Vaginal Yeast Gone with Homeopathy



Yeast Infection

Vaginal yeast infection, also called candidiasis, is a common problem of women caused by the overgrowth of the fungus *candida albicans*. This fungus normally resides in the body but is kept under control by lactobacillus bacteria.

A healthy immune system will maintain a correct balance between the yeast and the bacteria, but if this balance is upset, the fungus can get out of hand. Some things suspected to contribute to the overgrowth of *candida* include the use of antibiotics, birth control pills and immune-suppressing drugs such as steroids; eating refined sugar and processed foods; or ingesting certain trigger foods, such as bread and baked goods, even honey and too much fruit.

Need I mention how important diet and abstinence from drugs

is to keep this in check? Yet even hormonal changes during pregnancy and perimenopause can also trigger candidiasis, so it's not always drugs and the wrong foods that are to blame.

If unchecked, an overgrowth of candida can lead to a wide range of systemic symptoms, including digestive issues such as pain, gas, bloating, constipation, diarrhea and mucus in the stool; itching in the skin, ears, vagina and rectum; skin problems such as acne and eczema, reproductive problems such as painful menstruation, infertility and low libido; and even mood changes, such as anxiety, depression, mood swings and difficulty focusing.

Conventional treatments focus on destroying the *candida* to stop the overgrowth, but like all drug treatments, this can be accompanied by side effects, and often the overgrowth reappears as soon as the treatment stops. A suspension of symptoms is not what we're after. We want full resolution, and you can get that with the protocols I share with you today.

Homeopathy is a safe and effective medicine that gently guides the body back to health and reduces susceptibility to future outbreaks.

Homeopathic treatment for recurrent candidiasis usually brings relief within a week, but the treatment may need to continue for 3-5 months to eliminate the problem and prevent recurrences.

I've included a few of the most common remedies used to uproot vaginal yeast infections. I'm including them but want to give you a heads up that my all-time favorite remedy for this affliction is based on what I learned in Calcutta from Dr. Prasanta Banerji. In approximately 80% of the population with this affliction, the best by far medicine for yeast is *Mercurius solubilis* 200C taken once daily. If

there's accompanying itching, not mild, but quite intrusive, then *Arsenicum album* 200C twice daily is a better choice. However, if these remedies aren't found to be useful (give at least a few weeks to note improvement or not), then consider some of the following remedies. But I'll bet you won't need to go any further than these.

Kreosotum 30C: The sufferer needing *Kreosotum* will experience violent itching and burning of the vulva, labia and thighs. The discharge is profuse, watery and sometimes yellowish with marked acridity causing soreness, smarting and red spots on the vulva.

Calcarea carbonica, 30C: The person needing this remedy will likely show a profuse, persistent milky or yellow discharge accompanied by itching and burning. The person may also experience morning hunger, acidity of the stomach and cold, damp feet.

Sepia 30C*:* Women who are prone to recurrent candidiasis and repetitive urogenital infections might want to consider this medicine. The discharge is yellowish-green in color, somewhat offensive and often worse before menses with pains in the abdomen. The woman is likely to be on birth control pills or overwhelmed by her motherly duties.

Natrum muriaticum 30C: This cell salt is excellent for a woman with a watery discharge who is prone to skin and respiratory allergies, acne or herpes.

Knowing how to treat problems like this quickly, inexpensively, without a prescription, questionable drugs and high costs is the way I like to live my life and I want to share with you how you can do the same.

Warmly,



I have been where you are now. I've dieted, taken supplements, bioidentical hormones, essential oils, herbs – but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To see the full syllabus for my Feminopathy course and read the testimonials of other women who have been helped by my Practical Homeopathy methods, click here.

Please pass this on to your friends.

Love, Joette

