The Bacterial Vaginosis Report
And
The Amazing $5 Treatment for Bacterial Vaginosis

Learn what Bacterial Vaginosis is, symptoms, causes, complications and treatment

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You should not use this information for diagnosis or treatment of any health problem or for prescription of any medication or other treatment.

You should consult with a healthcare professional before seeking treatment.
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**Get Fast Relief from some of the symptoms of bacterial vaginosis.

Before you get started reading here is how you can get immediate relief from some of the symptoms such as the itching, burning, odor and yucky feeling. This is not the cure but can help bring fast relief.

Go to your kitchen and get a bottle of vinegar (plain or apple-cider will both work). Pour a small amount (1/4 cup will do fine) into a cup. You probably want to dilute it with an equal amount of water but full strength is okay also.

Go to your bathroom and in the tub or sitting on the toilet using a soft washcloth or cotton swab, apply the vinegar to your vaginal region.

This is completely safe for everyone to do and you will learn more about vinegar and why it can help later in the book. Your relief and results may vary.
PART 1:

Learn all about Bacterial Vaginosis

Introduction to Vaginal Odor

In general every woman has a different scent and taste to different parts of her body. Some women also have a naturally stronger or lighter odor to them.

If you seem to have a strong odor this does not mean anything is wrong with you or that you need correcting or perfumes or deodorants.

When something is wrong or has changed that is when the odor can become extremely strong or unusual in nature. If you notice a shift or change from the norm with your body then it should be looked into.

When we confine our bodies to tight, restrictive clothing and non-natural fibers it isn’t unusual for an odor to build up due to sweating and other normal body functions. Usually a simple shower or bath using regular soap works fine.

There is no need to go overboard constantly using anti-bacterials, heavily perfumed products and feminine deodorants. These products can actually be the culprits in triggering BV.

Stockings that do not have a cotton or breathable crotch can be a big problem since they are very confining and do not allow air to circulate.
BACTERIAL VAGINOSIS (general outline)

Bacterial Vaginosis is not an infection. The term "vagin-osis" denotes a changing condition within the vagina. You will see me use the term “infection” throughout this report because the word is easy to use to convey the message.

Whether or not Bacterial Vaginosis (BV) is a sexually transmitted disease is a debatable topic even among professionals. BV is the most common vaginal ailment affecting 1 out of every 5 women of reproductive age. BV is thought to be caused by an overgrowth of “bad” bacteria normally found in the vagina (Specifically Gardnerella Vaginalis, and others).

Since other vaginal infections (such as a yeast infection) can have some of the same symptoms it is possible to confuse your self-diagnosis with the wrong ailment.

There is no single trigger for BV but more than likely it is a combination of factors that lead to the unfortunate overgrowth.

What Causes Bacterial Vaginosis?

Bacterial Vaginosis is caused by an overgrowth in your vagina of anaerobic bacteria (anaerobic - meaning the bacteria don't need any oxygen to survive or grow) and an organism called Gardnerella. Small amounts of these anaerobic bacteria and Gardnerella can normally be found in your vagina.

Here is the process by which BV develops in "Doctor Language"

Gardnerella (bad bacteria) increases, anaerobes increase, as a result the Gardnerella produces amino acids, the anaerobes have an enzyme that cleaves into amines. The amines raise the pH in the vagina, that cause the squamous cells to slough and desquamate and produce discharge characteristic of the disease. Then you have a cycle of elevated pH which kills more lactobacilli which allows the anaerobes to increase even more.
Bacterial Vaginosis occurs when the balance of organisms in your vagina is upset and the anaerobic bacteria and Gardnerella overgrow or multiply to an unhealthy state.

The good, protective bacteria Lactobacilli that also normally live within your vagina, is then outnumbered and is not able to do its regular job of keeping the bad bacteria in check. The friendly bacteria produce a natural disinfectant (like hydrogen peroxide) which help keep organisms at the normal, healthy balance in your vagina.

The friendly bacteria also produce small quantities of lactic acid. This lactic acid also serves another beneficial purpose by keeping the general environment of your vagina in a slightly acidic state.

This acidic environment does a couple of things. First is, the lactobacilli prefer to live in a slightly acidic home (which is why this bacteria also thrive in your stomach and are very beneficial in protecting you there also). Second, the unfriendly bacteria do not thrive as well in this acidic environment.

The main, good bacteria that live in the vagina are called lactobacilli.

*Lactobacillus bacteria are classified as aerobic bacteria, or bacteria whose growth is favored by an oxygen-rich environment. Lactobacillus bacteria produce small quantities of lactic acid, which account for the moderate acidity of normal vaginal secretions. This mildly acidic environment is thought to play a significant role in immune defense as this acidity has the effect of inhibiting the growth of many other microorganisms, which might be introduced within the vagina. Lactobacillus bacteria are also responsible for producing small quantities of hydrogen peroxide that has an additional role in protecting the vagina from particular infections.*
The exact reasons that bacteria overgrow are not known. BV is not a true sexually transmitted disease, but it is more common in women with multiple sexual partners. Many times, BV develops after sexual intercourse with a new partner. However, women who are not sexually active can also get BV including virgins who have never had sex.

A healthy vagina normally contains both good and bad bacteria, with the good bacteria existing in the majority. This good bacterium helps to actually keep the bad bacteria in check.

In the box below is some information that is very telling about how to go about getting rid of BV naturally. It helps to point out the importance of how helpful lactobacilli are in maintaining a healthy vaginal environment.

Women without bacterial vaginosis had 1 to 6 vaginal bacterial species in each sample taken from them and lactobacillus species (phylotypes) were the predominate bacteria. Women with bacterial vaginosis had greater bacterial diversity with 9 to 17 phylotypes detected per sample. 35 unique bacterial species were detected in the women with bacterial vaginosis.

Here is what is important about the information in the box.

- Women that did NOT have BV only had a few types of bacterial species and lactobacillus was the dominant species.
- Women that had BV had a large variety of bacteria, along with a reduction in the amounts of lactobacillus.

What seems important here is the fact that you want to make sure your vaginal environment maintains lactobacillus as the dominant bacteria. (see the herbal remedy section further down in the book for more on how to do this)

Improper douching may contribute to the destruction of lactobacilli in the vagina, and while some studies have shown that women who
douche at least monthly double their risk of Vaginosis there are also indications that “proper” douching does not bring on bouts of BV.

What this means is, the occasional douche, using the natural Vinegar and Water douches or antiseptic or iodine (Betadine) based douches may be fine if they are not over used or used excessively.

Perfumed douches or douches that contain extra or other chemicals are not recommend and are more likely to upset the natural balance of your vagina.

Other Products that can Contribute to the Cause of BV

- Antibiotics - these are a common culprit because they are so widely prescribed and used in our society and antibiotics tend to kill all bacteria, even the good ones that we need to stay healthy.
- Do not use antibacterial wipes or alcohol wipes on your vagina when simply cleaning up.
- Spermicides
- Vaginal hygiene products – deodorants, perfumes, douches, scented tampons, etc.
- Detergents
- Fabric softeners
- New sex partner, multiple sex partners
- E. Coli, which is a normal inhabitant of the rectum, can cause BV if it is spread to the vaginal area.
- IntraUterine Device (IUD) for birth control
- Unclean sex toys or sex enhancement products that contain sugar or chemicals.
- It appears that the presence of a Sexually Transmitted Disease (STD) increases the risk of BV; up to 64% of women with STDs also have BV, compared with 10-20% of all women.
- The act of getting piercings or tattoos in the vaginal area could also contribute.
- Other factors, which may contribute, include hot weather, tight clothing, poor general health, and poor hygiene.
While we have discussed mainly products and objects that can potentially trigger BV lets talk about something else that may trigger it but is certainly harder to control.

**Hormonal Changes**

Hormonal changes are thought to play a large role in why BV occurs.

What are some of the more common hormonal culprits that may be causing your BV?

- Stress
- Menstruation
- Pregnancy (about 10% to 30% of pregnant women develop BV)
- Birth Control pills

All of these situations can induce hormonal changes that can influence the vaginal environment.

Again, what causes BV is unclear and scientist are still struggling to try and pinpoint more exact causes.

**What is Normal Discharge?**

It is normal for women to have discharge or "leakage" from the vagina. You should not try to stop, control or clean it constantly. Use it as a natural guide. If you notice a change in your discharge then this means something (positive or negative) has changed within you.

Most girls notice a yellow or white stain on their underwear after they go through puberty. This is a normal fluid that helps clean and moisten your vagina. You are completely healthy and normal if your discharge is cloudy white has no odor or has a slightly salty/acidic odor, increases and become "stringy" (like egg whites) during the middle of your menstrual cycle when you are ovulating.

If you find that your normal discharge is annoying, you can wear non-chemically treated (non-perfumed) panty liners/shields on your underwear. Also, to keep your vaginal discharge under control, make sure you wear cotton underwear (which absorbs moisture and lets air
circulate). Take daily showers or baths and make sure that you wash outside your vaginal area every day with only water or mild soap, and then rinse and dry yourself.

*Avoid washing inside your vaginal area and avoid anti-bacterial soaps that will also kill the good bacteria.*

Don't use deodorized panty liners or deodorant sprays in your vaginal area. These chemical deodorants and perfumes are exactly the kinds of irritants that can possibly trigger Bacterial Vaginosis.

Use the following guide to see whether your discharge indicates a potential problem:

**DISCHARGE:** thin, milk-like; white or grayish in color; has a foul, fishy odor

**INFECTION:** Bacterial vaginosis

**DISCHARGE:** heavy, foam-like; yellowish-to-green; foul odor

**INFECTION:** Trichomoniasis

**DISCHARGE:** thick, cottage cheese-like; white; no odor

**INFECTION:** Yeast

**Keeping it Clean**

As mentioned above douching *may* cause infections by changing the normal balance of organisms in your vagina.

Douching can also make an infection worse if you already have one, pushing the infection up into your reproductive area, or hiding symptoms of a vaginal infection so it is harder to diagnose and treat it. Other things that may cause vaginal infections are scented tampons, deodorant spray, and harsh soaps.
Why do women douche?

Women douche because they mistakenly believe it gives many benefits. In reality, douching may do more harm than good.

Common reasons women give for using douches include:

- clean the vagina
- rinse away blood after monthly periods
- get rid of odors from the vagina
- avoid sexually transmitted diseases (STDs)
- prevent pregnancy

How common is douching?

Douching is common among women in the United States. It is estimated that 20 to 40 percent of American women aged 15 to 44 years douche regularly. About half of these women douche every week.

You do not need any of these things to clean your vagina. Your vagina cleans itself best when you don't use any of these types of products.

Mother Nature built in her own natural self-cleaning mechanisms and to use an old phrase, "you shouldn't mess with Mother Nature". All the "Not So Fresh Feeling" advertisements have probably done more harm to women than good by promoting the fact that women are unclean or smell bad even when nothing is wrong, by making women feel bad about themselves and their perfectly normal and natural scent.

Ingredients in the "Country Flowers" scented Massengill brand douche.
Something most people never think about that can cause harm is toilet paper. In the national obsession to make everything smell nice there are now many toilet-paper products that are scented or contain unneeded chemicals or "lotions" for added comfort and softness.

Avoid these toilet papers as they can contribute chemicals to your vaginal area that can upset the bacterial balance.

What about baby wipes? These are gentle and for a baby, right?

Here is a woman that wrote about how she cleaned herself and our email correspondence.

Thank you So much for your very informative ebook. I appreciate it.

I have a question that perhaps you can answer. I tried looking online, which is how I came across your book. Ive taken Enzara, and you are right, it works wonders, in days it worked for me, and I kept taking it for a month. BUT, if I stop, within a few days, its back. How long should do I have to take Enzara for?

Im going to buy the 3 items you suggested (natrens, Probiotic and Tea tree), and eat yogurt off and on, but will daily from now on. There is something you mentioned that surprised me. I use Pampers Baby
Wipes instead of toilet paper - have for years in fact - don't feel clean with simple toilet paper. Could this be causing the BV ???

Thanks so much, I really would love your input.

**MY REPLY:**

Thanks for your input.

I can't say positively that baby wipes are triggering your BV but I have a strong suspicion that it is a contributing factor.

You are using a product INTERNALLY that is meant to be used EXTERNALLY.

Here is the list of ingredients from your wipes.

Water, Dimethicone, Aloe Vera Gel, Sodium Acrylates/Vinyl Isodecanoate Crosspolymer, Polysorbate 20, Phenylcarbinol, Disodium EDTA, Sodium Hydroxy-Methylglycinate, Iodopropynyl Butylcarbamate, Dipropylene Glycol, Pentadecalactone.

That is a lot of man-made chemicals.

Your vagina is designed a lot like your mouth and nose in the fact that it secretes fluids for a variety of protective reasons. The skin tissue of your lips and mouth are designed in an identical fashion to the skin tissue of the vagina.

If you are interfering with or blocking these secretions then your are not helping or assisting your body.

Ask yourself this. Would you consider it safe to clean your mouth several times a day with a baby wipe? Besides the yucky taste is this something you would consider? Probably not. Then why use it vaginally?

I looked up some of the ingredients from the baby wipes.
**Dimethicone** - is used in hundreds of personal care products but they are all used EXTERNALLY on the skin.

**Dimethicone** is a silicon oil.

*Here are some toxicity studies information.*
http://toxnet.nlm.nih.gov/cgi-bin/sis/search/r?dbs+hsdb:@term+@rn+9006-65-9

**Phenylcarbinol** - (they say there is no alcohol in the baby wipes but this is a Benzyl alcohol) It is also used in hundreds of personal care products meant to be used EXTERNALLY on the skin.

*It is also used in several HOME products for sealing moisture like Concrete Primer*
*Epoxy Sealant*

**Ingestion of Benzyl Alcohol in large amounts can be very dangerous** (don't know what a large amount is.)
http://toxnet.nlm.nih.gov/cgi-bin/sis/search/r?dbs+hsdb:@term+@rn+100-51-6

All of the ingredients may be safe in very small quantities used externally on the skin but in larger amounts when breathed swallowed or injected these chemicals are very dangerous.

*Here is the link where I searched some of these ingredients.*

If you really need a wet wipe to feel cleaner I suggest a simple wet wash cloth with nothing on it but water. Get you a small stack of soft wash cloths simply for that purpose.

If you need more then buy a PURE aloe vera gel and use a small dab on the wash cloth.

Hope this helps.

**Then She Replied:**

Wow, I don't much like the sound of all those chemicals. I thought since it is used on babies, and they are also cleaned internally with them, that they were safe to use. I'm going to stop them immediately.
and see what happens. I'll let you know if it's a culprit and you can add it to your book as info if you want.

I've tried looking online, and I mean everywhere, to see if something can tell me how long Enzara needs to be taken. I've seen the studies and they indicate results after a year whether women still have it, but no info on how long you must take it. Do you have any idea how long I must take it to cure the BV? (even though once taken, it goes away within days). Is there a set course of 1-2-3 weeks or months?

Thank you so very much for all your help.

MY REPLY:

No, I don't really know and it can be different for each woman.

I should not think you have to keep taking Enzara for months on end.

Just use it to help you get control of the situation and clear the BV up then try to keep to healthy practices to stay that way.

The thing is you may actually be curing yourself of the BV but possibly because of some of the things you do you may simply be re-triggering an upset in the natural balance of your vaginal environment allowing the BV to come back.

Start on the Probiotics, clean up your diet by getting rid of as much sugar and sugary products as possible, try to avoid the products and situations suggested in the book and give your body time to straighten it's self out.

I appreciate you allowing me to use your input in the book.

I know many other women could probably benefit from your personal story with BV and just hearing from others can be a comfort that they are not alone.

Let me try to clear up the slight difference in what I mean between internally and externally. A baby wipe should only be used to clean on the surface and not pushed “deeper” to try to clean a bit more
internally. But even using this product constantly on the surface of the vagina can have an impact on the deeper vaginal environment.

**Symptoms of Bacterial Vaginosis**

Up to 50% of women diagnosed with Bacterial Vaginosis do not have symptoms.

Some women never know they even have Bacterial Vaginosis because the annoying symptoms (listed below) never occur. But obviously you had some sort of noticeable symptom that led you to believe you have Bacterial Vaginosis.

The outward signs of Bacterial Vaginosis may include a strong foul, fishy or musty odor and a milky-white to gray vaginal discharge. The discharge may be light or heavy and it also can tend to cling or adhere to the vaginal wall.

The odor may get worse around the time of menstruation or after unprotected sexual intercourse. When semen (male sperm) mixes with vaginal secretions, the odor becomes stronger. Less likely to occur is the vagina may also be itchy and/or may burn.

- Normal vaginal secretions may change to a watery, pearly gray discharge. Profuse, thin gray-white, non-clumping discharge. (NOTE: If the discharge is thick and has a curd-like or cottage cheese like consistency then you probably have a Yeast Infection)

- There may be a strong odor from the vagina, and the smell may be worse after unprotected sex or close to or during menstruation.

While the most commonly reported odor is fishy or musty many women report other odors like, onion, chemical, metallic or bleach emanating from their vagina. While there may be something else wrong if you smell another odor the most likely explanation is simply the interpretation of the smell.
Here is another female product that seems to serve no real purpose and only masks the problems. All it does is temporarily numb the area so it does not itch.

Active ingredients: Pramoxine Hydrochloride 1% w/w
(Purpose: External analgesic towelette) Note: I did not list the Inactive Ingredients.

Dorlands Medical Dictionary Description:

**pramoxine hydrochloride** (pra-mox-ine hy-dro-chlo-ride) (prā-mok´sēn) [USP]
a local anesthetic applied topically to the skin and rectal mucous membranes, for temporary relief of pain and pruritus associated with skin and anorectal disorders.

While the product does work to relieve itching it does not solve the true problem that is causing the itch and may serve to upset the vaginal balance if overused or used improperly.
Picture of Bacterial Vaginosis

I am including a picture although it probably won’t help much because there is nothing really definitive to see.

The picture below is of a vagina that has Bacterial Vaginosis. The one thing you can see is the color and type of discharge. Though this can also vary slightly from woman to woman.
Smell is Worse after Sex

The reason the odor is often stronger after (*unprotected) intercourse has to do with the pH balance or the alkaline/acid balance of your vagina. (*Unprotected – When the man does not use a condom to keep semen from coming into contact with the vagina.)

The vagina normally has a slightly acid environment and this is part of the natural defense mechanism. The bad bacteria don’t grow as well in this acid environment and the good bacterial (mentioned earlier) called Lactobacilli actually prefer the acid environment.

While normal vaginal secretions have a pH of about 4, the pH of vaginal secretions during Bacterial Vaginosis is greater than 4.7.

Semen, on the other hand, has a neutral pH of around 7. When semen is introduced into a vagina that has Bacterial Vaginosis the bad bacteria suddenly have a playground that is better for it to thrive in.

The odor, which is often described as "fishy," is caused by amines released by anaerobic flora (the bad bacteria). Release of the amine odor (fishy odor) is increased with alkaline pH, semen can increase the alkaline pH, and in this environment the anaerobic bacteria release more amines.
The same holds true for blood, which leans toward a neutral or slightly alkaline pH. Which is why the fishy odor may also increase around or during menstruation.

IMPORTANT: Just because the fishy odor may disappear does not mean that your BV has gone away also.

Other symptoms of BV might include:

- Itching around the vagina.
- Burning pain after urinating. It is actually rare for this to occur and may be an indication of another problem.

Both of these two symptoms (itching and burning) may not occur as often with Bacterial Vaginosis and if you have them may indicate another or additional problem.

It may also mean that the condition has persisted enough to inflame the vulva.

**Complications of BV**

One of the more disturbing aspects of BV is that the infection frequently returns after prescription antibiotic treatment. About 30 percent of women have a recurrence within six months of treatment.

Example: If 100 women go to a doctor and get a prescription medicine to treat their BV then about 30 women will see their BV return within 6 months.

If Bacterial Vaginosis is left untreated, it can cause more serious symptoms and even lead to infertility or a potentially serious condition called Pelvic Inflammatory Disease.

Pelvic Inflammatory Disease (PID) is an infection of a woman's uterus, fallopian tubes or ovaries. It is caused by bacteria that travel from a woman's vagina and cervix up into her reproductive organs.
If you someday expect to get pregnant it is best not to let Bacterial Vaginosis go untreated. If left untreated, PID can cause fertility problems making it difficult to become pregnant. PID also boosts a woman's chances of ectopic pregnancy (pregnancy in the fallopian tube instead of the uterus).

The Centers for Disease Control and Prevention have also reported that having Bacterial Vaginosis can:

- Increase a woman's chance of developing HIV.
- Increase the chance that an HIV-positive woman can pass it to her partner.
- Increase the chance of developing pelvic inflammatory disease.
- Increase the chance of pre-term delivery of a baby.
- Increase the chance for getting other STD’s (sexually transmitted diseases).

If you have Bacterial Vaginosis and become pregnant or are pregnant and develop it, this common vaginal infection can cause early rupture of the membranes or premature labor.

**Treatment of Bacterial Vaginosis** (non-herbal)

Although BV can sometimes clear up without treatment, all women with symptoms of BV should be treated to avoid such complications as PID. Male partners do not need to be treated. However, BV may spread between female sex partners.

Treatment is especially important for pregnant women. All pregnant women who have ever had a premature delivery or low birth weight baby should be considered for a BV examination, regardless of symptoms, and should be treated if they have BV. All pregnant women who have symptoms of BV should be checked and treated. It is common for doctors to check for BV when working with pregnant women.
Some physicians recommend that all women undergoing a hysterectomy or abortion be treated for BV prior to the procedure, regardless of symptoms, to reduce their risk of developing PID.

BV is treatable with antibiotics but as mentioned earlier antibiotics also kill even the good bacteria and many women often will develop BV again.

**Prescription Antibiotics**

Two different antibiotics are recommended as treatment for BV: metronidazole or clindamycin. Either can be used with non-pregnant or pregnant women, but the recommended dosages differ. Women with BV who are HIV-positive should receive the same treatment as those who are HIV-negative.

Clindamycin is available under the brand name Cleocin, both as a 7-day vaginal cream and as a 3-night vaginal suppository (Cleocin vaginal ovules) which has been approved as an equivalent treatment to the 7-day cream. Most recently, a single-dose clindamycin vaginal cream under the name Clindesse has also been released as an equivalent treatment. Clindamycin should not prescribed orally for BV because of the drug's potential side effect of producing very serious diarrhea diseases and possibly even a life-threatening intestinal infection caused by Clostridium.

Metronidazole is available by prescription either in tablet form or as a topical gel for insertion vaginally. The oral formulation of generic metronidazole or the brand name, Flagyl, is most commonly prescribed at a dose of 500 milligrams twice a day for 7 days.

People are strongly cautioned that they may experience severe nausea and vomiting if they attempt to consume alcohol while taking Metronidazole and it can also have a very bitter metallic taste that can linger.

While the initial success rates (5 out of 6 women will be “cured”) are pretty good for these antibiotics there is approximately a 30% chance the BV will reoccur within 4 weeks to 6 months. Actually putting the success rate somewhere around 50%-65%.
PART 2:

Herbal and Home Remedy Methods for Combating Bacterial Vaginosis
And
The Amazing $5 Treatment for Bacterial Vaginosis

Plus, learn what you should do to never have to deal with Bacterial Vaginosis again.

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Herbal Methods of Combating BV

If you want to use an herbal product already designed to eliminate BV and do not want to hassle with buying different ingredients to assemble your own homemade treatment then Enzara is effective and highly recommended. Enzara can begin working in as fast as 3 days!

Next I am going to list a series of ingredients and then I will discuss them individually and how they can potentially help you by either acting as a bacterial killer, repopulating your vagina with good bacteria or making your vaginal environment more hospitable to the good bacteria.

Depending on the type of person you are, you may love some of these suggestions and methods or you may not feel comfortable with trying them. This is of course your choice. If you do not care for the home remedy products, the application and having to buy everything separately then I suggest Enzara.

Many women use a multi-pronged approach by starting with Enzara and then using some of the home remedy techniques shown below.

I have listed optional products in case you do not care for the “home remedy” approach.

If you are going to use the “home remedy” method, I suggest you use a multi-pronged attack and try to include as many of the herbal remedies suggested below.

**Lactobacillus Acidophilus** – Highly Recommended - repopulate your vagina and body with the specific “friendly” bacteria that normally live there and protect you. (Read More Below)

**Tea Tree Oil** – Highly Recommended - A natural anti-bacterial that can be safely used to kill bacteria without ravaging your body like prescription antibiotics can. (Read More Below)
**Hydrogen Peroxide** – Recommended – You should already have this cheap bacteria killer in your bathroom. (Read More Below)

**Yogurt** – Recommended - Yes, the dairy product you can find in grocery stores. (Read More Below)

**Vinegar** - Strongly Suggested – Return your vagina to it’s normal, slightly acid state using natural vinegar you can buy at any grocery store. (Read More Below)

**Douches** – Using the correct douche appropriately can help. (Read More Below)

**Lactobacillus Acidophilus** – This might possibly be all you need to solve your BV problem and it is inexpensive. As discussed earlier this bacterium is beneficial and normally lives in your vagina helping to keep it healthy. There are different types of Lactobacillus but we will only be concerned with one, Lactobacillus Acidophilus.

It is a natural inhabitant of the human intestinal tract and is also found in the human vagina as a protective agent. In general the good bacteria are called ProBiotics meaning “beneficial life” or “beneficial flora”.

While your body will, most likely at some point, repopulate itself with these good bacteria you can speed up the process and possibly rid yourself of BV simply by adding Lactobacillus Acidophilus to your vagina.

You can buy these bacteria capsules online or even at your local Target or Wal-Mart (these bacteria can be fragile and some products do NOT contain the live bacteria you need, be sure to see my Product Recommendation) click to see my favorite online health store.

Some women have reported great success simply by inserting one capsule directly into the vagina over a period of several days or more. The heat of your body will melt the capsule thereby introducing the very same lactobacillus strain that normally live in your vagina.
Usually this is done for several days to up to two weeks. Since these good bacteria also live in your stomach it is very helpful to your body to begin taking ProBiotics on a regular basis and/or eating yogurt.

Lactobacillus Acidophilus can also be found in yogurt that has live cultures in it. Some women have made yogurt douches or simply smeared yogurt on themselves. It is also advisable to eat yogurt on a regular basis. (NOTE: do not use flavored yogurts for vaginal treatment as these usually contain added sugars. Sugar can feed yeast and bacteria. Only use plain, unflavored yogurt on your body if you try this method.)

Don’t just take my word for it.

The following information comes directly from the Mayoclinic.com and is also available at other government medical websites.

Multiple human studies report that Lactobacillus acidophilus vaginal suppositories are effective in the treatment of Bacterial Vaginosis. A small number of studies suggest that eating yogurt enriched with Lactobacillus acidophilus may be similarly beneficial. Additional research is necessary before a firm conclusion can be reached.

There are even products that will do the same thing but if you purchase the plain Lactobacillus Acidophilus capsules you will save a lot of money.

Listed below are three products that employ Lactobacillus acidophilus and other good bacteria to help cure bacterial vaginosis or a yeast infection. (Other products are available.)

HLC Candaclear by Pharmax: 6 suppositories for bacterial vaginosis – (this will cost around $18.00 for just 6 applications.

Candistroy Kit by Nature’s Secret – about $26.00

ThreeLac Candida Defense from Global Health Trax (GHT) $65.00
Lactobacillus Acidophilus may be the only ingredient you need but once you clear up your BV it is highly suggested for your continued health, and to never get BV again, that you make this ingredient a regular habit. Such as taking them orally even just once a week and maybe once a month insert one capsule vaginally.

Visit the page listed below to get quality product recommendations at a great price.

Product Recommendation ➜ click to see my favorite online health store.

Overdose of Lactobacillus is possible but rare. There is a naturally occurring condition called Lactobacillosis and another condition called Cytolytic Vaginosis. Both of these conditions result when there is too much Lactobacillus within the vaginal environment and the pH of your vagina is too acidic.

To correct for this you simply need to raise the pH balance from an acidic state to a more neutral environment. Reduction of Probiotics is recommended if they are vaginally inserted. To reduce the acid state to a more alkaline nature, take a bath with baking soda added or use a baking soda douche.

The following additional ingredients listed below are great for EXTRA INSURANCE at clearing up your BV.

**Tea Tree Oil** – Tea Tree Oil is a strong, natural anti-bacterial and has many uses. You can find it most commonly being used in diluted form in natural mouthwash and toothpaste products and in soaps. Tea Tree Oil can be poisonous if consumed (swallowed) in large enough quantities.

You will find tea tree oil being used in natural toothpaste products and the reason it is allowed is because it will be spit out and not swallowed. But also remember that fluoride can be poisonous and the reason it is allowed is because it is not supposed to be swallowed either.
Tea tree oil can be used directly on the skin on cuts and abrasions to help prevent infection and has proven useful in preventing acne when used on the skin regularly.

Women have used this natural antibiotic on tampons to help kill the overgrowth associated with Bacterial Vaginosis. It is also used to help kill Yeast Infections since it is also a strong antifungal and appears to spare friendly bacteria in the Lactobacillus family.

When using tea tree oil in or around the vagina always dilute it in a douche or with other safe oils like Olive oil, Coconut oil or even with just water. You could prove sensitive to tea tree oil or the concentration could burn your skin.

To use this product effectively, place several drops on a tampon and insert for a few hours. Or place several drops in a douche that you use first before you insert a Lactobacillus Acidophilus capsule. Kill the bad bacteria first then add the good bacterial.

Please Note: One woman’s bad experience. One woman wrote me about her bad experience with tea tree oil, but she made a mistake that led to her unfortunate event. She failed to purchase the 100% tea tree oil. Read her letter below.

I wanted to try the Tea Tree oil however I was not careful when I purchased the product at our local health store. I purchased the Tea Tree Oil however the product burned when I used it. I was not sure if it should be burning so I left it in for the two hours recommended. The next day I had pain that I knew was not right so I then read a little more and found in very small writing it contained only 20% tea tree oil and approx 80% alcohol. Thus I burned the inside of my vagina and was unable to sit comfortably for two weeks. I purchased the same brand shown in your book I just did not realize they had different types of tea tree oil. I will pay better attention to exactly what I need to purchase next time.

Thats what happens when you are in too much of a hurry to read the small print of a bottle more carefully. I actually purchased the Desert Essence “Kinder to Skin” Tea Tree Oil. From what I can tell Desert Essence has four types of tea tree oil that can be purchased "Organic", "100% Pure", "Eco-Harvest" and "Kinder to Skin". The one I bought may say kinder to skin but in the wrong area it is not so kind.
I apologized to her that I did not make it clear at first that the tea tree oil to be purchased should be 100% tea tree oil and not mixed with other chemicals such as alcohol. The type of product she purchased was strictly for external skin use only.

But I had mentioned in a section above that it should be diluted in some fashion.

**More about Tea Tree Oil**

Tea tree oil has been proven to be a powerful yet natural antiviral, antibacterial, antifungal medicine (essential oil).

It is being used as a very effective first aid remedy and against countless skin ailments, infections, cuts, scrapes, burns, etc.

Tea tree oil is effective against nail fungus, ringworm, athlete's foot, dandruff, acne, blackheads and many types of infestations including lice, mites, scabies and mosquitoes etc. (For humans and animals alike).

Tea tree oil is not just soothing and disinfecting, it is capable of penetrating into the lower skin layers with its anti-inflammatory, disinfectant, analgesic (pain-killing) and cicatrizant (wound-healing) qualities.

While there are actually close to 100 species of Tea Tree plants only one has proven so effective, “Melaleuca alternifolia”. Make sure the tea tree oil you buy is from this plant by looking on the ingredient label. Note: I have never encountered a tea tree oil that wasn't.

This is a great natural product to always have on hand. We always have a bottle at our house.
The Absolute Most Powerful Tea Tree Oil on the Planet

While you can now find tea tree oil everywhere and it is showing up in more products, most of it comes from Australia, let me tell you about the absolute, best tea tree oil on the planet.

Manuka tea tree oil only grows in New Zealand. There is a special tea tree in New Zealand that has been discovered to have amazing properties of healing.

It was also discovered that the bees that harvested their pollen and made honey from these plants made an incredible honey full of natural wonder.

All RAW honey has antimicrobial properties due to the presence of the enzyme glucose oxidase, which, when it comes into contact with body tissue or serum it produces hydrogen peroxide, and hydrogen peroxide is antibacterial. *Remember how I mentioned earlier in the book that your natural vaginal environment produces its own hydrogen peroxide as long as there is plenty of proper good bacteria?*

(Please note that raw honey that has not undergone harsh processing is the only honey that keeps its special healing properties)

However the honey from the Manuka plants had something more, it remained antimicrobial even after the glucose oxidase component was removed.

Furthermore, it was found to be highly effective against bacteria that were notoriously resistant to other forms of antibiotic, notably the H bug staphylococcus aureus and helicobacter pylori, and has even killed the flesh eating bacteria when other medicines have failed.

**Manuka Oil** and **Manuka Honey** is really a natural product that you should not be without.

Here is a list of problems that Manuka tea tree oil, Manuka honey and Manuka products can help with. Many of these are proven by scientific studies.
Aches & Pain
Acne & Rosacea
Arthritis
Candida
Cracked & Dry Skin
Cuts & Scratches
Diaper Rash & Chafing
Diarrhea
Eczema
Foot & Body Odor
Nail Fungus
Herpes & Cold Sores
Insect Bites & Stings
Lice
Scabies
Chiggers
Psoriasis
Ringworm
Seborrheic Dermatitis
Serious Infections
Skin Care & Protection
Sore Throats
Stomach Ulcers
Tinea & Athletes Foot
Ulcers & Abscesses

Visit the page listed below to get Manuka recommendations at a great price.

Product Recommendation ➔ click to see my favorite online health store.

Hydrogen Peroxide – Easily available and cheap hydrogen peroxide is an effective bacteria killer.

If you have ever used it on a wound then you know when it comes in contact with bacteria it will bubble and foam.
As you learned earlier some lactobacilli that live in your vagina and help protect it actually produce their own tiny amounts of hydrogen peroxide.

You can easily pour or dab some on your vagina with a cloth or cotton swab. Be aware that there will be some bubbling, fizzing or foaming as the hydrogen peroxide attacks the bacteria. You may even feel slight warmth.

If you have ever used hydrogen peroxide to rinse your mouth and held it in then you may already be aware of the warming sensation caused by the action of the foaming. (Never swallow hydrogen peroxide)

If it feels too strange or is too much for you to handle simply rinse the area with water.

This can easily be used 2 or 3 times a day for several days to help kill off the bad bacteria. Of course like antibiotics the hydrogen peroxide can also kill some of the good bacteria.

**Yogurt** – Whatever yogurt you buy be sure to look for the phrase “Contains active yogurt cultures”. Yogurt labeled with this phrase contains the live and active bacteria thought to provide yogurt with its many desirable healthful properties.

While live active culture yogurt is the best to eat, not all yogurts that contain active cultures will have the one bacterium, Lactobacillus acidophilus, we are looking for in the self-treatment department.

While these other bacteria are beneficial and good for you, in the case of BV you want to specifically treat yourself with Lactobacillus Acidophilus.

Besides eating yogurt some women will apply it externally to the vagina like a skin cream and/or use it in a douche.

All this does it help to add the proper good bacteria back to your vagina as long as the yogurt contains the proper bacteria. Also there
will be some lactic acid present in the yogurt, which will help return your vagina to its normal acidic state.

Remember earlier I mentioned Lactobacillus Acidophilus will create lactic acid in which it can thrive better and other bad bacteria dislike this type of environment.

If you use this method be sure to use **unflavored, plain yogurt** with live cultures of Lactobacillus acidophilus. Flavored yogurts may contain added sugars.

It seems a much better approach to actually go ahead and buy the capsules that contain Lactobacillus acidophilus if you are going to treat your vagina directly. Otherwise just try to make it a good habit to eat yogurt regularly if you like it.

Heat-treated or pasteurized yogurt will kill the good bacteria unless it is added after the process.

For centuries, yogurt has been considered a healthful food. Researchers around the world are studying the potential attributes of yogurt containing live and active cultures in such areas as fighting yeast infections, preventing gastrointestinal infections, boosting the body's immune system and preventing certain types of cancer.
Kefir

Besides yogurt another helpful food is Kefir. Similar to yogurt it is a sour drink made from milk fermented with kefir cultures.

Yogurt contains transient beneficial bacteria that keep the digestive system clean and provide food for the friendly bacteria that reside there. But kefir can actually colonize the intestinal tract, a feat that yogurt cannot match.

Kefir contains several major strains of friendly bacteria not commonly found in yogurt, Lactobacillus Caucasus, Leuconostoc, Acetobacter species, and Streptococcus species. Most yogurts generally have only two or three.

Dr. Nicholas Perricone (The Perricone Weight-Loss Diet) recommends kefir for health and for weight loss.

That picture is the Lifeway brand that can now be found in many grocery stores. It is the brand I get.

One of the big benefits of the Lifeway brand kefir is that it has 10 active pro-biotic cultures. Kefir puts good bacteria back in the digestive system. Kids get addicted to (strawberry) kefir - they love it. It’s high in protein and not that high in sugar compared to kid yogurts that are being made.

All Lifeway products contain the following 10 live & active Kefir cultures:

- Lactobacillus Lactis
- Lactobacillus Rhamnosus
- Streptococcus Diacetylactis
- Lactobacillus Plantarum
- Lactobacillus Casei
- Saccharomyces Florentinus
- Leuconostoc Cremoris
- Bifidobacterium Longum
- Bifidobacterium Breve
- Lactobacillus Acidophilus

Kefir appears to be generally more beneficial than yogurt. Some of the scientific studies so far have indicated that the bacteria in kefir help:

- Traveler's diarrhea, viral diarrhea in children and irritable bowel syndrome
- Prevent vaginal yeast infections
- Boost the immune system
- Reduce the risk of heart disease by reducing cholesterol
- Reduce the symptoms of food allergies such as lactose intolerance
- Suppress the development of certain cancers, such as bladder or colon cancer

**Vinegar** – Normally your vagina maintains a slightly acidic environment because of the presence of Lactobacillus acidophilus that produces minor amounts of lactic acid.

This mild acidic environment helps to keep other bacteria from multiplying as rapidly and Lactobacillus acidophilus prefers to live in this type of environment.

Using 2 tablespoons of vinegar (white or apple cider vinegar is fine) added to a water douche will help add a mild acid environment.

Just adding vinegar to your vagina is not expected to cure you of BV but it is a building block in the construction of an herbal remedy.

A vinegar and water douche can also help to immediately relieve you of that “yucky” feeling. You can also open and add a capsule of Lactobacillus acidophilus to a vinegar and water douche.
Remember earlier when you read that semen can make the fishy smell of BV worse because it has a more alkaline pH?

If you have yet to rid yourself of BV and are going to have unprotected sex it is possible that a vinegar douche or cleaning the area with vinegar just before and after sex could keep the fishy smell from occurring. But please do not abuse the douche method, as too much douching is not good for you.

It is the alkaline pH of semen that helps to spur the fishy smell when you have BV. Keeping the vagina acidic could help temporarily prevent that situation from happening.

**Get Fast Relief from some of the symptoms of bacterial vaginosis.**

Before you get started reading here is how you can get immediate relief from some of the symptoms such as the itching, burning, odor and yucky feeling. This is not the cure but can help bring fast relief.

Go to your kitchen and get a bottle of vinegar (plain or apple-cider will both work). Pour a small amount (1/4 cup will do fine) into a cup. You probably want to dilute it with an equal amount of water but full strength is okay also.

Go to your bathroom and in the tub or sitting on the toilet using a soft washcloth or cotton swab, apply the vinegar to your vaginal region.

**The Best Vinegar**

Many people think apple cider vinegar (ACV) is better than white vinegar and this may be true but in order to get the benefits the vinegar should be processed as little as possible.

This means less filtering and no pasteurization.
The type of ACV considered best is when it contains the "mother"

The mother in ACV is a web-like substance, which becomes visible when the liquid is held to the light.

The mother is the dark, cloudy substance in the ACV formed from naturally occurring pectin and apple residues - it appears as molecules of protein connected in strand-like chains. The presence of the mother shows that the best part of the apple has not been destroyed.

Vinegar containing the mother contains enzymes and minerals that other vinegar may not contain due to over-processing, filtration and overheating.

**Douches** – Proper douching can be an effective means of cleaning or introducing medication into the vagina.

Proper douching means only using douches that are water and vinegar or iodine and avoiding perfumed or scented douches.

It also means not abusing how often you douche. There really is no need to douche except when something is wrong. Periodic douching (douching often) or douching after sex is also unnecessary and not helpful unless recommended by a doctor.
If you use a douche on a normal, healthy vagina you may upset the balance and trigger BV.

If you already have BV then you can use a douche about once a day for about 3-5 days simply to introduce medication or herbals into your vaginal area.

You can add any of the natural products mentioned above to a douche.

3-5 drops of a natural antibacterial such as tea tree oil.

One capsule of Lactobacillus acidophilus emptied into a douche.

Two tablespoons of plain white vinegar to a water douche.

**Recap of What to Do**

**The 3 Step Plan** - Quickly Eliminate BV or Stop it in it's Tracks if You Feel it coming on.

Generally you want to

1. Kill the bad bacteria using something like hydrogen peroxide, tea tree oil, essential Lavender oil, oil of Oregano or other natural antibacterial agents.
2. Create a better environment that will discourage the bad bacteria and encourage the good bacteria by using diluted Apple Cider Vinegar (preferably the kind with the "mother").
3. Then introduce Lactobacillus acidophilus by either inserting a capsule into the vagina or adding it to a douche or bath or you can also apply plain yogurt topically or in a douche.

Use a douche method if you don’t like the idea of using your fingers for any part of the process.

It is best to introduce the Lactobacillus acidophilus a few hours after you have used the antibacterial. Some antibacterials will also kill off
the Lactobacillus acidophilus but you are introducing large amounts
(if you use the capsules) over a period of days so the beneficial
Lactobacillus acidophilus should gain a strong foothold. Tea Tree Oil
appears to spare friendly bacteria in the Lactobacillus family.

You may have to treat yourself for as long as 2 weeks but the home
remedy version is considerably cheaper and kinder on your body than
prescribed antibiotics and all other versions of treatment and is very
effective in many women.

Here are the steps to take if you are using Enzara

Enzara has a good track record for getting rid of BV. As soon a
possible I highly suggest you make it a habit of taking ProBiotics
orally. It should not be necessary to use them vaginally.

The ProBiotics that normally live in the vaginal area should
repopulate themselves normally. Use the ideas and suggestions in
this book to avoid the potential triggers for BV.

If you find yourself or if you know of a loved one who must take anti-
biotics, be sure to take ProBiotics so you can replace the ones that
are killed off.

If you want to take the home remedy route then use the idea of kill
the bad bacteria first, create a better acidic environment then
repopulate the vaginal area with good bacteria. You can do this all in
one day.

Use vinegar to provide fast relief and to give a better home for the
good bacteria and a terrible environment for the bad bacteria. Many
women swear by vinegar (especially Apple Cider Vinegar) for getting
rid of Yeast Infections.

Using it in baths, applying it directly or by using douches. It can also
be beneficial if you drink a couple of tablespoons worth each day.
(you can dilute it in water or actually use it over salads or other
vegetables. Try sweetening it with raw honey for a healthy drink.)
Next use a natural antibiotic to kill the bacteria like any of the following (some of these I have not mentioned yet). Be sure to dilute the Tea Tree oil and oil of Oregano so it does not burn.

Tea Tree Oil (Manuka is the better type [Manuka Oil](#) and [Manuka Honey](#))

Oil of Oregano (will give a hot sensation much like hot sauce)

Lavender Oil (be sure to use only the essential oil)

[Product Recommendation](#) click to see my favorite online health store.

The next step is to use **ProBiotics** both vaginally and orally.

I keep ALL of the natural products I have listed above constantly in the house and use them often for various purposes. Even though I have not even had the feeling of a cold come on in years these products are great to apply immediately if you feel a cold or flu coming on.

I constantly use tea tree oil or lavender oil on the face to keep acne at bay. Tea tree oil is also great for getting rid of cold sores.

A few drops of oil of Oregano in food or tea is good for general health. Put it in Italian food and not only will it provide a fantastic Italian flavor but will put a little spicy kick in it also. Your family will never know you are helping to keep them healthier.

Lavender oil is simply wonderful for so many uses both internally and externally.

We start every day with Probiotic capsules.
The Amazing $5 Treatment for Bacterial Vaginosis

Simply put, the amazing treatment for BV is to insert a Lactobacillus Acidophilus capsule vaginally for anywhere from a few days to a few weeks.

If you have dealt with this for years or get recurring BV then it is suggested to treat yourself regularly, as in once a week or once a month.

How I arrived at the $5 cost.

Okay, depending on how you look at the cost of the ingredients listed above depends on how much this treatment will actually cost you.

You can buy a bottle of Lactobacillus Acidophilus for less than $5 at Target and Wal-Mart up to a $10 and even $15 bottle depending on the brand and where you buy it.

Many women experience success with only buying one inexpensive bottle of $5 Lactobacillus Acidophilus and get rid of their BV within a few days to a couple of weeks. Most bottles will contain 100 capsules and since you may only use 2 or 3 capsules per day this means you do not even use a whole bottle.

Let’s say you use 3 capsules per day for 14 days. That is a total of 42 capsules or slightly less than half the bottle.

So, your successful treatment may actually cost you less than $2.50!

It is highly recommended that you continue to occasionally use Lactobacillus Acidophilus as suggested below but this is a very cheap cost to never experience BV again.

Even if you buy Tea Tree Oil you will only use a small amount and it has so many other useful benefits.

And Apple Cider Vinegar is extremely cheap.
How to Prevent Vaginal Infections

The best way to prevent vaginal infections is to practice good general health and by eating well. Avoid as much as possible the fast food industry, sugar and refined/processed products. Poor eating habits lower your immunity and defense systems. Follow good basic feminine hygiene.

Eating products like Kifer and yogurt with live cultures is a great addition to your diet.

Avoid drinking tap water unless your water comes from a well. Tap or city water is treated with chemicals and chlorine and these chemicals will also kill the beneficial bacteria living in your stomach. Remember, you also bathe and shower with this chemically treated water.

Start taking ProBiotics like Lactobacillus Acidophilus on a regular basis. A once a month vaginal suppository of Lactobacillus Acidophilus is a great way to keep your vagina healthy.

Keep your vaginal area clean and dry. You should wash outside your vaginal area every day with just water or mild soap, and then rinse and dry yourself well.

Do not douche if possible. Do not over douche or use scented douches. Douching can upset the normal balance of organisms in your vagina, which can cause a vaginal infection, make an infection worse, or spread the infection further up into your reproductive area (into your uterus or fallopian tubes).

Do not use perfumed soaps, perfumed bubble bath or gel, scented tampons, vaginal powders, or vaginal deodorant sprays. They can irritate your vagina and cause a vaginal infection. IF your vaginal area is already irritated, you should not use scented toilet paper, spermicides, or harsh soaps.

Try to avoid using ANY kind of soap in the vagina. Use it only on the surface area. Soap has an alkaline pH and can upset the acidic vaginal environment.
Notice in the pH scale below that soap is around 11. Some place it in the 12 range for pH. A normal vaginal environment has around a 4.7 pH much closer to vinegar that lies in the 3-4 pH range. This is why diluted vinegar is perfect.

Make sure you wipe yourself from front to back after going to the bathroom, so that the bacteria normally present in your rectum doesn't get spread to your vaginal area.

If possible don't wear tight or damp clothing, because they can keep moisture in and irritate your vagina. This can cause bad bacteria to grow. If you do have to wear tight clothing, don't wear it for a long time.

Wear cotton underwear. Avoid nylon and lycra. Cotton helps to absorb moisture and allows air to circulate. Never wear pantyhose without wearing cotton underwear underneath.
Practice safer sex. You shouldn't have sex with someone with a sexually transmitted disease. But no matter what, you should always use latex (or polyurethane) condoms to lessen your chance of getting sexually transmitted diseases.

Keep your stress level down.

If you use diaphragms, cervical caps, or any medication applicators, you need to make sure you clean them with warm water and soap and dry them well.

Avoid (if possible)
Spermicides
Vaginal hygiene products
Scented Detergents
Fabric softeners
Anti-bacterial soaps in the vaginal area

Warm Therapeutic Baths

Some women have reported that by simply taking a warm bath with 2 or 3 cups of Vinegar added will cure them of BV.

While this may certainly be possible I think that these types of baths may be better used as maintenance to help prevent BV.

You could also add one or two capsules of the Lactobacillus Acidophilus and soak in it for a few minutes then rinse off in a shower.

Boric Acid

One method to help rid you of BV that I have not mentioned is Boric Acid.

Boric Acid capsules inserted vaginally have been known to help but it is not a common or easily obtainable ingredient.

It can also be dangerous to use.
I wanted to stick with ingredients that would be very easy and safe for everyone to obtain.

**Foods and Liquids and your Vaginal Odors**

Many women want to know if drinking or eating something in particular can give them a bad vaginal odor or the opposite, if a food or drink can help give them a good odor.

The basic answer is no.

Most food and drink has little impact on how your body smells overall. One of the few known “foods” that can have a consistent impact on how your body smells is garlic. But most people simply smell like garlic if they eat too much. And the smell is distributed across your entire body as all your pores will “breath” out the garlic smell which is actually caused by the sulfur compounds found in garlic.

Please note that even garlic is used as a remedy for BV because natural garlic is a powerful antibacterial.

It is often suggested that inserting a peeled raw garlic clove into your vagina will help in the destruction of the bad bacteria.

While I believe garlic is very beneficial I think other and better herbal methods remain available.

If you did NOT have the other options outlined in this book I would be the first to suggest the garlic method.

Women have wanted to know if Dr. Pepper or Mtn. Dew, or pickles or tomatoes or a dozen other foods in particular will make them smell bad.

Food and drink is broken down into its chemical components and rarely does an “odor” survive the chemical breakdown.

It may be possible for someone to be sensitive or allergic to a particular chemical within types of foods and this might possibly cause an overall body odor.
But there is no food or drink that is going to give your vagina a good or bad smell specifically.

Generally, how healthy or unhealthy the food you eat plays more of a role by making your body overall more healthy or unhealthy. It is this state of health that will impact the condition your body is in and the odors you give off.