

A Look at Natural Remedies for Yeast Infection

Milk or yogurt containing live *Lactobacillus acidophilus* cultures can provide a natural remedy for a vaginal yeast infection. *Lactobacillus* helps to keep *Candida* yeast organisms in the body in check, thus preventing and treating yeast overgrowth and infection. A clinical study has shown that daily consumption of at least 8 ounces of yogurt containing *Lactobacillus acidophilus* helped to reduce the number of the yeast organisms. Drinking acidophilus milk or taking acidophilus capsules can have similar benefits. Another natural remedy for vaginal yeast infection is garlic. For a home remedy, take a clove of fresh garlic, peel it, wrap it in gauze, and insert the clove into the vagina. It needs to be removed and replaced two times a day. This is to help relieve symptoms and reduce the yeast growth. You can also use natural garlic clove suppositories or simply consume a clove of garlic a day as a preventative method. White vinegar can also be used as a home remedy. You can use the white vinegar to make a homemade douche. Simply combine one tablespoon of white vinegar with one pint of water. Apply the solution to the vaginal area two times a day, for five to seven days. The white vinegar solution will increase the acidity level of the vaginal area, inhibiting and lowering the growth of *Candida* yeast organisms. Grapefruit seed extract is also a natural home remedy for vaginal yeast infection. For this remedy, simply add 10 to fifteen drops of grapefruit seed extract to a glass of water. Drink it every day for about a month. Natural remedies can be effective for treating many vaginal yeast infections. But for persistent or recurring yeast infections, you need to see a medical doctor. It may be that your problem is not a yeast infection at all. It could be something else, such as a bacterial infection, in which case you may require medical treatment.

About the Author

Over 120000 images of wildlife, and natural history in ecosystems from Antarctica.

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