viruses and bacteria to fight.

An integral part of staying healthy, the thymus is very susceptible to a lack of
nutrients and stress. Without the right mix of vitamins and minerals, it can actually
shrink up, failing to produce the antibodies needed to fight disease. This is
extremely dangerous when you come in contact with certain bacteria. Should your
thymus be too tired to fight them off, you will pay the price with increased
symptoms. Continued weakening of the thymus will then result in repeat outbreaks
on a regular basis.
How Your Immune System Can Control BV

The link between bacteria vaginosis and an impaired immune system is great. Without the ability to fight bad bacteria in the vagina and keep it under control it will begin to overgrow, reproducing at a fast pace and infecting the entire vaginal area, including the cervix and fallopian tubes. This can set the stage for repeated outbreaks throughout your life.

Although some people with strong immune systems still succumb to the bacteria associated with BV, those with a strong immune system are less likely to experience repeated outbreaks of the infection.

So, what is your best defense against bacterial vaginosis? Strengthening your immune system. Lucky for you, there are plenty of ways to do just that.

How to Boost Your Immunity

Now that you understand everything your immune system is doing each day to protect you from bacterial infection, diseases and even the common cold, you are probably wondering what you can do to optimize its efficiency. Of course, a healthy lifestyle will result in a good and strong immune system, but let’s take a look at some specific things that can help you boost its effectiveness, and also learn what you can do to strengthen your immune system so that it can work at its best for you.
Diet

Diet is a big one. Whether it’s a concern about immunity or heart disease or fighting obesity, diet is both the topic and the tool necessary to create a healthy life for all of us. Our culture has become one of fast food, convenience foods and pre-packaged foods that are high in saturated fats, artificial ingredients and sodium. All of these contribute to the growing number of people who are battling weight problems and the diseases that go hand in hand with obesity: diabetes, high blood pressure and heart disease.

Eliminating fast food from your diet and avoiding fried and fatty foods will put your body into a healthy groove and give you more energy and better health. Replacing these foods with a diet of fresh fruits and vegetables (at least 5 servings every day) will put you on the path to a strong immune system, and also help you lose weight and reap many health benefits along the way.

Sleep

When your body is at rest, it is able to repair itself better than when it is in action. Your mother was right on this one. When you have a cold; you should get a lot of sleep so that you can fight off the virus that has attacked your cells. If you keep up with your regular routine when you are sick, your body will be busy responding to all the activities you are doing: walking, talking, thinking, and cooking, and all this will create work for your cells. On the other hand, when you are asleep, your body is only working on the involuntary functions and there is much less stress on your cells. The immune system can work its best when you are not doing anything and just recovering.
When you are healthy, it is just as important to get a good night’s sleep. Most adults are going through their days without adequate sleep - most do not get the recommended 7-8 hours of sleep every night. This puts us all at greater risk of an illness and does not allow our immune systems to function well. Did you know that if you set that alarm to wake you up, you are actually depriving your sleep? Some other symptoms of either short or long term lack of sleep are: inability to concentrate or make decisions; weight gain; clumsiness; poor daily function and drowsiness throughout the day. Our society is certainly on the go, but we need to take our sleep needs seriously to remain healthy and build our immune system.

If you are not suffering from a sleep disorder, there are many things you can still do to improve the amount and quality of your sleep. If you think you are struggling with sleep apnea or insomnia, you should consult your physician for help as these are true medical conditions and not the result of a habit. To improve your sleep, you should:

- avoid caffeine or sugar close to bedtime
- establish a good, relaxing bedtime routine
- avoid stimulation such as watching disturbing television shows or the news right before you hit the bed if you have a worrisome personality
- improve your daytime habits by exercising

With a few changes to your sleep routine and careful attention to the amount of sleep you are getting, you will be improving your immune system and your overall health as well.
Exercise

If there was a magical solution to health problems, it would probably be regular aerobic exercise. From heart disease, to obesity, to depression, exercise can have amazing results in reducing your symptoms. And when you are on a healthy diet too, you can often reverse much of the damage that has already been caused to your body. If you think of your body as a machine, it needs to be in motion and running to work at its best. If you left your car in the driveway and didn't even turn the engine over for months at a time, it is likely that the car will not start up the next time you need it. Your body is built in the same way - we are made for motion and for exercise.

Getting the recommended 30 minutes of exercise at least 3 days a week will not only help your immune system, but also your heart, lungs, outlook and it will also help you get more and better sleep!

Hydration

If you feel thirsty, you are probably already dehydrated! Just by drinking 6-8 glasses of water each and every day, you have given your immune system a boost and your whole body will thank you. Your blood pressure will be better if you stay hydrated as will your resting heart rate. Many people find that their skin looks better and they sleep better when they are hydrated. More than 60% of your body is water, so water is obviously necessary for proper functioning.
Don’t be fooled into thinking that diet, caffeine, and loaded sodas can be equal to water because they don’t contain any calories. Diet beverages are generally high in sodium and increase your desire for sweets because they deliver the taste of a sweet without any calories. Caffeine is a diuretic, which means, it eliminates water from the body, and thus for every beverage you consume with caffeine, you should drink a bit more water to replace what you are losing. If you cannot face a morning without your cup of coffee or tea, consider eliminating all other sources of caffeine from your day. You will soon regain the energy you may feel you have lost from that caffeine “high.”

Alcohol serves as a depressant in the body and should be consumed in only small amounts. If you choose to drink alcohol, try red wine instead of white, as experts have touted the anti-oxidant properties of red wine.

**Reduce Stress**

Your immune system actually reacts in response to stress. It isn’t all in your mind; there is a physiological component to stress that puts your body in overdrive. Adrenaline rises, your heart and breathing quickens and your muscles tense when you are under stress. Your immune system scrambles to push oxygen and hormones to the cells to combat the effects of your reaction to situations when you are under extreme stress.

When the stress isn’t immediate, but is long term, your body will respond with lack of sleep or poor sleep, and often this might cause depression, and this will create problems for the immune system. Ongoing stress or anxiety can manifest itself in the body in a number of ways, but mostly it’s our lifestyle changes during times of stress that damage the immune system. We don’t eat as well, we skip exercise and
we remain awake at night thinking about our worries. This is not a good way to
build a strong immune system.

Ups and downs are an inevitable part of life, and no one is immune to times of stress
and anxiety. The way we react to these circumstances and how we take care of
ourselves in times of stress make all the difference to our immune systems. Some
ideas for managing stress:

• Exercise: exercise releases natural endorphins into the body
  and makes us feel good both during the activity and beyond.
  This, coupled with the other health benefits of exercise should
  keep you exercising even when life is hectic.

• Talk: find someone you can talk to about your problems: a
  support group, a concerned friend or family member, a pastor
  or spiritual leader or even a therapist. Being able to address
  your stress factors and work through them will help you deal
  better.

• Breathing exercises: because the body is absorbing the stress,
  you are probably depriving it of necessary oxygen. So spend a
  few minutes a day, a few separate times each day to do some
  deep breathing exercises. This will help you calm your mind
  and it will also send the much-needed oxygen to your cells.
How Can Vitamins Help your Immune System?

You may know someone who swears by his/her zinc tablets or huge doses of vitamin C to cure a cold. The person may be on to something, because both of these elements are able to boost the natural protective powers of the immune system. While neither can actually “cure” a virus, which has to run its course by nature, a jumpstart to the immune system can help you shorten the life of a virus, once it’s gotten hold in the body.

**Vitamin C**

Vitamin C that is found in both the citrus fruits like oranges and grapefruit and other fruits too such as strawberries is a great friend of the immune system. It increases the number of white blood cells that are produced and released to attack an infection, and it increases the amount of interferon that is produced by the body. 200 mg of Vitamin C is the recommended dosage for most adults. There are, however, no credible studies to support the claims that mega doses of the vitamin are any more helpful than the standard dosage. As with any vitamin, they are best absorbed through food, but may be supplemented when necessary.

**Vitamin E**

Vitamin E, found in healthy oils and grains, has much the same effect on our bodies as Vitamin C. It increases the production of “killer” cells that seek out and destroy...
infections. A multivitamin with 100 or more mg a day will allow you to boost your immune system that is available from Vitamin E.

**Zinc**

Zinc is a mineral that increases the production of white blood cells and T-cells that emanate from the Thymus. Zinc is thought to be essential to ear health because of the concentrated amounts of zinc that are found in the inner ear. Much like the hype surrounding mega-doses of Vitamin C, some people and companies claim that large amounts of zinc will fight off a cold or attacks from other viruses. However, be careful because too much zinc can be dangerous and amounts over 75 mg per day can actually depress the immune system rather than enhance it. You should aim for 15 to 25 mg per day of zinc intake.

Zinc is found in food such as meats, beans and certain kinds of shellfish such as oysters. A good multi-vitamin is likely to supplement your diet with enough zinc, and it can create a positive effect on your immune system.

**Beta-carotene**

The third member of the "big three" anti-oxidant vitamins, beta-carotene is another vitamin that increases the number of cells that are produced to fight infection. It is also essential for fighting cardiovascular diseases. Sweet potatoes, carrots, collard and other greens are high in beta-carotene and are great natural sources for the nutrient.
Foods to Boost Your Immune System

We have already touched briefly on the idea of diet as a way to build your immune system already, but we should really spend some more time on those specific foods that can help you put it on the right track. Every year, sometimes every month, there seems to be a popular “super food” that is the answer to all the world’s problems. Sometimes it is the grapefruit diet or the spinach shake or a berry supplement, but in reality, there is no one food that is the answer to any health problem. It takes a variety of foods to achieve optimum health and build a strong immune system.

As we mentioned earlier, our society has embraced the instant gratification of fast food and convenience food products. Home made meals have been replaced, and even the meals made at home have today a great deal more processed ingredients than what was there just a decade ago. There are so many convenience foods today that look like their home made counterparts, that it’s easy to give up the idea of healthy eating and opt for the time savings of a pre-made item.

Eat your vegetables

Fresh is always the best when it comes to putting together a healthy diet, and one that is rich in fresh fruits and vegetables will be the best help your immune system can get. Dark, leafy greens are rich in vitamins and minerals as are the orange vegetables like sweet potatoes, carrots and squash. Consuming 5 servings of fruits and vegetables every day will pay off with big dividends in health improvement.
When fresh food is not available, frozen is the next best, with canned coming in third. Canned vegetables are often prepared with added salt and should be avoided when possible.

**That’s Hot!**

Believe it or not, foods that are spicy hot are good for you. Hot peppers and even hot sauce can stimulate mucus production in the nasal passages and can actually help you feel less congested when you are suffering with cold or flu symptoms. Their strong flavors may also be the only thing you can taste if you have a cold. Peppers also have good anti-oxidant properties.

**Remember the Protein**

Protein is an important part of everyone’s diet. Women especially are at risk of a lack of protein, particularly when they are on a restricted diet because they are trying to lose weight. Protein is essential for the maintenance of cells in the body as well as the repairing of tissues and organs. If you are deficient in protein, your body’s immune system will be weaker. Lean proteins like the ones you can get from chicken and the omega-3 filled salmon should be a regular part of your immune-boosting diet. Red meats are fine in moderation, but their fat content should be taken into consideration.

**Eat like a bird**

Try adding some seeds and nuts to your diet. Flaxseed, sunflower seeds, and nuts of all kinds are packed with nutrients and can increase production of the cells that fight infections. Nuts can be very fattening if not eaten in moderations, but as part of a healthy diet, they are a great resource.
Make yours whole

Wheat, that is. Avoiding simple starches and white flour and using whole grain in its place is another great way to increase the valuable nutrients you are getting from the foods you eat. The absolute best way to ingest your vitamins and minerals is from the food you eat, rather than from those supplements. So, wherever possible, increasing the nutrient content in your food will help your immune system perform at its best.
8 Great Immune Boosters

Now that you understand the role a healthy immune system plays in reducing the noises of Tinnitus, you'll want to do everything possible to boost your own immunity. Here are 8 great immune boosters to get you started:

- Eat a well-balanced and nutritious diet that is packed with plenty of fresh fruits and vegetables!
- Exercise daily
- Get enough sleep – the average adult needs at least eight hours of quality sleep every night
- Stay hydrated. Drink 10 (8 oz) glasses of water every day
- Work on reducing the stress in your life
- Take a good multivitamin or other supplements
- Keep your emotional state healthy – socialize when you can
- Take time out and listen to what your body is telling you – you may be surprised at what you hear!
Herbs for a Healthy Immune System

Just as many vitamins can boost your immune system, there is some proof that herbs and tea can also give it a kick start and get it on the right track. Herbal supplements are not regulated or guaranteed by the Food and Drug Administration, and so you should always consult your doctor before starting your herbal regimen. Yes, it is natural, but this is no guarantee that it can’t be harmful or that it cannot interfere with some prescription or over the counter medication you are already taking. Checking in with your family doctor is always a good idea and can help you avoid possible harmful interactions or side effects.

Echinacea

Echinacea is an herbal supplement that boosts the immune system and reduces the severity and length of the common cold. It is often taken with vitamin C products.

Green tea

Rich in anti-oxidants, green tea has long been a staple of the very healthy Asian diet and has gained popularity in America over the last decade. It is not only beneficial; it also contains very little amounts of caffeine and can be a good substitute for coffee for all those who are looking for a warm drink.

Other herbs that are good for strengthening your immune system, either by supporting its function through anti-oxidants, or by producing bacteria-killing cells, are ginseng, piperine, olive leaf and garlic. Probiotics have also become popular and
are able to normalize the bacteria population in your intestinal tract and eliminate harmful bacteria, and replace them with the healthy bacteria that you need for digestion.

**How exercise can help you to have a healthier immune system**

As we discussed earlier, exercise is probably the number one best thing you can do for your overall health. Regular, moderate aerobic exercise gets your heart pumping and oxygen circulating throughout your cells. The more you continue on an exercise regimen, the better will be your health benefits. You will sleep better; have more energy, your sex drive will improve and even your moods will improve. Exercise fights depression and obesity and gets your immune system working at its best.

**How much is enough?**

If you are moving from a sedentary lifestyle to an exercise routine, your first stop should be your family doctor. Most people are healthy enough for exercise even if they haven't been active in quite some time. Your doctor can suggest a good way to get started and inform you of any concerns there are for your health. Walking is usually a good exercise for people who are new to fitness, and it doesn’t require a gym membership or fancy equipment. Just get a good pair of sneakers and some music, and you are ready to hit the pavement.

Set a realistic exercise goal for yourself and keep at it! Even if you are only able to go around the block one time this week; next week you should be doing the same routine twice and pretty soon you should be looking forward to your daily exercises. Experts recommend that healthy adults should get 30 minutes of moderate exercise
at least 3 days every week, but that is the minimum. Once you get on the path to a healthy lifestyle and fitness habit, you will find yourself looking for physical activity daily.

Some ways to sneak in extra exercise are:

- take the stairs instead of the elevator
- park, further away from the store
- walk whenever you can
- encourage your whole family to join you
- plan active outings for your kids (what a great role model you will be!)

Once you start to exercise, you are likely to find that you are getting sick less often, and even recovering more quickly when you do catch a cold. Your immune system can function better if your body is working at its best, when you are getting enough sleep, and when you have reduced the levels of stress. Exercise can do all that for you!
Step # 4:

Reversing Bacterial Vaginosis with the Right Diet, Vitamins & Minerals

The foods you eat can have a dramatic impact on your health as well as the way your body fights off illnesses such as bacterial vaginosis. Eat the wrong kinds of foods and your BV symptoms may increase (dramatically); but feed your body BV fighting foods and you can see your symptoms will all but disappear.

Plus, the right diet will determine how well your treatment plans works. Learning the right way to eat is going to make a major impact on how well this healing protocol works and whether or not you can say goodbye to bacterial vaginosis for good.

When it comes to filling your plate with BV-friendly foods bad bacteria killing foods, there are some basic rules to remember:

- limit your sugar intake (this includes all products made with white flour)
- eat more (many more) green vegetables
- focus on adding more fruits, whole grains and low fat milk products to your diet
- avoid trans fats, saturated fats and sodium
- stay away from sugar substitutes
• eat plenty of plain yogurt
• be sure that your plate looks like a rainbow at each meal (this will ensure that you are getting a good mix of nutrients)
• use fresh organic foods as much as possible
• avoid all prepackaged food items

These may seem like simple rules, but depending on what you have been feeding your body lately, changing your dietary habits may take a little work. Don’t get frustrated. Simply take one suggestion at a time and work on changing your eating habits slowly. Changing everything overnight will only lead to frustration and failure. It is always better to incorporate change slowly so that it becomes a healthy habit and remember: habits take about 21 days to form so do not expect to change the way you eat overnight!

Now let’s take a look at the specific foods you should be eating – and avoiding – to help your body battle your BV and begin experiencing life without BV symptoms.

**Foods and Other Elements to Avoid When Battling Bacterial Vaginosis**

Before we talk about what foods you should be eating to avoid a BV infection, let’s go over the foods that must be avoided in order to get your body’s balance back.
Bacterial Overgrowth

When you suffer with chronic bacterial vaginosis it is extremely important to keep bacteria from growing in your vagina. Since certain foods can help create an environment that bacteria thrive on (thus causing it to grow more), it is vital to cut these foods from your diet when trying to control BV and its symptoms.

Two big acid producing foods are meats and dairy products. While they may not contain acid themselves they do tend to produce acid in the system during the digestive process. Trying to limit your ingestion of high fat meats and dairy is important during the first few months of healing in order to rebalance the acid levels in the vagina. When you do eat meat, make sure it is lean and keep portions small. Another trick to making meat less acidic is to eat more alkaline foods with them. Since meat needs alkalinity to digest, the roof the food you offer your digestive tract the easier the meat will digest without boosting acid levels.

Remember, dairy doesn't just include milk, but also cheeses, dips, ice creams and more. It too can increase acid levels during the digestive process. Yogurt too is considered a dairy, but since it contains high levels of good bacterium, it is usually safe to eat when battling with BV.
Here are the most important foods to avoid in your new BV healing diet:

- **Sugars**: any foodstuffs that either contain sugar (or turn into sugars) must be cut as much as possible from your diet to help stave off a BV attack. Sugar not only promotes inflammation, but it also works as food for bacteria to use to grow.

- **Saturated fats and refined flour products** also contribute to bacteria growth and should be avoided.

- **Alcohol, coffee and sodas**: not only can these foods be high in sugar content, but the caffeine they contain is very dehydrating to the body. This can negatively affect the skin, giving bad bacteria a place to thrive.

- **Saturated fats**: although they do not increase bacteria growth, saturated fats so hinder the immune system, which can lead to bacteria growth.

- **High glycemic index foods**: things like fruits, bananas and sweet pastries all work to increase blood sugar levels, and these only feeds bacteria.

- **Simple Carbohydrates**: breads, pastas and bakery items all contain high levels of carbohydrates that turn into sugars once they hit the bloodstream. These sugars can travel to the bacteria in your vagina, and help it grow faster.

- **Processed foods**: these foods often contain preservatives that help to sap the body of needed nutrients and weaken the immune system.

- **Fermented Foods**
• Any foods that contain molds: things like nuts and certain cheeses may contain mold spores which can aggravate BV.

• Meat: any type of meat or animals fats should be avoided as much as possible during the first few months of your new BV diet. They tend to increase the body's acid levels which can throw off the pH level in your vagina. Plus, they often contain unnatural hormone and pesticides that can cause a toxic overload in your system.

Dairy: dairy products are chockfull of all sorts of pesticides and hormones that can increase BV symptoms. Except for yogurt, all dairy products can produce a more acidic environment, allowing bad bacteria to grow.

• Food allergens: even if you are not “allergic” to certain foods, you may be more sensitive to them. Avoid things like eggs, corn, soy and nuts if you suspect any sensitivity at all.

**Foods to avoid**

• coffee

• processed foods

• sugary sweets

• chocolate

• canned fruit in syrup

• parsnips

• potatoes
• dates
• pizza
• bread and biscuits
• pastries

Certain foods are not the only things that must be avoided in order to stave off a BV attack. Here are some other elements to stay away from:

• Alcohol: alcohol dehydrates the skin and expands blood vessels. This can aggravate your condition.

• Smoking: not only is smoking unhealthy (and hinders the immune system) but it is also horrible for the skin. Since the skin of the vagina is so sensitive, staying away from anything that could dry it out is recommended.

• Hormones & preservatives: many of the foods we eat and drink are laden with hormones and preservatives. These can all wreak havoc on your immune system and keep your body from fighting off a BV attack. Eat all natural organic foods as much as possible to avoid ingesting these added chemicals.

• Tap Water: drink only purified or filtered water. Tap water contains loads of chemicals to keep it safe. Unfortunately these chemicals only add to the toxicity of your body.
Be sure to avoid these foods as much as possible. Slowly remove them all from your diet for about three months and then begin to slowly reintroduce one at a time. If you begin to notice an increase in your BV symptoms, then you will know that particular food is a trigger that must be permanently deleted from your diet.

**Food Savers to Enjoy**

Just as there are foods that you should not eat when suffering with bacterial vaginosis, there are foods you must eat to help boost your immune system; keep your ph levels stable and keep bad bacteria in your vagina in control. Here are some to add to your daily eating plan:

**Kefir and Yogurt**

Both are high in probiotics (good bacteria) that can help to kill off the bad bacteria that cause bacterial vaginosis. One warning though: stay away from sweetened yogurts and kefir drinks. The sugar can aggravate your condition.

**Beans**

Offering great health benefits, beans are high in immune boosting antioxidants as well as:

- soluble fiber
- low fat protein
- vitamin A
• vitamin C
• vitamin D
• potassium
• B complex vitamins

Blueberries

This tasty treat does not just offer immune boosting antioxidants like polyphenols and anthocynains, but they have also been shown to inhibit the growth of the bacteria that causes BV, urinary tract infections and cystitis. Considered one of the most effective super foods for your health, blueberries are a must have item for your shopping list. Note: those who either do not like blueberries or are allergic to them can substitute strawberries cranberries or raspberries.

Broccoli

An excellent source of beta carotene, folate, iron and potassium, broccoli works to protect the body from tumors and other invaders. It is a great antioxidant and immune boosting food when eaten raw or steamed.

Cranberries

Researchers in Taiwan have discovered that alpine cranberries contain a compound called proanthocyanidin A-1, which has been shown to significantly suppress some infections.
**Kelp**

Kelp is a large brown algae found in natural food stores that can be incorporated into many recipes. Although there is no scientific evidence to date to back up claims that it helps prevent BV outbreaks, many patients who use it regularly in their diets have experienced relief.

**Oranges**

Containing folate, thiamine and vitamin C, orange (and similar citrus fruits) are well known for their ability to help the body fight off bacterial infections. Oranges also contain high levels of pectin, which helps to stabilize blood sugars. Having these sugars stabilized in the bloodstream can help to keep bacterial growth under control.

**Oats**

Whole grain oats offers the body the chance to get a lot of different nutrients at once, thus helping to lower blood sugars, stabilize hormone production and increase immunity. Filled with phytonutrients and antioxidants, oats are a quick and tasty way to keep your body healthy.

**Pumpkin**

Offering essential fatty acids, beta carotenes, zinc, and plant protein, pumpkin and pumpkin seeds offer the immune system a real boost.
**Spirulina**

A blue green algae that contains high levels of vitamin B, calcium, iron, magnesium, manganese, potassium and zinc, it can help to boost the immune system and help prohibit bacterial production in the body.

**Tomatoes**

A wonderful source of carotenoids and potassium, tomatoes also contain Lycopene that helps to build the immune system and fight bacterial infections.

**Turkey**

Containing high levels of zinc, which helps to strengthen the immune system, eating turkey can also help enhance the healing process during and after a BV attack.

**Wild Salmon**

Considered the richest source of marine derived omega 3 fatty acids and selenium, wild salmon helps increase circulation, boost metabolism and fight off bacteria and viruses. Also offering anti-inflammatory properties, this food also helps to reduce the symptoms of autoimmune disease and chronic conditions like BV.

**Soy**

Soy contains health promoting phytoestrogens which can be helpful in raising estrogen levels in women who are experiencing lower than normal levels.
Spinach

If there is one vegetable you want to add to your BV free diet it is spinach. Carrying a powerful punch of carotenoids, beta carotene, antioxidants and vitamin A, it can help build cell structures, and ward off all kinds of diseases.

Green Tea

Containing high levels of phytonutrients (antioxidants that are 100% more effective than vitamin C), it helps the body fight free radical damage.

Walnuts

Offering the highest level of antioxidant power than any other food item, walnuts care an excellent source of vitamin E, b, thiamin and niacin as well as dietary fiber.

Water

Most doctors encourage their patients to drink at least half of their body weight in ounces to ensure that their body is getting enough fluids. Without proper hydration, your immune system can to work at peak capacity and your skin will suffer. This can make a BV attack seem worse and last longer. Try substituting plain filtered water for most drinks throughout the day, and take the time to stop and drink before meals and at bedtime.
The Digestion Factor

Eating the right of thing to consider when choosing a BV free diet; how your body digests that food is another. The body uses several phases to digest food. Each phase requires a different amount of acidity. While you might think that acid in the body is bad; it is necessary (especially when it comes to digesting foods and breaking down nutrients). Problems occur when the overall acidity in the body becomes too high.

While digestive acids help the intestines break down food particles and pull out nutrients to be used by other systems and organs, sometimes the food actually begin to produce more acids during this process. For instance, dairy products contain little acid. But, when digested, they produce high levels of phosphates and sulfates which causes a more acidic environment in the body (including the vagina).

Meats and animals fats use pepsin to break down food and this too can become acidic. It is when we eat too many foods that produce acid when digested that problems can occur. So what's the lesson here? Don't just assume that if you are eating low acid containing foods that your Ph level will stabilize. If you eat too many foods that produce acid during the digestive process, you could be causing an acid spike that could induce a BV attack.
Meal Planning When You Have BV

When you suffer with any type of chronic condition like bacterial vaginosis, it is vital that you begin to watch what you eat in order to avoid BV enhancing foods and build your immune system. In a world where we run from activity to activity and often rely on fast foods and processed foods to get by (not to mention those high caffeine and sugary foods to give us energy), making the changes necessary to eat better can seem daunting. It doesn’t have to be. Sure it will take a little time and bit of planning, but you can learn to eat healthier.

While it is good to know what types of vitamins and nutrients can help you stave off a painful BV attack, learning how to plan nutritious meals that contain the foods you need to get these vitamins and nutrients is also important in order to create a diet that is both healthy and has the ability to work as BV therapy.

When planning nutritious BV fighting meals, be sure to incorporate a lot of foods described above. Take time to look up recipes for unique ways to cook and serve the ingredients listed and feel free to have some fun creating your own delicious menus.

Keeping a Meal Log

Keeping a meal log can be a real help when trying to figure out which foods may be helping your BV and which ones could be aggravating it. Since every person’s body may process the foods they eat differently, it is important to keep a close eye on your diet until you know exactly what affects your vaginosis -- either in a negative or positive manner. To do this, start by keeping a simple diary of everything you eat each and every day (and in what quantities) and then add a sentence to two
regarding your current symptoms for the day. Even if you have no symptoms, be sure to record that also.

When BV symptoms worsen (or suddenly show up), look for patterns in your eating habits to see if anything may have triggered the attack. This type of detective work can take some time and effort. Most patterns do not jump off of the page, grabbing for your attention. For instance, you may notice that every time you eat a certain food, three or four days later you experience the burning and itching of BV. You have to ask yourself, if it was that particular food, or maybe the combination of that and other foods, or was it just a coincidence.

When it comes to finding important links between the foods you eat and your BV symptoms, it is also vital to record anything that could also affect how you feel including stress at home or work; an illness or something else. Only when you begin to look at the whole picture will you begin to see all of the things that could be contributing to your condition.

One note here: also look for clues as to things you aren’t eating enough of. Maybe that slice of pizza didn’t cause your BV to return, but the fact that you haven’t eaten any probiotics foods in three days may have allowed bad bacteria in your vagina to thrive and grow.

**Fighting Bacterial Vaginosis Naturally with Nutritional Supplements**

Nutritional deficiencies can play havoc with your health. They can also increase your bacterial vaginosis symptoms. By recognizing what vitamins and minerals are vital to a healthy immune system and which ones can counteract BV bacterial growth, you can help to alleviate (or at least ease) your symptoms and limit outbreaks.
There are several things that the right nutritional supplementation can do to help reverse bacterial vaginosis:

- They can offer anti-viral properties that helps to thwart reproduction of the infection in your body
- They can interfere with bacterial replication, keeping your outbreaks at a minimum
- They can limit inflammation
- They can promote the healing process (making outbreaks shorter)
- They can boost the immune system (giving your body the strength it needs to fight the infection)

As you will learn in this section, some supplements offer one of these benefits while others may offer several. It is up to you and your doctor to decide which deficiencies you have; what supplements will work best to battle your BV; and how much of each to take (safely). What follows is a general guide for the bacterial vaginosis sufferer. It in no way means for you to begin taking all of the vitamins, minerals and other supplements described here. Developing a nutritional supplemental program is a very individualized process and should be done with the help of a licensed naturopath or clinician.
The First Step to Supplementation

Figuring out what supplements you need isn’t always easy. Different people are deficient in different vitamins and minerals. Sometimes a blood test can help pinpoint deficiencies but usually it requires a close look at your eating habits and physical symptoms (and not just those directly resulting from your BV infection) to determine what minerals and vitamins you may need more of.

Most naturopaths begin by reviewing your eating habits to see if you are taking in enough of the main nutrients needed for optimal immune health. These include: vitamin A; vitamin C; zinc; selenium; and vitamin E.

Next, he/she may look at vitamins and minerals that have anti-viral properties, since they can affect how often and how severe you experience BV outbreaks. Some of the most common that may be recommended are coconut oil, lacoferrin and Omega 3’s. These are easy to get in supplement form and offer no adverse affects.

For immune system strength, beta glucan and thymic protein A may also be considered as well as alysine supplement if you fail to take in proper amounts through your diet.
Immune Boosters

The first step to treating any ailment – including bacterial vaginosis – is to make sure that your immune system is working at peak capacity. Here are just some of the most popular immune boosting herbs and supplements recommended for keeping your entire body strong and healthy:

**Antioxidants**

Every time our cells use oxygen they give off a byproduct called free radicals. If left unchecked, these free radicals can cause all sorts of damage to our bodies; ruining our health. Antioxidants are free radical scavengers. They actually go through the body, dissolving these dangerous free radicals to keep us healthy. Some of the most common antioxidants are: Lutein; Lycopene; flavonoids; carotenoids and Vitamins A, C and E. By giving your body these important antioxidants, you can keep your immune system working great.

**Essential Fatty Acids**

Essential fatty acids like Omega 3 and Omega 6 can have long lasting effects on your entire body. Linked to better cognitive health, getting enough essential fatty acids in your diet can help clear a foggy head; keep circulation levels good; prevent joint pain and even reduce inflammation throughout the entire body.

**Coenzyme Q10**

Coenzyme Q10 is an essential mineral needed to keep your cells functioning properly. Without enough of this important enzyme, all sorts of degeneration can result.
Phytochemicals

Although not essential to human life, Phytochemicals can make your body healthier, giving it the boost it may need to fight off a bacteria infiltration like BV. A plant based disease presenter, Phytochemicals work by protecting cells and inhibiting their destruction from disease. Some of the most common Phytochemicals to consider adding to your diet include:

- Isoflavins: they work to balance hormones
- Indoles: they stimulate enzymes in the body to fight off disease
- Allicin: offers a potent anti-bacterial effect for the body

Vitamin Supplements

Without the right mix of vitamins in your diet, your body does not have the food or energy sources it needs to thrive. This can cause the immune system to falter and bacteria to begin overgrowing anywhere – including the vagina. One way to help your body fight bacterial vaginosis is to make sure it has the vitamins it needs. Here are just some of the most important vitamins you need to either add to your diet or supplement in order to keep BV symptoms away:

**Vitamin A**

An important vitamin that can increase your resistance to infection and increases the bodies’ ability to build up antibodies and white blood cells, Vitamin A has been linked to preventing further BV outbreaks in several ways:

- it helps to strengthen the skin
• it increases immune response

• it increases the production of antibodies that help fight infection in the body

Recommended Dose: 5,000 IU every other day

**Complex Vitamin B (folate)**

Research has shown that most women who suffer with vaginal infections like BV are often deficient in complex vitamin B. Needed to heal the skin and support the immune system, complex vitamin B can be found in citrus fruits, bananas, liver and whole grains. Recommended dose: 400 mg daily.

**Vitamin B-6 (pyridoxine)**

Not getting enough vitamin B-6 can inhibit the way the body deals with stress, and this can lead to a BV outbreak. Recommend dose: 2 mg daily

**Vitamin C**

An important immune system stimulant, Vitamin C also helps the skin build up collagen levels, which is important when fighting vaginal infections like BV and also help to stop the spread of a BV infection. Found in foods like Kale, citrus fruits, Brussels sprouts and tomatoes, vitamin C is essential to good health and battling bacterial vaginosis. Recommended dose: 2,000 mg per day.

**Vitamin E**

A powerful antioxidant that increases white blood cells in the body and helps to protect cells against free radicals.

Recommended Dose: 200-400 IU per day
**Thymic Protein A**

Helps to stimulate the immune system and can help to decrease symptoms during a BV outbreak.

Recommended Dose: one packet every other day for maintenance and three packets a day during an outbreak. Thymic Protein A is manufactured in a powder form that you hold under the tongue until it is absorbed by the body.

**Lactoferrin**

A protein that offers anti-microbial properties, it has been noted to suppress bacterial infections like BV.

Recommend Dose: 200-400 mg per day

**Minerals Needed to Fight BV**

Minerals are every important to helping the human body fight off disease. Here are just some of the minerals necessary to prevent vaginal infections like BV:

**Zinc**

Without proper amounts of zinc, the immune system cannot fight off bacterial infections like the one that causes BV. The best way to get enough zinc is to eat foods like meat, fish (like herring), oysters, liver and fresh vegetables.
Recommended Dose: (topical and intravaginal): 22.5 mg twice per day for two months. Orally: 15-25 mg per day (except during an outbreak when you can increase it to 90 mg per day).

**Iron**

Women who are iron deficient have a much higher chance of getting a vaginal infection than women who are not. Green leafy vegetables are the best source of dietary iron. Still most women should take a supplement of 15 mg per day to keep levels normal.

**Magnesium**

Magnesium is often overlooked when supplementing with vitamins. Yet it is essential to good health. Magnesium works with nearly 100 other enzymes in the body and when a magnesium deficiency is present, those enzymes don't work properly. Getting enough magnesium in your diet means eating more whole grains, nut and seeds.

Recommended dose: 350 mg per day

**Selenium**

Selenium is an important antioxidant that the body needs to regulate hormones, fight free radical damage and regulate prostaglandin production. Recommended dose: 200 mcg per day.
Herbal Treatments for Bacterial Vaginosis

Herbs are a wonderful way to treat all sorts of diseases like bacterial vaginosis. Not only are they effective, but they are generally side effect free! Not sure which herbs are best for treating your condition? Here is a rundown of the most common that herbologists recommend:

**Cat’s Claw**

A great immune boosting herb, Cat’s Claw contains many ingredients that help to boost the immune system so it is better able to fight bacterial infections like BV. It can be taken in capsule form of 1,000 mg, or as a dry herb that can be brewed into a tasty tea.

**Tea Tree Oil**

Grown in Asia and Australia, this is a powerful antiseptic, anti-fungal and antibacterial that also works to boost the immune system. If used at the earliest sign of infection, tee tree oil can help to shorten BV attacks. Available in suppository form (which are inserted into the vagina), the capsule can help relieve itching and burning associated with BV. Warning: use the capsule whole (make sure it is not broken). Other ways to use tee tree oil:

- add a few drops to a soothing bath
- put a few drops on a cotton swab and place directly on the vagina
- use in cream form

**Echinacea (purple flower)**
Promoting healing by activating white blood cells (to attack bacterial infections) and increasing interferon production, Echinacea should be taken at the first sign of infection in extract, capsule or tincture form.

**Barberry**

Believed to attack bacteria, barberry is commonly used to treat vaginal infections, parasites and psoriasis. It works best if brewed into a tea.

**Goldenseal**

Containing high levels of berberine, which attacks bacteria and strengthens the immune system, goldenseal makes a great tea. Use daily for one week to heal vaginosis. Warning: goldenseal should not be used while pregnant. It can stimulate contractions and cause either a miscarriage or premature birth.

**Tumeric**

Offering strong antioxidant qualities, tumeric should be added to your daily diet (about 1 teaspoon of fried powder per day). When a BV outbreak occurs, use in capsule form for several weeks.

**Astrogalus**

An ancient herb that is used to stimulate the immune system.
**Dandelion**

An excellent liver cleanser that can help you void toxins and chemicals from the body (which can exacerbate BV symptoms).

**Garlic**

Known for thousands of years for its healing properties, garlic can either be ingested in your normal recipes as an immune builder and antioxidant protector or it can be used topically to infection.

**Red Clover**

A general tonic and blood cleanser, red clover can also help to calm the nerves and alleviate stress.

**Olive Leaf Extract**

Used either orally or topically, olive leaf extract has been shown in repeat studies to successfully treat BV due to its healing properties and its ability to work as an antiviral; antibiotic; anti-inflammation and anti-fungal.

**Prunella Vulgaris**

Commonly used throughout Asia, this herb offers a variety of antimicrobial and anti-viral properties that seem to aid in healing.
Comfrey

Maybe one of the most powerful herbs used in natural medicine, it is rich in amino acids, calcium potassium cooper, zinc, sulfur, protein and 18 amino acids which all help to boost the immune system and aid the body in healing.

Fennel

Used to stabilize the nervous system and moves waste materials out of the body, it is useful in treating BV by clearing the body of toxins that could be making outbreaks more common.

Thyme

It is great at destroying infections and treating skin conditions

Bayberry

A wonderful herb for helping the body resist disease

Naturopatica Remedies

Herbal medicine has become all the rage in recent years as more and more people go back to nature to try and cure their ills. After all, plants have been around for thousands of years and have worked hard to offer the medicinal helps humans need. Plus, herbal medicine usually does not offer the same side effects as synthetic drugs and far fewer interactions with other foods and medicines you may be taking.
Still it is important to note here that herbal medicine is still real medicine and adverse side effect can occur if you are not careful. Mixing the wrong herbs or taking too much of a certain one can be harmful – in some cases even deadly. That is why it is important to find a qualified herbalist or naturopath to help you sort out the right herbs to take for treating your herpes. Some herbs will work better than others and some people will react to certain herbs differently than others will, making a bit of trial and error necessary in order to find just the right mix for you and you healing program.

When it comes to using naturopathic remedies, there are some important things to remember:

**Use Raw Herbs**

When using herbs as a tonic or medicine, remember this important tip: they should be used in their raw form as much as possible. When visiting with a Chinese practitioner, you will likely be given pouches of specific herbs that will need to be soaked and brewed into a tea for consumption. However, some patients prefer using a pill or powder form. While this is acceptable, many experts acknowledge that it may not be as effective as using raw herbs.
Use Herbs in Liquid Form

Plants are mostly liquid (70-80%). That means that all of the good stuff in them is usually in liquid form – which means most of your herbal concoctions should be in liquid form. That is why so many remedies call for teas and tinctures – they are using the absolute most powerful part of the plant. Plus, stepping out the liquid form of the plant helps preserve its chemistry- and healing power. Here is another benefit of the liquid form of herbs: they are much easier for the body to assimilate and that makes them more effective.

Know Who Is Making Your Herbal Medications

When it comes to using herbs as medicine the absolute best way is to either buy them from a trained herbalist who makes them to order or make them yourself. Buying prepackaged pills, capsules or teas usually means that the manufacturer took out some of the good stuff you need and may have been added fillers that are unnecessary. In other words, manufactured herbal products are true herbal medicine – they are half baked knock offs. To get the full benefits of real herbal medicine, be sure to buy fresh herbs from a Chinese medicine shop or herbalist.

Here is a good way to know if you are getting the right kind of herbs for your treatment: does the product you are buying resemble the plant in any way? Can you smell the plant? Feel it? Taste it? If not, the odds are it has been over manufactured
and does not offer the same healing properties that it once did. This of course can thwart your efforts at healing and stall your success.
Herbal Teas for Treating Herpes (and BV)

Now that you understand the importance of getting those herbs into a liquid form for treating herpes, it is no wonder that many of the remedies listed call for making teas and tinctures with the ingredients. While each works well in its own right, what sets them apart is the way they are processed. Green tea, for instance uses unfermented leaves, while chamomile uses another version. Although just about every herb listed can be turned into a tea, here are a few of the most common concoctions that are used to treat and prevent bacterial outbreaks:

Green Tea

There is archeological evidence that supports the notion that green tea has been used medicinally for nearly 500,000 – we know for sure that the Chinese have been using it to treat a variety of ailments for at least 5,000 years! Considering the fact that even modern day scientists are touting its health benefits its no wonder people continue to turn to this effective (and tasty) remedy for BV help. Chockfull of polyphenols, green tea offers the herpes patient a lot of different benefits including:

- antiviral properties
- antioxidant properties
- antifungal properties
- anti-inflammatory properties
Feel free to drink several cups of green tea a day for the best health benefits.

**Basil Tea**

Holy basil or Tulsi is a wonderful tea for building the immune system, plus it offers a boost of energy which many people claim makes for an excellent substitute for caffeine. Feel free to drink it throughout the day.

**Dandelion Tea**

Dandelions steeped into a delicious tea are known to help calm the nerves and ease the stresses that can induce a BV attack.

**Chamomile**

Not only a wonderful way to relax, drinking chamomile tea also offers some antioxidant properties that can help you keep outbreaks at bay.
**Tips for brewing your own herbal teas**

One of the easiest ways to make herbal tea is to buy fresh herbs from the naturopath. They have already been dried and are ready for steeping. Then simply put a teaspoon or so in a kettle of water and steep.

When using your own fresh herbs from the garden be sure to follow these tips:

- **pick the youngest leaves for best results**

- **Be sure to wash the herbs thoroughly to rinse off any chemicals or bacteria that could be hiding on the leaves**

- **Some herbs make a nice tea when the leaves are fresh; but some need to be dried for best results. Be sure to find out which makes the tastiest and most effective teas.**

- **When drying herbs be sure to hang them upside down in a dark and dry place.**

- **Keep dried herbs in a sealed glass jar to help them retain their freshness**

Herbal teas are a wonderful addition to your healing arsenal of remedies. Use them either to prevent an attack or to soothe you during an outbreak. Either way, the
healing properties in them will help to shorten the duration of the lesions and get you back to a healthier state faster.
Step # 5:

**Bacterial Vaginosis Mind Control Plan & Lifestyle Changes**

If you have learned anything thus far, I hope you have learned that bacterial vaginosis can be treated without using harsh antibiotics and medications that could cause more harm to your body. While using the healing protocol found in this book, you will also want to begin to incorporate some simple lifestyle changes in order to reap the most benefits and prevent further BV attacks. This section focuses on some of the lifestyle tips that can be used to help stop (and prevent) bacterial vaginosis and its nasty symptoms.

**Keep Your Vagina Dry**

By nature the vagina is a warm wet environment. This of course makes the perfect breeding ground for bacteria to grow. Wear porous panties and clothing to help circulate air in that air and keep things as dry as possible. During times when you notice a lot of discharge, wear panty liners that can be changed regularly, and never sit around in a wet bathing suit. Be sure to dry the area thoroughly after a bath or shower and change wet clothes right away if they become damp for any reason.

**Keep Your Vagina Clean**
Vaginal cleanliness is especially important for women who suffer with chronic BV. Be sure to always wipe from the front to the back after a bowel movement and pat the area dry after urinating. Change your underwear in the morning and the evening and always wash or shower thoroughly after sex.

**Stop Using Commercial Douches!**

Commercial douches are a real no-no for BV sufferers. They contain harsh ingredients that are known to dry out the vaginal lining and this can induce bacterial growth. A better way to clean out that area is to soak in a warm tub with three cups of pure apple cider vinegar for about a half hour. The apple cider is slightly acidic which will help keep the PH level in your vagina acidic enough to prevent bad bacteria from growing there.

**Avoid Tampons (unless they are all-natural)**

Tampons too can contain chemicals that mess with the pH level of the vagina. If you insist on using tampons during your monthly flow, buy all-natural ones that are void of perfumes, dyes and other chemicals that could incite a BV attack.

**Stay Away From These Ingredients in Your Personal Hygiene Products!**

Women tend to use a lot of soaps, lotions, creams and lubricants to stay clean and feel fresh. Unfortunately, most of these products contain ingredients that may help
bad bacteria to grow in your vagina. When shopping for vaginal cleansers, anti-itch creams or even sexual lubricants, be sure to stay clear of things that contain:

- propylene glycol
- methylparaben
- BHA
- Cetyl alcohol
- Sodium lauryl sulfate
- Methyl benzethonium chloride
- Fragrances, perfumes, dyes
- Artificial coloring

Avoid Scented Detergents and Hygiene Products

In addition to the ingredients listed above, be sure to avoid scented detergents for washing your clothes (especially your underwear) and scented or colored toilet paper. These all contain ingredients that can aggravate the sensitive skin of the vagina and allow bacteria to grow.

Wear Breathable Clothing

When battling BV it is best to wear unbleached cotton underwear which absorbs moisture and avoid synthetic fibers in pants and skirts that do not allow the skin to breathe.

Watch Your Contraceptive Methods
Oral contraceptives have the tendency to alter hormone levels, which could change the Ph of the vagina and increase bacterial growth. IUD implantations can also harbor bacteria and condoms and spermicides can aggravate BV symptoms. To determine which birth control method is best for you, talk with your doctor and partner to go over all of the side effects before making any decisions.

**Watch Medications**

Using cortisteroids on a BV infection will only make it last longer. Progesterone creams, however, can benefit menopausal women with BV.

**Try an apple cider enema**

Keeping the colon clean can help keep away bacteria in the vagina. Using equal parts of distilled water and apple cider vinegar can help to detoxify the bowls as well as prevent BV infections.

**Try Using a Natural Progesterone Cream**

For women who suffer with post-menopausal atrophic vaginosis, applying a progesterone cream to the area can help to restore Ph levels and keep BV symptoms under control.
Stop Using Name Brand Detergents and Fabric Softeners

Most commercial fabric softeners and detergents contain scents and chemicals that can aggravate BV symptoms. Instead, opt for unscented products or other alternatives found at the local health food store.

Try Fasting

One of the best ways to give your intestinal tract a rest is to fast for a day or two. This can also help to lighten the immune system’s load and give it the chance to work at fighting your BV.

Drink Kombucha Tea

Made from an Asian mushroom, this tea is a great source of vitamin B and also offers wonderful anti-bacterial effects for fighting BV.

Avoid Smoking

Cigarettes aren’t just bad for your lungs, they are bad for your entire body. Smoking helps to reduce immune response and can dry the skin, two things that can aggravate BV and increase its symptoms.

Trying these tips isn’t going to guarantee a complete reversal of your BV symptoms, but they can help you to build a stronger immune system and keep bad bacteria from growing out of control in your reproductive area. Pick and choose the tips that
are easiest for you to implement and see how much your symptoms improve.

Sometimes finding relief is the easiest way to make changes in your lifestyle.

Now, let’s discuss some important factors that may be inhibiting your BV healing:

**Are You Stressed?**

We live in a fast paced world. Women especially often find themselves juggling multiple roles: that of mother, career woman, spouse, helper, caregiver and more. What does all of that activity lead to? For most of us the answer is STRESS – lots and lots of stress.

Now, here is the scary part. Stress does not just lead to grumpiness or even depression – it can make you sick! When your body is constantly being stressed, it goes into a natural rhythm called fight or flight. When this happens, your brain sends messages to your other organs to stand guard. Suddenly your blood pressure rises; your temperature increases; your blood vessels dilate and worse yet, your immune system goes into overdrive. The thyroid gland calls back defender cells from some areas of the body to be put on alert of a perceived threat (even though there really isn’t any). This can leave parts of your body (including your vagina) open to an attack.
Bacterial vaginosis has been clearly linked to stress. This is why: when your body gets put on alert, fighter cells leave secondary organs (like the vagina) and head to places they must defend like the heart, lungs, nervous system and more. This can cause an imbalance in good and bad bacteria, causing BV.

Not dealing with the stress in your life can put you in a tailspin, fighting one bacterial infection after another. Before you know it, BV has taken hold of your body, leaving you with an acute case that never seems to completely go away. The symptoms may stop for a while, but as soon as you feel stressed or come into contact with another virus or bacteria, the cycle begins again.

So how can you rid yourself of BV forever? One way is to lower your stress levels. This will give your immune system a time to regroup and fight those bad bacteria – and win!

Tackling stress is not always easy, but here are a few ways to try:

**Learn to say no**

Have you ever agreed to bake for a bake sale; sign your kids up for another activity; or join carpool only to regret your decision seconds after saying yes to it? Saying no seems to one of the hardest things for women to master. Still, it is a great stress reliever. Whenever you are tempted to agree to a new activity, request or work, take a deep breathe and say “let me think about that for 24 hours.” The odds are good
that once you have a few moments to think about the request without the pressure to say yes, you will want to say no. If not, great! Something that is important enough to you to still be interesting in 24 hours should be added to your schedule (and won’t create the stress that those non-essentials do). Learning to say no won’t just ease up your daily schedule, it will ease your stress load.

**Cut Down on Activities**

We are all just too busy these days and that constant “on the go” feeling is adding stress to our days. Take a good look at your calendar and see what activities can go. Start cutting the least important things from your schedule. The odds are good there are several that can be scratched from your to-do list. Once you begin to see free time opening up in your schedule it will be easier to cut more things out.

**Find ways to relax**

Do you even know how to relax these days? Think about the times when you feel most at peace. What are you doing? Listening to music? Reading a book? Playing with your kids? Find ways to relax those tired and sore muscles and to stop thinking about the things you have to get done. Here are some suggestions:

- Ask your partner for a foot rub. If that is not possible at least indulge in a 10 minute foot bath.

- Go for a leisurely walk. Getting some exercise in a relaxing manner can help to relieve stress.

- Get a massage
• Read a book
• Indulge in your favorite dessert (preferably at a local eatery by yourself)
• Find a quiet place to escape to
• Soak in a warm tub
• Take a nap
• Enjoy a hobby

Do something fun

The busier and more stressed you are, the less likely you are to take the time to have some fun. Maybe there is a sport you enjoy or a hobby you have not had time for. Carve out some time in your busy schedule to enjoy these activities once again. Maybe you can’t find time every day or every week, but you can do something special twice a year – then do it! Or maybe you only have a few spare minutes in the afternoon before the school bus rolls in. Put on some music and dance around the living room! Whatever you choose, just have some fun.

Get more sleep

It has been estimated that 60% of adult women do not get enough quality sleep. Try and get at least 6-8 hours of quality sleep each night.

Take a multivitamin

When you feel rundown form a lack of nutrients (and too much business in your life), stress is bound to take hold. Take a multi vitamin to help keep your body well-
tuned. For those who are extremely anxious, try taking 500 mg of magnesium every
day – it known for its relaxation qualities.

**Do You Exercise Regularly?**

Exercise is an essential step to good health. Remaining sedentary does nothing to
strengthen your body and boost your metabolism. For optimal health, be sure to
alternate between cardiovascular and strengthening exercises (either during a
single workout or on alternate days). Most experts agree that exercising about 30
minutes five days a week is best for keeping your body working well and keeping
your immune system in good working order.

Not sure you like the idea of regular exercise? There’s no need to hit the gym every
morning. Instead, try incorporating some of these fun activities into your daily
routine:

- **Walking.** Whether you leak with a friend, a dog or all alone, find a
  pleasant place to walk (a park, forest, by a lake or in your
  neighborhood). This can be a great way to exercise and enjoy your
  surroundings all at the same time.

- **Garden:** gardening uses a lot of muscles and can be a good form of
  exercise.
• Find a sport: whether it is tennis, jogging, baseball, or some other physical activity, find something you enjoy that can get you up and off the coach.

• Play with your kids: get outside and play with your kids.

• Biking: a great way to use all of your muscle groups, biking is a low impact way to tone your muscles and get your blood flowing

• Mop the floor: okay, maybe this one isn’t all that fun, but it sure does work. Mopping a floor uses as many calories (and muscles) as jogging or biking – plus it’s a great way to get your house clean.

Are Your Getting Enough Sleep?

Few people get enough sleep. Yet it is vital to your health. Without the right amount of quality sleep, the entire body begins to deteriorate as cells fail to rejuvenate rapidly enough to heal. Illnesses become more common; fatigue makes it difficult to exercise; the brain grows foggier without the right amount rest; emotions become out of control making it more and more difficult to handle stress and BV symptoms increase as your immune system fails to attack those bad bacteria causing all the trouble.

The Importance of Sleep Cycles

In order to allow your body the time it needs to rest and rejuvenate itself and make the hormones it can only make during sleep, a person must go into all three stages of
sleep each night. Otherwise, their body and brain do not have the time necessary to handle some very important tasks such as making and releasing sufficient levels of hormones and Prolactin which can help to stave off a BV attack.

So, what are the three stages of sleep?

**Stages 1 & 2: Light Sleep**

Light sleep is the first stage of a good night’s sleep. In stage 1 of light sleep, you may be easily awakened and not even realize that you had fallen asleep at all; while in stage 2 of light asleep you are beginning to completely relax and know you were asleep should you be awakened by a noise or touch.

**Stages 3 & 4: Deep Sleep**

As your body falls into a deeper sleep, it gets harder to wake you up as your brain waves begin to change. This level of sleep offers the body complete relaxation and rest, and it begins to secrete small levels of growth hormone to allow your cells to begin the job of repairing any damage caused to them throughout the day. Without enough deep sleep, your body can work to repair itself or ward off a bacterial attack.

**Stage 5: Rapid Eye Movement (REM) Sleep**
It is during this last safe of sleep that two important things happen: you dream and your body releases cortisol, which is important to regulating a variety of body function such as blood pressure and sugar glucose levels.

Most people report one of three things happening to disturb their sleep:

1. Either they can't fall asleep
2. They wake up several times a night
3. They toss and turn in their sleep

Preparing Your Body for Sleep

Anyone who has small children understands how important a good evening routine is to getting them (and keeping them) in bed at night. Children thrive on quiet rituals that signal their body and mind that bedtime is near. So do adults. For many of us, however, getting ready for bed means finishing up a few household tasks, watching our favorite TV show and then brushing our teeth before climbing into bed. While these activities may be alright for some; for those with sleep problems, it is a recipe for another sleepless night.

To prepare your body for rest it is important to:

- Go to bed at the same time every evening
• Avoid any stimulating activities such as housework; television and even reading. Sex too may need to be postponed until morning if it invigorates you; but for those who find lovemaking relaxing, it may help to relax the body and get it ready for a good night’s sleep.

• Make your bedroom a haven for relaxation. Don’t do other things in the bedroom to help keep your mind focused on sleep while in there.

• Avoid eating meals or heavy snacks 2-3 hours before bedtime. This can set off an internal reaction that stimulate the body.

• Try doing some relaxing medication or yoga before bed.

• Try an herbal or prescription sleep aid if necessary.

Getting your body and mind ready for slumber is an important ingredient to a good night’s sleep that many people overlook. Remember, a relaxing evening routine can take 45-90 minutes, depending on how easily you can relax and refocus your mind on the sleep-filled night ahead. Be sure to take the time to ready your mind and your body for the sleep ahead.
Mind Protocol

As we have already discussed, there are a lot of things (both internally and externally) which can affect – and even cause -- your bacterial vaginosis. Dealing with these triggers requires a full-blown approach to treatment. Drugs alone cannot cure you; but dealing with all aspects of your health can. Now, let us look at some of the things that can help to ease your discomfort; make your body stronger and free you from bacterial vaginosis as well as many auto-immune disorders.

Using Biofeedback to Break the Stress Cycle

When you become stressed, your body reacts in specific ways: your blood pressure increases; your breathing becomes more rapid; your temperate even rises. Those who use biofeedback learn how to control their body’s response to stress in order to intercept it. After all, it is difficult to really feel upset or unnerved if your blood pressure drops or your breathing slows down.

For biofeedback to work you first must learn how your body reacts to stress. This is done by graphing your response mechanically using a variety of monitors. By hooking yourself up to a variety of machines you can see how you’re pulse races, your temperature rises, etc. when stressed. Then you can begin to train your body to recognize when your stress levels begin to rise so that you can practice ways to reverse those responses in order to lower those stress levels. This of course, takes time, understanding and a qualified biofeedback teacher.

Not always easy for some to learn, biofeedback techniques have been used quite successfully in helping reduce symptoms in many Bacterial vaginosis patients.

While the entire process can take months to learn, over time, patients no longer need monitoring or other assistance to talk their bodies into handling stressful situations differently.

As is the case with most therapies, there are several different kinds of biofeedback techniques that can be tied on the bacterial vaginosis patient to help better control their stress levels:

**Electrodermal Biofeedback (EDR):** By measuring subtle changes in perspiration, EDR can help patients notice stressful situations they may have ignored before.
**Thermal Biofeedback:** Those who suffer with migraine headaches have used this type of biofeedback therapy with much success. It works by measuring the temperature of the skin and can be used to help teach patient’s the benefits of hand warming.

**Finger Pulse Biofeedback:** By measuring pulse rates in the finger patients can understand how their stress levels affect their breathing heart rate and other cardiovascular symptoms.

**Respiration Feedback:** This type of biofeedback measures and records the rate, volume and rhythm of each breathe to make it easier to recognize subtle changes when stress levels begin to escalate.

**Meditating, Yoga and Prayer**

Sometimes the very best way to deal with the stresses in your life is to shut yourself away from them – even if only for a few minutes. While locking yourself in the bathroom for half an hour may help a little, finding more constructive way to calm your body and mind may include these simple techniques:

- **Meditation:** Meditation really can work to ease Bacterial vaginosis symptoms, increase energy and help patients sleep better. One study showed a marked decrease in bacterial vaginosis symptoms in patients two medicated for one hour per day for 8-12 weeks. There are several ways to learn proper medication techniques: you can take a class at your local college or even YNMCA; get a book describing the process in depth or buy some medication tapes. Easy to learn and incorporate into your daily routine, meditation is a low-cost treatment what has shown proven results!

- **Yoga:** yoga can be very helpful in stretching tight and inflamed muscles and soothing sore tender-points. Keep in mind though, that certain yoga poses may take a while for one to master and is usually most effective when used in conjunction with other therapies.

- **Abdominal Breathing:** It is possible to sue your breathing to change your entire outlook and the way your body reacts to different situations. By learning the techniques to deep abdominal breathing, you can actually relax tightened muscles and feel better both physically and emotionally. Not only does deep abdominal breathing help to calm an exited nervous system, but it can keep your body from releasing stress hormones. The easiest way to
practice this technique is to lie flat on the floor or the bed. Place your hand on your abdomen and take in a deep cleansing breathe through your nostril. If you notice your hands rising on your belly, then you are breathing correctly. If, however, your chest rises and not your abdomen, try again. Inhale to the count of five; hold your breath for 3 seconds and then slowly exhale. Repeat up to 25 times or until you begin to feel the anxiety leave your muscles.

- **Guided Imagery:** Imagining yourself in a quiet, serene place, is a great way to fool the brain into relaxing. It takes some practice, but learning how to visualize the right setting (complete with relaxing sights, sounds and smells), can be a real stress reducer. Sometimes investing in a CD or DVD training session can help get you started in developing a workable visualization technique of your very own.

**Further Reading Suggestions:**
There are so many different stress relieving methods to try, that we certainly can’t cover them in depth here. That is why we recommend these other books for further study:

- *The Healer Within by Stephen Locke MD.*
- *Nutrition and Your Immune System by Carlson Wade*
- *Love. Medicine and Miracles by Dr. Berney Siegel MD*
- *The Success Journal by Dr. Joe Elrod*

**Controlling Your Emotions**

Ask any Bacterial vaginosis patient how they are feeling from day to day, and the odds are good that they will cite emotional strain as a side effect of their disorder.

This does not mean that Bacterial vaginosis victims find it more difficult to cope; they just have a lot to cope with. Keep in mind that depression can result anytime during a flare as you struggle with the uncertainty and often misunderstanding of this disease.

Learning to control (and cope) with your emotions is an integral part of maintaining your overall health and keeping your Bacterial vaginosis in check. The first step in doing so is dealing with depression.
Of course, you cannot deal with something you don’t recognize or will not accept. For some people, depression is a sign of weakness. Nothing could be further from the truth. This has absolutely nothing to do with a person’s coping abilities.

While some biological causes of depression need medication to take care of it, some forms of depression are well handled with other methods of treatment. But, before we begin talking about how to treat depression, let’s look at its symptoms.

Clinical depression is something far worse than feeling blue. It is an intense feeling of hopelessness that can leave a person feeling physically and emotionally depleted. Showing up in many different ways, some of the main signs of depression include:

- Major sleep changes
- Major mood swings
- Anger
- Noticeable weight changes (gaining or losing more than 10 pounds in three months or less)
- A dramatic drop in energy levels
- A lack of interest in activities once enjoyed
- Feelings of extreme guilt

Once you recognize the signs of depression it is important to accept them (after all, the vast majority of Bacterial vaginosis patients will experience some form of clinical depression at some point of their disease), and get help right away.

**Using Food to Boost Your Mental Health and Outlook on Life**

Yes, it is possible to beat stress and depression with the right nutrition – at the very least you can help your body deal with it better to get better faster. Here are some basic tips to using nutrition as part of your stress therapy:

- never skip meals
- avoid sugar and refined food products
- increase you fiber intake
- keeps fats to less than 20% of your daily calories
- avoid red meat
- stay away from caffeine
- take the right nutritional supplements
• drink at least 72 ounces of purified water every day to help clear your body of built up toxins in your system
One Final Thought

If you have suffered with bacterial vaginosis for any amount of time, you have learned that the medical community looks at it as more of a nuisance disease than anything else. While they are eager to prescribe antibiotics to help you deal with your discomfort, few doctors ever take the time to help you figure out what is causing your flare-ups and how to make them stop.

This book was designed to answer that question and to put you on the path of true – and permanent – healing. I hope that you have found the healing protocol here helpful and that you use it to stop you BV symptoms once and for all.

For those with more questions, check out the appendices sin the following pages. Here you will find answers to your most basic BV questions as well as product recommendations and a list of links and resources where you can go for more help.

A BV free life awaits – all you have to do is take a chance on my protocol and experience real healing.
Appendix I

Your Frequently Asked Questions Answered

Women who continually battle with bouts of bacterial vaginosis have a lot of questions. Here is a quick guide to getting answers:

What is bacterial Vaginosis? Is an imbalance of the bacteria found in the vagina. When bad bacteria inundate the area, symptoms such as itching, soreness, and a foul odor may result.

How common is BV? Bacterial vaginosis is the most common cause of vaginal symptoms in women of childrearing years. It has been estimated that one in every 5 women suffers with the infection at some time during their adult life.

Is bacterial vaginosis hard to get rid of? In most women the answer is yes. One reason may be because sufferers only treat the symptoms of the infection and never really do anything to stop it. Until you can rebalance the bacteria in the vagina, symptoms will return.
Is Bacterial vaginosis dangerous? Not in most women. Other than its irritating symptoms (and the embarrassment they cause), there are few health risks – unless of course you are pregnant. BV that is left untreated can cause infertility, miscarriage and stillbirth.

Can an IUD cause bacterial vaginosis? Not really. But it can attract bacteria which if left to grow will cause BV.

What causes bacterial vaginosis? There are a lot of reasons why the good bacteria in the vagina can’t kill off the bad bacteria and BV results. Sometimes it is the immune system’s inability to work efficiently that causes the imbalance. This can be a result of too much stress; poor eating habits; or another infection. Sometimes e-coli from the rectum make its way to the vagina, causing an increase in bacteria there. Other risks factors may include: STD exposure; multiple sex partners; douching, tampon use or a hormonal imbalance.

How can my doctor tell if I have bacterial vaginosis? In most cases your doctor will rely on your symptoms and maybe a physical exam. That isn’t always the best way to diagnosis BV though. The only way to be certain that you suffer with this bacterial infection is to have your vaginal discharge tested. This is done with a simple swab test and microscope right in your doctor’s office during a pelvic exam.
**How is BV treated?** Most doctors rely solely on antibiotics and creams to treat bacterial vaginosis. Unfortunately his method of treatment often results in repeat episodes. The best way to treat BV is to tackle the problem from the inside out using the healing protocol outlined in this book.

**How can I find quick relief for my symptoms?** Some of the best ways to relieve BV symptoms is to:

- put a few drops of tea tree oil on a tampon and insert for several hours
- douche with a mixture of distilled water and hydrogen peroxide
- dab a few drops of hydrogen peroxide (3%) on your vaginal area
- insert a yogurt suppository into the vagina

**What can I do to prevent further BV outbreaks?** The best way to prevent bacterial vaginosis is to keep the ph balance in your vagina stable. This will allow the good bacteria to keep bad bacteria there in check. Eating kefir and yogurt regularly can help with this. Also, maintaining a well balanced diet and using vitamin and mineral supplements can help. Also, avoid using any products (such as tampons and douches) which may alter the vagina’s ph levels.

**What is the best way to clean my vagina?** Simply using a washcloth other with plain water or dipped in diluted vinegar is the easiest and safest way to keep this area clean. Soaking in a tub with 1-2 cups of apple cider vinegar is another good way to wash out the vaginal area.
How will I know when BV is gone? Even if you aren’t showing any symptoms, you could still be suffering with bacterial vaginosis. The only way to be certain that the infection is gone is to have your doctor test your vaginal discharge, looking for an abundance of bad bacteria there.
Appendix II: 
Product Recommendations

Below you will find a variety of products that I recommend using to treat your BV at home. Some can be found at your local drugstore (like CVS or Walgreens), department store (Wal-Mart or Target) or your local health food or naturopathic store.

**Vaginal Acidophilus (Probiotic Inserts):** these vaginal suppositories help add good bacteria to the vagina in a simple application.

**Femanol:** contains Lactobacillus Acidophilus, Garlic, and several other ingredients designed to help battle bad bacteria.

**Enzara:** is a homeopathic blend of soothing herbs and other ingredients designed to stabilize the vagina’s flora.

**Tea Tree Oil:** is a wonderful bacteria stabilizer that also helps to soothe BV symptoms. Can be used topically or vaginally. Look for 100% Australian tee tree oil for best results.

**Manuka Oil:** a wonderful anti-bacterial that can be sued topically on the vagina for soothing relief of BV symptoms and healing help.

**Natren Mega Dophilus Capsules:** a dairy free form of lacto bacillus acidophilus.

**Renew Life Ultimate Vaginal Support Capsules:** contains multiple ingredients to help stabilize the ph level in the vagina.
**Manuka Honey UMF:** this topical ointment offers BV healing relief.

**AlkaCleanse and Alka Bath Ingredients:** find pickling lime, calcium hydroxide and organic kelp powder at [www.bulkfoods.com](http://www.bulkfoods.com) or [www.starwest-botanicals.com](http://www.starwest-botanicals.com)
Appendix III:
Glossary of Important Terms

**Antibiotic**

A drug used to treat bacteria

**Antibodies**

Antibodies are proteins that circulate in the body. Whenever a person is exposed to a new pathogen (a virus or bacterium), the immune system creates specific antibodies for it. When an antibody bumps into the pathogen, it sends a message to the immune system's "killer" cells, prompting them to attack the invader.

**Antibacterial**

Anything that destroys bacteria or suppresses their growth.

**Bacteria**

Single celled organism
Bacterial

Of or pertaining to bacteria

Discharge

The flow of fluid from any part of the body

Infection

The invasion and multiplication of microorganisms such as bacteria, viruses,

Sexually Transmitted Infection

An infection that can be passed from one person to another through sexual intercourse

Vaginitis

Inflammation of the vagina
Links, Resources and Supporting Material

Want to learn more about bacterial vaginosis? Here are a few places to turn for more information and help:

**National Vaginosis Association**
800-909-8745

**American College of Obstetrics and Gynecologists (ACOG)**
www.acog.org

**U.S. Centers for Disease Control (CDC)**
www.cdc.org

**The American Social Health Association:**
www.ashastd.org
The National Institutes for Health:

www.nlm.nih.gov

American Holistic Medicine Association

919-787-5146

Women's Health Organization (WHO)

www.womenshealth.gov

Mayo Clinic

www.mayoclininc.org

The American Gynecological Society

www.agosonline.org