

TREATING & PREVENTING YEAST INFECTIONS

Yeast infections can be tricky to treat and can be chronic, often coming and going for prolonged periods of time. Acupuncture and Chinese herbal medicine can help to some degree, but it is highly recommended that you try some of these other treatments as well. To help treat and prevent further occurrences of yeast infections:

-Ask your doctor for a prescription for boric acid suppositories, which are made in a compound pharmacy (i.e. Skendarian Apothecary in Cambridge). Boric acid is not a medication and works by simply neutralizing the pH in the vagina.

-Take Femdophilus, an oral probiotic supplement available over the counter in the refrigerated section at Cambridge Naturals, Whole Foods or Harvest Coop. Femdophilus includes helpful strains of bacterial that are helpful in preventing and treating yeast infections and urinary tract infections.

-Wear cotton underwear and pants, and avoid synthetic materials.

-Avoid sugar, refined carbohydrates, lots of fruit, alcohol (especially beer), breads and baked goods made with yeast and anything sweetened. You may wish to read about how to alter your diet – a great resource is *The Yeast Connection and Women's Health* by William Crook.

-Other supplements may be helpful such as garlic, Echinacea and oil of oregano. You may want to stop in at Cambridge Naturals and ask someone for advice on what to purchase – they have extremely knowledgeable staff who can help point you in the right direction.

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