

Natural Treatments For Yeast Infections

Let's be honest. Yeast infections are not something that women like to openly talk about and with good reason. So many suffer in silence until it gets to the point where they have to go to a doctor. Hopefully, this article will educate you slightly as to what a yeast infection actually is and how you can cure it without harmful drugs. After all, that is our ultimate goal. A vaginal yeast infection is an abnormal growth of yeast cells in the vagina. These infections are most common in women who are in their child bearing years, but they can happen at any age. The good news is, they rarely lead to any serious health problems. The bad news is, they can be quite uncomfortable and the standard medical treatments can have some nasty side effects and don't always work. How does one know when a yeast infection is present? Well, the most common symptoms are vaginal itching, which can at times be very severe, vaginal discharge, which is usually white, red skin around the opening to the vagina, pain while urinating or touching the skin, and pain in the vagina during sexual intercourse. These symptoms are more likely to occur one week before the menstrual cycle begins. Most vaginal yeast infections clear up on their own, but in some cases this doesn't happen and treatment is needed. This is where modern medicine and naturalists differ greatly. And even with that, there are times when modern medicine even tells you that it is best not to do anything, such as when you're pregnant because these treatments can be harmful to the baby. Think about what they can do to you in the process. In the rare cases where your yeast infection is serious you will develop symptoms such as a high fever over 101. You may also experience lower abdominal pain with this fever. Fortunately, these symptoms usually don't occur until you've actually had the yeast infection for some time. So the best time to treat it is in the early stages. Traditional treatments include over the counter and prescription medications, in the cases where the yeast infection is serious. But all these treatments have side effects and unfortunately, don't always work. So the question is, what do you do? Do you just have to suffer with this condition? The answer to that is no. There are natural treatments for vaginal yeast infections so that you don't have to resort to dangerous drugs. If you visit our web site you will find such treatments. The suffering doesn't have to continue and you don't have to rely on your doctor to hand you a prescription filled with harmful side effects.

About the Author

The Natural Resources Conservation Service provides leadership in a partnership effort to help people conserve, maintain, and improve our natural.

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