



Yeast Infection Therapy

Vaginal Microbial Douche

- Open 2 capsules of a probiotic blend into a small clean glass
- Add 2-3 ounces of filtered water and stir
- Let sit covered at room temperature about 2 hours
- Using a 2 oz bulb rubber syringe, douche the vaginal canal while over a toilet
- Apply a tampon immediately and do not remove until 12-18 hours have elapsed
- Repeat process if symptoms are not cleared

Oral Microbial Protocol

- Take 2 probiotic (ASK DOCTOR FOR NAME BRAND) blend capsules twice a day on empty stomach or before food
- Reduce to 1 capsule a day after one week and continue at that level indefinitely