



Around the Circle Midwifery, LLC
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Alternative Treatments to Promote Vaginal Health

Acidophilus—To replenish beneficial intestinal and vaginal flora

- ▶ Eat yogurt with live cultures
- ▶ Take two acidophilus (*L. bifidus*) capsules 3 x daily
- ▶ Intravaginal suppositories (put in two capsules at night until symptoms subside)

Vitamin C—To boost your immune system and help your body fight infection

- ▶ Take up to 2000 mg daily
- ▶ Spread dosage throughout day to prevent stomach upset
- ▶ If diarrhea develops, cut down on vitamin C intake

Garlic—Has antimicrobial properties

- ▶ Eat 1-2 raw garlic slivers 2 x daily; swallow without chewing as with a capsule
- ▶ Whole clove can be inserted intravaginally at night and removed in the morning; skip a night or two if irritation develops

Echinacea—To stimulate your body's immune system

- ▶ Take ½ dropper of tincture daily for up to 2 weeks

Apple Cider Vinegar—Helps restore normal vaginal pH

- ▶ Take a warm bath daily with 1 cup of vinegar added to the water

Lavender Essential Oil—Has antibacterial and antifungal properties

- ▶ Put one drop of oil in your underwear daily

Oat Straw Tea—Calming tonic herb; helps relieve stress

- ▶ Can be combined with unsweetened cranberry juice; drink several glasses daily

Lemon Water—Acidifies urine and inhibits bacterial and fungal growth

- ▶ Add a tsp. of lemon juice to each 8 oz. of water you drink

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Some important reminders:

- While these natural alternative treatments are safe to try in pregnancy, they may not be as effective at eliminating an infection as the recommended medical treatment. You may choose to try these alternatives first and then treat with the recommended medication if symptoms persist. Or, you may wish to use the recommended medication first to treat the infection and then use the natural remedies to rebuild your system and restore health.
- A good, balanced diet is a very important part of restoring and maintaining your health. Increase your intake of whole grains and dark leafy green vegetables. Limit your intake of refined flour and sweets.