

Yeast Infection Symptoms and Natural Cure

Yeast infections are as annoying as they are common. About seventy-five percent of women will get at least one yeast infection in their lifetime, forty-five percent will get more than one, and then some women suffer from chronic yeast infections. Yeast infections are caused by a fungus called candida albicans. Yeast is always present in the vagina, but an overgrowth of yeast is the problem. Yeast is generally a harmless fungus that is always found in the vagina, digestive tract, and mouth in small amounts, but when an imbalance occurs, the candida multiplies which causes an overgrowth and results in a yeast infection. The symptoms of a yeast infection are vaginal itching, burning, discharge that is usually thick and white, painful urination, and pain during and after intercourse. There are many possible causes of yeast infections. Sometimes simply taking an antibiotic results in a yeast infection. In addition to destroying bacteria that cause illness, antibiotics kill off the "good" bacteria that normally live in the vagina. Without this necessary bacteria in the vagina, yeast cells can take over and grow out of control. Other possible causes are wearing tight clothing, particularly underwear, douching, using feminine sprays which causes moisture, uncontrolled diabetes, and pregnancy. Recurrent yeast infections or yeast infections that don't seem to go away even with the medicated treatments are usually a sign of a more serious underlying medical condition such as diabetes or a poor immune system. Sometimes women are first diagnosed with diabetes after seeing the doctor on the first onset of yeast infection symptoms. Pregnant women are especially prone to develop yeast infections because pregnancy changes the hormonal and chemical balance in the body. Yeast infections can be difficult to treat during pregnancy and some pregnant women will experience recurrent yeast infections. Women who suffer from fatigue, illness, stress, and a poor diet are more likely to get yeast infections. There are steps women can take to help prevent yeast infections including:

1. Eating a healthy diet
2. Wear loose clothing and cotton underwear. Avoid nylon underwear.
3. Keep the external vaginal area clean and dry.
4. Avoid irritating soaps and vaginal sprays and perfumes.
5. Change pads and tampons frequently.
6. If you have diabetes, keep a stable blood sugar level.
7. Only take antibiotics as prescribed by your doctor and never longer.
8. Do not douche.

Women who have never been diagnosed with a yeast infection should see a doctor the first time they experience the painful symptoms. Once a woman has had a vaginal yeast infection, she will easily recognize the embarrassing yeast infection symptoms. There are many over-the-counter treatments for yeast infections which can be easily found in stores. The treatments are usually anti-fungal creams which are inserted into the vagina before bedtime. Some treatments are 1 day treatments, while others are 3, 5, or 7 day treatments. The shorter the treatment time, the higher the cost. Pregnant women are advised not to use any medicated products unless advised by their doctor. There are also completely natural ways to cure yeast infections. Imagine being able to cure yeast infections with no medications, no side effects, and without the costs of buying the over-the-counter treatments. Over-the-counter medicated treatments cure the majority of yeast infections, however they can be only temporary treatments. The yeast infections may come back, even worse than before. Many people who use natural treatments report never having another yeast infection again. This is probably because the natural, holistic methods listen to the body and get to the root of the problem, while the creams temporarily kill candida in the vagina, which is always present in the body anyway. The key to your success in eliminating yeast infections is working with your body by stopping the internal cause of Yeast Infection while maintaining that inner natural balance where Yeast Infection ceases to exist.

About the Author

Links and information regarding natural pest control and environment friendly alternatives.

Source: <http://www.productsherbal.com>