3 Days To Permanent Bacterial Vaginosis Relief

Put an End to Your Bacterial Vaginosis In 3 Days or Less - Guaranteed!
Copyright Notice
Copyright © 2008 BVCures.com
All rights reserved.

All content contained within this book is copyright
© 2008 by Source Energy Inc.

All literary work contained within this book belongs to and is the sole
property of its respective authors. Reproduction, copy, or any other form
of use of the pieces contained within the book is strictly forbidden without
express permission from the author, him or herself. If perjury is discovered,
the offenders will be prosecuted to the full extent of the law.

Note: The owner of this book is permitted to print one hardcopy of this e-
manual for her personal use. These rules have been established to protect
the rights and ownership of the authors and to ensure that their work is
upheld as their own.

Notice: This is NOT a Free Book. You do NOT have resell rights for this
book. I invested years of research and 6 months into the creation of this
resource. If you purchased this book from anywhere other than
www.BVCures.com, including eBay, please report that site to:
info@bvcures.com. Thank you.
Disclaimer
The author of this book is not a medical doctor. The author has no formal medical training. As a health researcher, the author has spent over 10 years investigating the true cause of disease. This book is based on discoveries made by leading researchers which has been compiled from books, scientific papers, medical reports, scientific journals, and ground breaking studies from leading universities and advanced medical research institutions. The author also includes observations of the various treatments developed and practiced by doctors from around the world as well as experience gained from the thousands of women who have successfully eliminated illnesses without drugs or surgery.

Before beginning any health program you should consult a licensed health care provider and be monitored throughout the entire process. This book is not intended to provide medical advice, diagnose illness, or in any way attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk.

The author is forced to include this disclaimer due to the litigious nature of today’s world, and the expected attacks, criticisms, and attempts to suppress and discredit this work.
Contents

Copyright Notice.............................................................................................................................................. 2
Disclaimer .......................................................................................................................................................... 3
Chapter 1 An Overview of Bacterial Vaginosis ......................................................................................... 5
Chapter 2 How Antibiotics Keep BV Around ......................................................................................... 17
Chapter 3 A Simple, 3 Step Plan For Immediate Relief ................................................................. 26
Chapter 4 The BV Free Lifestyle ........................................................................................................... 33
Chapter 5 Toxins Contribute to Bacterial Vaginosis ........................................................................... 38
Chapter 6 How Stress Affects Bacterial Vaginosis ................................................................................. 50
Chapter 7 How Sleep Affects our Bacterial Vaginosis .......................................................................... 51
Chapter 8 More Bacterial Vaginosis Tips ................................................................................................. 54
Chapter 9 Step by Step Summary ............................................................................................................. 59
Resources ...................................................................................................................................................... 61
References ...................................................................................................................................................... 62
Chapter 1
An Overview of Bacterial Vaginosis

Introduction

Bacterial Vaginosis or BV for short is a very common and uncomfortable condition that causes the vaginal area to smell and itch. It is caused by an overgrowth of Bacterial and fungus in vaginal area and it can make you feel very unclean.

Furthermore, BV is a very persistent condition that is difficult to cure FOR GOOD. Any type of affliction that is described by a word that has “osis” or “itis” at the end usually implies that the condition is chronic and that inflammation is present.

BV certainly fits that description as it is so stubborn and seems to never go away once you get it. Even after many rounds of antibiotics it seems that the infection lingers, waiting to rear its ugly head, and ruins everything from your underwear to sex with your husband to your self-esteem.

It drives some women to tears because just as you think the infection has finally left, you end up once again sniffing the familiar fishy odor or feeling that discharge which means that you are once again at the mercy of Vaginosis.
If you have suffered from BV like I have, then you know it never goes away. You might get a prescription that provides relief for a day, a week, or two. But after that, the whole vicious cycle just starts up all over again.

I call this the BV Medical Merry Go Round. It goes like this:

- You get the itching and burning
- You get the smell and the discharge.
- You try to treat it with douches and over the counter remedies.
- You powder and spray yourself to get rid of the smell.
- You can’t stand it anymore and go to the doctor.
- The doctor shrugs his shoulders, tells you it is chronic and writes you a prescription for the antibiotic.
- You take the antibiotic. The BV goes away but now you have a yeast infection and in some cases, a urinary tract infection to go with it.
- You are prescribed an anti-fungal or anti-yeast cream for the yeast infection.
- Two weeks to three weeks later, the symptoms come back and you start the whole cycle over again.

You probably picked up this book because you are fed up with the medical system, but before we get any further into this subject you need to make sure that you actually have BV.

There are sections in this book where you might think that I am an anti-doctor. That is not exactly true. There are situations where lab tests and a doctor can definitely perform some tests and diagnose you.
When it comes to BV, self-diagnosis can be a misleading thing! For one thing not all BV is that innocent. It can be a symptom of having a sexually transmitted disease. You need to make sure that is not the case, before you decide to get rid of it by using natural methods only.

If you know that you only have a routine case of Vaginosis then by all means treat it with this natural remedy.

So, before you decide that you actually have Bacterial Vaginosis there is a few things you should know about the condition of Vaginosis in general.

Vaginosis itself is a disorder that describes the inflammation of the mucous membranes that line the vagina.

There are two types – Bacterial or infectious.

Bacterial Vaginosis, which is the type of Vaginosis that this book deals with, is caused by an overgrowth of Bacterial or fungus.

Infectious Vaginosis is caused sexual diseases with scary names such as the trichomonas, gonococci or other sexually transmitted organisms.

The upshot is that you should NEVER ASSUME that what you have is Bacterial Vaginosis. Get tested.

Make sure your doctor does the lab tests to make sure that your symptoms are not caused by an underlying infectious disease. That infectious disease must be treated or your Vaginosis will never go away.

You might even want to treat that underlying disease with complementary natural therapies as well.

Most women seem to suffer from what I like to call ordinary Vaginosis. This type of BV can easily be addressed, relieved and ultimately cured by changes in diet and lifestyle changes. There are natural substances that you can take immediately to relieve your suffering.
Ordinary Vaginosis is caused by a number of things including:

- The Bacterial or fungal infestation
- Vitamin B deficiencies
- Intestinal worms
- Irritation from excessive douching
- The overuse of deodorant sprays
- Tight non porous clothing
- Pregnancy
- Diabetes
- The overuse of antibiotics
- The use of oral contraceptives

There is also a third type of Vaginosis that should be mentioned here called atrophic Vaginosis.

It is primarily found in post menopausal women and those whose ovaries have been surgically removed. This disorder can result in adhesions and make a person more vulnerable to infection.

Sometimes this type of Vaginosis is simply accepted and treated as a normal part of aging or going through menopause.

This type of Vaginosis does need special treatment. It is characterized by a thinner watery discharge and thin streaks of blood.

If you are near menopausal age or in menopause and you have this then you should see your doctor to get a correct diagnosis.
If you do have Atrophic Vaginitis you will most likely be prescribed a prescription estrogen ointment and extra doses of the vitamin B6. High doses of folic acid can also help treat this condition.

For ordinary Bacterial Vaginosis, two different medicines are recommended as treatment -- metronidazole or clindamycin.

Either can be used with non-pregnant or with pregnant women, but the recommended dosages differ.

**Statistics**

Bacterial Vaginosis is practically a plague in this country. It often goes undiagnosed and sometimes untreated as so many women are so embarrassed by the condition they never get proper treatment for it.

Many women also believe that the BV is caused by sex and feel that there is a stigma attached to the disorder. This comes from the fact that contracting certain sexual diseases can cause it but usually this is not the culprit.

Bacteria is the culprit. Unfortunately many doctors, including male doctors, treat your vaginal disorder as being the result of promiscuity or too much sex.

In the meantime, the reality is that you are not having any sex at all as you are afraid of disgusting your lover with the odor.

BV is very common in women of reproductive age and as many as 16% of pregnant women get it. That is because the walls of the vagina thin when you get pregnant and become more vulnerable to infection.

African Americans are most likely to contract it. The breakdown in terms of vulnerability to the condition is:

- 23% of African Americans
• 16% Hispanics
• 9% Whites
• 5% Asians.

According to the CDC (Center for Disease Control) 1 in 424 women contract the Bacterial form of Vaginosis. There are also some conditions that put you at extreme risk for BV.

These include:

• Lupus, SLE (Systemic Lupus Erythromatosis) - This disease of the immune system puts you at an unusually high risk for contracting infections.
• Women with Low Estrogen Levels – Low estrogen can cause the vaginal lining to become more fragile and thin which in turn increases the risk of Bacterial infection.
• Women with High Estrogen Levels – Women with high estrogen levels, also known as estrogen dominance are also more vulnerable to infection. Elevated estrogen levels are common in individuals that are taking birth control or who are pregnant. Changes in the vaginal lining make it an ideal breeding ground for funguses and Bacteria.

**Symptoms**

Symptoms of Bacterial Vaginosis include:

• Vitamin B deficiency
• Abnormal or excessive vaginal discharge
• Discharge with a foul fishy smell
• A slimy feeling or feeling like you can never feel clean
• Painful penetration during sex
• Severe vulvar pain
• Odorous discharge during and after sex
• Itching
• Chronic yeast infections
• Chronic urinary tract infections

Needless to say these symptoms can have an enormous impact on your well-being.

First of all, if you have had a number of these infections you might be losing B vitamins and especially Folic acid.

B vitamins have a lot to do with the way we process energy. You may feel fatigued and irritable and like you can’t get through your day. Foggy thinking and feeling weak is also a symptom of this type of deficiency. It could get so bad that you might be feeling dizzy or like you need to go to bed all day.

If you have any symptoms of fatigue like this then you need to immediately start supplementing with a good B complex and Folic Acid!

To add to your woes you may have the excessive vaginal discharge. This is just uncomfortable. You may find yourself walking around in slimy feeling underwear all day or having to bring an extra pair to work.

You might also feel like it is inappropriate to go swimming or work out because you smell, and the discharge is worse after you take part in these activities.
The excess discharge and fishy smell is also very distressing in terms of just feeling sexy. It can definitely affect your sex life. You may find yourself avoiding sex, which can cause rifts in your relationship.

Many women spend all kinds of money on mini-pads, deodorants, douches, perfumes and anything they can to disguise the odor. The problem is that these measures often serve to make things worse.

Another terrible problem is that the odor just gets worse during and after sex. This makes many women avoid the sexual act altogether because they are terrified that their partners will be repulsed by the smell.

Sex may also be more lubricious than normal which is not necessarily a desirable trait.

Then there is the itching. Many women can barely sit still in their office chairs because of the itching. You need to scratch but it is hard to do it in public. There is always the risk that someone will see you.

Constantly running to the washroom all of the time to take care of discharge, smells, or itching might also have your bosses and colleagues wondering about you as well.

Yet another problem is the side effects of the antibiotics. If you are on a diet you often end up blowing it because you might have to take pills three or four times a day and you need to take them with food.

Antibiotics have all kinds of side effects including depression, lethargy, upset stomach, burning esophagus, and most importantly – Candida yeast overgrowth. Over the long term antibiotics can also do things like soften tooth enamel, damage your intestinal walls and stress out your kidneys and liver.

Long-term exposure to antibiotics can also cause you to be more susceptible to earaches, respiratory infections, athlete’s foot, and any kind of disorder that is provoked by a lowered immune system.
Anything that causes Candida yeast overgrowth is going to eventually cause you to have a yeast infection. The reason that yeast will thrive in this situation is because the antibiotics have the effect of lowering your immune system.

Antibiotics also create an acidic condition in your entire body, which allows yeast to thrive. It will be especially prevalent in your intestines and throughout your entire pelvic and urinary tract system.

Why should you be concerned about yeast growing in your colon and other organs? Yeast and funguses migrate very easily to other parts of your body including the vagina.

Many women who have been treated for Bacterial Vaginosis over a period of years often find themselves vulnerable to urinary tract infections as well. This is a consequence of having the immune system persistently lowered due to endless rounds of antibiotics.

The ultimate danger of being prescribed endless antibiotics is that it can also lower your resistance to them.

The consequence of this is that the antibiotics are either:

1) Not effective when you really need them to defend you against a serious disease or

2) You actually develop intolerance to the antibiotic and suffer an allergic reaction

You are also at increased risk for BV if you:

- Have multiple sexual partners
- Use an intrauterine device for conception
- Douche after sex
The fact that promiscuity is associated with contracting BV does not help you much either when it is time to visit the doctor.

Many doctors appear to have a stigma or a bit of attitude when it comes to the disorder. It seems almost like the doctor assumes you are promiscuous if you have contracted which makes it even more embarrassing to get medical help!

In most cases, BV causes no complications. But there are some serious risks from BV sometimes. For instance:

- Pregnant women with BV more often have babies who are born early or with low birth weight.

- The Bacteria that cause BV can sometimes infect the uterus (womb) and fallopian tubes (egg canals). This type of infection is called pelvic inflammatory disease (PID). PID can cause infertility or damage the fallopian tubes enough to increase the future risk of ectopic pregnancy and infertility. (Ectopic pregnancy is a life-threatening condition in which a fertilized egg grows outside the uterus, usually in a fallopian tube and it can result in having to have all of your internal sexual organs removed!)

- BV can increase a woman's susceptibility to HIV infection if she is exposed to the virus. The problem is that you are just less able to fend it off.

- Having BV increases the chances that an HIV-infected woman can pass HIV to her sex partner.

- BV can increase a woman's susceptibility to other STDs, such as Chlamydia and gonorrhea.

Researchers are investigating the role of Bacterial Vaginosis in pelvic infections that result in infertility and tuba (ectopic) pregnancy. There is a
growing body of evidence suggesting an increase in adverse outcomes of pregnancy such as premature and low-birth-weight infants among women with BV.

Just keep in mind that not all BV infections are the result of taking too much antibiotics or a less than alkaline body state. It is also possibly the result of having a more serious disease where the immune system is compromised.

**Conclusion**

The bottom line is that when it comes to a chronic condition like Bacterial Vaginosis you need to take your health into your own hands.

Like so many other problems that afflict women, there is a lot of embarrassment (on the part of the patient) and intolerance (on the part of the doctor) to this kind of problem.

The doctor often sees it as a minor inconvenience, and the type of problem that can only be managed by antibiotics but never cured.

The doctor may even perceive this as a condition that you are bringing on to yourself from having too much sex!

The patient does not necessarily realize that the doctor has no intention of curing her and simply continues to take courses of prescribed antibiotics that make the problem worse. Before you know it, she also has yeast and urinary tract infections.

This book is about teaching you how to take charge of your health again so that you are not at the mercy of a health system that has neither the time nor knowledge about how to cure this condition for good.

The great news is that there is a relief for this condition.
Read on to find out how to end the vicious cycle of antibiotics and recurring infections as well as all about my 3-Step Plan of Attack for getting immediate relief from painful symptoms such as itching, discharge and odor.
Chapter 2
How Antibiotics Keep BV Around

Introduction

By now you have probably heard just a little bit about how Americans are overusing antibiotics for common ailments and how this is leading to a concern about the entire population eventually becoming immune to the positive effects of the drugs.

People are loading tons of antibiotics into their systems, often with no benefit except to the manufacturers of antibiotics. The end result is not pretty in terms of what we are doing to our collective immunity against the big diseases, which of course mutate more and more every day into super bugs.

Do you really want to be part of this trend towards lowering humanity’s resistance to disease? All of this over prescribing of antibiotics is leading to even more resistant Bacteria.

We also perpetrate stronger strains of fungus and Bacterial the more we allow ourselves to be medicated with antibiotics.

Women who take several rounds of antibiotics a year to treat Bacterial Vaginosis, end up with more difficult-to-treat secondary infections (like urinary tract infections) AND quite commonly, uncomfortable side effects.
Is there an alternative? - Yes! We are going to discuss it more detail in the third and fourth chapters of this book. The alternative is to wake up and realize that life style changes, not magic bullets are the key to getting off this treadmill of antibiotic intolerance.

In a very wide variety of complaints, doctors may prescribe antibiotics without a clear indication of a "bug" that is susceptible to antibiotics - "just in case". The problem is that sometimes there are no Bacteria to kill, only a virus. Antibiotics simply do not work on viruses – only Bacteria.

That is why it is so crucial for you to make sure that you are actually suffering from Bacterial Vaginosis and not infectious Vaginosis which is caused by sexually transmitted viruses. Viruses simply will not respond to antibiotics and you will be lowering your resistance and immunity for no good reason.

Worse yet, people without proper medical training may push antibiotics or misguided persons may "self-medicate" with them. One really nasty habit is to never finish the initial round of antibiotics that was prescribed you. The reason this is a disaster is because every time you do this you give the bug time to mutate and overcome the power of the antibiotic.

The “prescribing antibiotics” just in case approach to life is bringing super bugs and their damaging consequences closer to the fore. We are not far away from the day when a new strain of BV that is not treatable at all by existing antibiotics.

The result in the long run is a massive amount of the population developing life threatening infections that can’t be treated by antibiotics.

The overuse of antibiotics to treat BV is in fact an excellent example of how allopathic medicine sometimes benefits from keeping us sick.

It works like this, the more attacks of Bacterial Vaginosis that you have, the more visits you will make to the doctor. The doctor profits!
The more trips to the doctor you make the more antibiotics prescriptions he will write to treat your condition. The pharmaceutical companies profit!

The more antibiotics that you take the more likely you are to require treatment for a yeast infection or urinary tract infection. The pharmaceutical companies profit again!

These treatments are only a temporary quick fix for your problem and before you know it, your infection is back and you return to the doctor’s office where, the doctor profits again.

The only person that does not profit from this situation is you.

You keep spending money for treatments that don’t work. All the time this medical treatment is not working, you are led to believe that it is somehow your fault and not the fault of the drugs or doctors.

The more money you give to your doctor and pharmaceutical companies for this, the more medical problems you’ll have. This is what I call the cycle of profit.

Over the long term your immune system may become compromised and you will find yourself donating even more money to the pharmaceutical companies to treat the following conditions that are caused by the overuse of antibiotics:

- Bad breath
- Depletion of helpful intestinal Bacterial
- Chronic Candida yeast overgrowth
- Chronic urinary tract infections
- A lowered resistance to viruses, fungus and Bacteria
These physical problems are mostly the result of how antibiotics affect our intestinal Bacteria, which in turn affects our ability to ingest nutrients, creates unfriendly Bacteria in our intestines and lowers our immune system.

**The Negative Effects of Antibiotics**

Women who have Bacterial Vaginosis often end up being sicker than they need be due to compromised immune systems. This means they have taken a course or two of antibiotics without supplementing with Probiotics that were killed off by the antibiotics.

This causes an overgrowth of yeast and fungus that thrives in the colon. Furthermore these organisms make their own secretions, which are often toxic and can cause symptoms of fogginess. In fact many people who have BV also often feel like they have a hangover thanks to the extreme amount of yeast and Bacterial excreting alcohols in their intestines as a byproduct of leeching off of you as a host.

The result of antibiotic overuse is not only a vulnerability to all kinds of bugs, urinary tract infections and yeast infections but you are also more likely to suffer from one common cold after another.

Earaches and problems such as labryinthitis are also common after taking rounds and rounds of antibiotics. Many women also develop sinusitis. Weirdly, these two conditions are also commonly treated with even more rounds of antibiotics which aggravate the BV that you had in the first place.

If you must take antibiotics, then it is important to replenish the friendly Bacterial as soon as possible to maintain good health, and this means taking Probiotics supplements orally!

In adults, bad breath is usually the first indication that normal Bacterial levels are critically low. When lactobacillus levels are low in the colon, partially digested food decays, producing foul gas and toxemia.
If you are not actively replenishing your intestinal Bacterial after a dose of antibiotics, both with supplements and contributing foods, you indirectly are providing to the recurrence of future health problems. An intestinal tract devoid of friendly intestinal Bacterial is breeding ground for future illness.

Good Bacterial such as Lacto-bacteria are the only elements in the body which keep Candida and other harmful yeast infections under control, so whenever you take a course of antibiotics, Candida have a field day and spread like wildfire throughout your system.

A primary effect of Candida infection is suppression of the immune system, which means that the very drug you're taking to combat disease is impairing your only natural defense against it, both immediately and in the future.

Healthy "friendly" intestinal Bacterial is essential not only to good intestinal health, but without it overall vibrant health, it is quite difficult to achieve and/or maintain. BV is a sign telling you your body is out of balance.

You need to realize that there is “good Bacterial” and bad Bacterial. People are pouring tons of antibiotics into their systems, often with no benefit except to the manufacturers of antibiotics.

**Bacteria are everywhere.**

Not all Bacterial is bad. We swallow them with our food, drink them with water, they are in the air we breathe, on our skin, in our mouths, digestive tract, sinuses, and other areas of our bodies. Bacterial only becomes bad for us when our bodies swing out of balance.

As far as health is concerned, some types of Bacterial are harmful, some neutral, and some are very beneficial. Some types of Bacterial are extremely valuable for good health as they work harmoniously with our
immune system. In fact, the Bacterial in your body is so critical that without them you would die.

In a healthy colon, there is literally trillions of beneficial or "friendly" Bacterial that help digest food through our system.

Under favorable conditions, they multiply at a fast enough rates to keep pace with the large numbers that are lost during elimination.

When they are located in the intestinal tract, they are referred to as "intestinal flora," "micro-flora", "good Bacterial", "friendly/beneficial Bacterial" or sometimes just "flora."

These friendly Bacterial synthesize many important vitamins in the digestive tract including Vitamin K and some of the B vitamins. One vitamin co-factor that is lost during this process is folic acid. Without folic acid we do not absorb B vitamins well at all.

A very important function they perform is helping the colon maintain a proper pH or acid-base balance.

It is necessary for the pH to stay in the correct range in order for other health supporting Bacterial to exist. It is also important to keep levels of bad micro-organisms under control.

The same is true in the vagina. If their pH is not acidic, it creates a perfect breeding ground for bad Bacterial to thrive.

One of the results of too many bad Bacterial in the vagina is vaginal yeast infections. Like BV, yeast infections are a common cause of vaginal irritation. It has been estimated that approximately 75% of all women will experience at least one episode during their lifetime.

BV is caused by too many bad Bacterial and not enough good Bacterial that normally colonize in the vagina.
Several factors are associated with increased rates of BV in women, including pregnancy, uncontrolled diabetes, and the use of oral contraceptives or antibiotics.

Other factors that may increase the incidence of BV include the use of douches, chemical soaps, perfumed feminine hygiene sprays, topical antimicrobial agents, and tight, poorly ventilated clothing and underwear.

**It Is Not All the Doctor’s Fault**

You might be asking yourself at this point “Why do doctors do this to us? Why do they prescribe these antibiotics when they know in the long run they will not help us?”

The thing is that even though doctors know they make a profit from you when you are sick, they are not necessarily evil in the sense they would consciously prescribe you medicine to make you sicker.

In fact what usually happens is that the doctor is simply doing what they have been “trained” to do. They feel as helpless as you when it comes to knowing how to stop the misery of these chronic attacks and want to use the antibiotics to give you some relief.

It is also apathy. People are given a job to do. They just want to get through the day and you show up with a chronic, yet minor problem that they can’t solve.

You also have to put yourself in the doctor’s shoes. You are sitting there, looking at a woman in extreme discomfort from the itching of BV. You want to help her escape her misery but you have no other recourse but to prescribe the antibiotics as you know that is the solution that will help her temporarily. You know that she will be back for another prescription after this course, but as there is no other alternative, what can you do?
Also, because we pay our doctors, we don’t like to leave their offices empty handed. Doctors know that patients that don’t leave without a prescription of some sort somehow also feel like they have not received treatment – “not received their money’s worth” so to speak.

If you want to get well then you need to stop expecting your doctor to do the “short term gain” thing with you. You need to stop pressuring your doctor to help you by giving you prescriptions.

Get the diagnosis through the lab tests performed through your doctor and stop demanding that he give you a magic bullet to treat your Bacterial Vaginosis. Walk out of there with your lab results and resolve to treat the problem through natural means.

The lab test that is done to test for BV is very simple.

A sample of vaginal fluid is examined under a microscope to detect the presence of the organisms associated with Bacterial Vaginosis. Diagnosis is based on the presence of numerous "clue cells" (vaginal lining cells that are coated with G. Vaginalis and other BV organisms), a fishy odor, and decreased acidity of vaginal fluid.

Realize that anything that he might have to prescribe, especially if he has prescribed it many times before may not work for you this time.

In fact, that is what so many women discover. They are continually prescribed the same antibiotic again and again even if they tell their doctor that the last dose did not work.

Prescribing more of the same antibiotic has almost never worked for curing anything and yet that is just what many doctors do. They feel hamstrung by their lack of ability to actually help you and your need to be treated. They are simply taking a shot in the dark and hoping that it will work this time – because very occasionally it does.
Conclusion

The chemical drugs so freely prescribed by practitioners of allopathic medicine relieve the overt symptoms of Bacterial Vaginosis, particularly pain, but do nothing to eliminate the root causes which often lie hidden from the symptoms.

Women with BV easily grow dependent on these drugs using them continuously until they develop a tolerance to them. The doctor continually switches the antibiotics often until none of them are effective at all.

Unfortunately, Women usually wait until no antibiotics work before they decide to treat their BV in another way.

I know, I hit rock bottom and felt I needed to try something else when I found that none of the antibiotics prescribed for me worked any more.

Often the drugs themselves further aggravate the condition, or cause other ailments in related organs.

When antibiotics don’t seem to work doctors start to turn to extreme measures such as surgery to treat the condition.

At times the taking of antibiotics can be necessary, even life saving.

When we take them to kill off infectious Bacterial, we also destroy large amounts of the beneficial flora in our digestive tracts.

When bowel ecology becomes out of balance, health problems can and usually almost always do develop over the longer term. Serious health problems can result.

That is what this book is about, learning to balance the good and bad bacteria in your intestines and vagina so that your body can heal itself, naturally.
Chapter 3
A Simple, 3 Step Plan For Immediate Relief

When most people first hear that herbal and natural remedies are available to treat BV, they are pretty skeptical. The first thing they think is that there is no way a folk remedy can get them out of pain, and that it is just an outrageous idea.

This is because we have been trained to believe that herbs or home remedies can take forever to become active in our systems.

I have what is called a 3 Step Attack Plan for getting you out of immediate discomfort.

This 3 Step Attack Plan that battles the evils of Bacterial Vaginosis consists of:

1) **STEP 1** - Rinsing out the vagina daily with a hydrogen peroxide douche

2) **STEP 2** - Taking vaginal acidophilus supplements

3) **STEP 3** - Taking at least 1000 mcg of Folic Acid a day
I guarantee you that if you follow this 3-Step plan you will experience immediate relief from itching, discharge, and pain.

**STEP 1 - The Hydrogen Peroxide Douche.**

Are you itchy, slimy, or in pain right now as the result of having a BV infection?

What if I told you right now that there is a remedy that can immediately and effectively take away that discomfort within minutes as well as make you feel cleaner, drier and less odorous?

Most of us already have 3% antiseptic hydrogen peroxide in our cupboards. We use it to treat cuts and scrapes and prevent infection.

The recipe douche that is going to immediately help relieve the itchiness, wetness and fishy smell is:

- 1/5 Cup of 3% antiseptic hydrogen peroxide  
  *(NOTE: Only use 3% Hydrogen peroxide)*
- 1/5 Cup of distilled water

Why use distilled water? Ordinary tap water is contaminated with chlorine and fluoride. Both kill good and bad Bacterial, so distilled water is best. Distilled water is 100% pure.

Mix the hydrogen peroxide and distilled water together in a small travel douche. Lie down in the bathtub or on the floor with a towel and use the douche. Fill your vagina with the mixture. You may notice white foam appearing along with a fizzing sound. This just means the hydrogen peroxide is working.

The white foam is an indication that the hydrogen peroxide is oxidizing the bad Bacterial. By the way, unlike antibiotics, hydrogen peroxide doesn’t kill
the good Bacterial, just the bad. In fact, the most dominate good Bacterial in the vagina is called Lactobacillus acidophilus. This bacterium actually produces hydrogen peroxide as a defense mechanism.

After you have filled your vagina with the mixture, remain lying down for 5 minutes. Then, rinse out your vagina and repeat the douche a second time with a new mixture of hydrogen peroxide and distilled water. Try to use distilled water to rinse yourself clean. After you wait another 5 minutes, rinse yourself out again with the distilled water.

Douche twice daily with this mixture for at least 3 days. Keep douching for 2 more days if you feel you need a little more for a total of 5 days.

Hydrogen peroxide is the most natural, most effective treatment that provides immediate relief of the symptoms of Bacterial Vaginosis.

**STEP 2 – Take Vaginal Acidophilus**

This is a variation on the traditional remedy of actually spooning yogurt (that contains live yogurt cultures) into the vagina. Many women have avoided doing this, as it seems so messy.

Thankfully a solution has been found for this in the form of vaginal acidophilus inserts. These look a lot like the bullet shaped anti-fungal medications that you are usually prescribed for these conditions.

The insertion of these medicines can help greatly soothe the pain and irritation of the infection and help repopulate the vagina with the Bacterial it needs to be healthy.

Lactobacillus acidophilus is a bacterium present in both the vagina, and gastrointestinal tract; it is important in controlling vaginal pH and maintaining a healthy balance in the vaginal ecosystem.
Age, infections, antibiotic use, douching, and many other factors can interfere with lactobacilli, upsetting the delicate balance and predisposing women to overgrowth of yeast and "bad" Bacterial.

Lactobacilli are Bacterial normally lives in the human small intestine and vagina. Lactobacillus acidophilus is generally considered to be beneficial because it produces vitamin K, lactase, and anti-microbial substances such as Acidolin, Acidophilin, Lactocidin, and Bacteriocin. These all assist with digestion and help boost the immune system. Also, as we learned earlier, Lactobacillus Acidophilus produces hydrogen peroxide to keep bad, foul smelling Bacterial in check.

There have been several studies showing that regular ingestion of acidophilus decreases vaginal yeast and Bacterial infections.

Studies report few side effects from Lactobacillus acidophilus when used at recommended doses. The most common complaint is abdominal discomfort or gas, which usually resolves with continued use.

Although taking Probiotics orally can help with Bacterial Vaginosis, using vagina inserts work very effectively because the Bacterial does not have to pass your digestive system where they can be destroyed by stomach acid.

Acidophilus does have other health benefits. It helps prevent infection with some intestinal bugs, and seems to slightly improve general immune system function. This of course is of great use to people who have been taking the antibiotics for years and finding their immune systems compromised.

**Using the Probiotics Inserts**

Using the vaginal inserts is fairly easy. What’s most important is when you do them. They must be used immediately after the hydrogen peroxide douche.
Within the walls of the vagina is a thin layer of mucus that is used as a home for bacterial, both good and bad. When you have too many bad bacterial in the case of BV, the bad bacterial take up all the usable space. Before the good bacterial can attach itself to the walls of your vagina, the bad bacterial must first be removed.

In step 1, this is what the hydrogen peroxide douche does. After you have completed the douche, insert 1 tablet into your vagina. Leave it in there as it will dissolve by itself.

You can insert them manually with your fingers. Many come as a kit complete with a plunger style insertion device. If you have had lots of yeast infections, then you will know what this implement looks like as antifungal medications are also often applied this way as well.

Note: These tablets, which you can buy in health food stores, should be kept in the refrigerator as they contain friendly bacterial that can die if they are exposed to heat.

Repeat this every day, right after your hydrogen peroxide douche. Continue to use them even after you’ve completed the series of douches. Continue until all the capsules in the package are done.

**STEP 3 - SUPPLEMENT WITH FOLIC ACID**

Modern food has much less useable vitamins and minerals than our body needs. This is due to many factors including genetically modified foods, the use of chemical fertilizer, corporate farming methods and general processing of foods.

Adding high quality sources of vitamins and minerals is crucial to overall health; we’ll get to that later. For now, the one vitamin that directly affects Bacterial Vaginosis is a deficiency of folic acid.
Folic acid is a form of a water-soluble B vitamin. Folate occurs naturally in food and folic acid is the synthetic form of this vitamin. We don’t retain it in our body so it is easily destroyed by medications.

Folic acid is well-tolerated in amounts found in fortified foods and supplements.

Sources of folic acid in your diet include:

- Dark green, leafy vegetables
- Whole wheat bread
- Lightly cooked beans and peas
- Nuts and seeds
- Sprouts
- Oranges and grapefruits

Folic acid is frequently used in combination with other B vitamins in vitamin B complex formulations.

Folic acid is simply a supplemental form of the B vitamin folate. Folate acid can help prevent and reverse BV as well as help strengthen the lining of the uterus.

A study published in the European Journal of Clinical Nutrition in 2002 found that taking as little as 100 mg of Folic Acid a day through the eating of cereal was enough to significantly improve BV in women as well as significantly reduce their risk of developing effects.

Start with 1600 mcg/day split up evenly in 4 doses. There are many good brands that have 400mcg pills. Take 1600 mcg/day for the first week to fill your body’s reserves. After the first week, reduce your dose so that you’re taking 400 mcg twice a day.
If you’ve suffered with Bacterial Vaginosis for some time you may need to take folic acid for quite some time.

**Conclusion – Just Give It a Try**

Are you about to go out and spend a ton more money on antibiotics to try and control your latest chronic attack?

Before you do so, just give my 3 step Attack Plan for BV a try and see if you don’t get prompt relief from your symptoms.

The nice thing about my plan is that it not only provides you with relief but it also contributes over the long term towards a permanent solution for the problem.

In other words, unlike so many allopathic treatments, the relief of symptoms is not just temporary. Remember the intention of this book is permanent relief.
Chapter 4

The BV Free Lifestyle

Introduction

In the last chapter we discussed the cures for BV that will get you out of immediate pain.

In this chapter, we are going discover not only how to ensure your BV doesn’t return but also how to improve your overall health.

The Effect of Diet on your Body

The rewards of a nutritious diet are almost unbelievable. Not only will this help your Bacterial Vaginosis, but it will also eliminate many other health problems such as heart disease, cancer, diabetes, osteoporosis and the list goes on and on. In fact, there isn’t a single disease that isn’t reversed or eliminated by changing what you eat and drink.

If you’ve been living off of candy bars, chips and cookies, your energy and moods with improve drastically. If you suffer from indigestion, gas, bloating, and constipation, you’ll be happy to know that by following this diet these problems will also be eliminated. In addition, you’ll catch fewer colds, drop unwanted fat, hair will become stronger and healthier, and your skin will clear up. In most cases, changing your diet is all that is needed to restore balance.
Eliminate Refined Carbohydrates and sugar habit

Refined carbohydrates and sugar play an important role in maintaining the delicate balance between good and bad Bacterial. You must do your best to eliminate them. Refined carbohydrates such as white pasta, white bread, white rice, baked goods, are loaded with calories but are void of nutrition. They all cause your insulin to be chronically high. They also suppress your immune system and lead to an overgrowth of bad Bacteria. Sugar is especially bad.

Refined Carbohydrates are ones that have been processed to remove the fiber and nutrients. You want to eat only unrefined foods such as whole grain bread and fruits and vegetables.

Also, do not consume any food that has NutraSweet, Splenda, Aspartame, Sucrolos, or Saccrin on the label. These artificial sweeteners are also extremely toxic to your body.

If you need to use a sweetener, choose Stevia as your first option. This is an all-natural herb which actually helps regulate blood sugar. You may also use small amounts of other natural sugars such as raw organic agave nectar, raw organic honey, or raw organic sugar cane. No refined white or brown sugar. Remember, science is not better than nature. Natural sweeteners are always better than artificial chemically made sweeteners.

To heal yourself of BV you also need to be mindful of the type of carbohydrates that you eat.

Eliminate Dairy and Meat

Milk is loaded with dangerous substances that everyone should avoid, especially women with BV. Dairy products are loaded with pesticides, unnatural hormones including hormones injected by farmers to make the cows grow faster, as well as hormones meant for the baby calves that are
supposed to be drinking it. DO NOT eat any dairy.

It’s best to avoid meat altogether. Today’s conventional meat is loaded with hormones and antibiotics and artery clogging fat. If you absolutely must have to eat meat, make sure it’s not more than 5% of your overall diet and it’s organic. Organic farms don’t use hormones and antibiotics and feed their animal’s food they would eat naturally.

**Drink Plenty of Water**

The human body is two-thirds water. Water is an essential nutrient that is involved in every function of the body. It helps transport nutrients and water products in and out of cells. It is necessary for all digestive absorption, circulatory and excretory functions, as well as for the use of water-soluble vitamins.

Water is also needed for proper body temperature. By drinking 1 litre of water for every 50lbs you weight per day, you can sure that your body has all that it needs to maintain good health and discourage infections like BV.

**Avoid Processed Foods**

If the words low-fat, non-fat, trans-free, is printed on the package, it must be healthy right? Wrong! Processed foods in boxes and cans aren’t healthy, and they never will be. Eating healthy is fairly simple; if it comes in a box, bag or can, don’t eat it. Eliminate processed foods from your diet.

**The Benefits of the Optimal Diet**

Not only will this diet help fight BV, it also has other benefits such as:

- Live longer
• Look and feel younger
• Have more energy
• Lose weight
• Lower your blood cholesterol
• Prevent and reverse heart disease
• Lower your risk of breast and other cancers
• Help preserve your eyesight in later years
• Prevent and treat diabetes
• Reduce allergies
• Decrease the need for prescribed drugs
• Keep your bones healthy
• Avoid stroke
• Prevent kidney stones
• Have a healthy pregnancy
• Get rid of constipation
• Lower your blood pressure
• Avoid Alzheimer’s
• Beat arthritis.

Would you like to reap all of these benefits to your health? The only thing that you have to do is – SIMPLY CHANGE YOUR DIET.

The Optimal Diet is the best way to develop a healthy human body that is resistant to fungus and bacteria.
Changing your diet does not cost you anything. Nobody profits from it but you!

**Changing Your Internal Environment**

We want to treat being susceptible to Bacterial and fungal problems just like any other illness that is treated holistically. The goal is to treat the whole person and not just a symptom.

When your internal environment is unbalanced your body lacks oxygen, and without oxygen food starts to oxidize, ferment and rot. The fermentation creates fungus, mold, and yeast to thrive throughout our body including in the vagina.

Fungus, mold, and yeast are living things that literally feed off of our life energy. Like anything, they need to “eat”, and as they colonize in your acidic body they feed on your nutrients.

**Additional Diet Information**

The complete Bacterial Vaginosis free diet is available in the book “Optimal Diet Secrets” included as part of this package. This is mandatory reading if you want to fully restore your health.
Chapter 5
Toxins Contribute to Bacterial Vaginosis

Every day we are bombarded with toxins from environmental pollution, pharmaceutical drugs, stress, and processed foods. Foods laden with preservatives, colors, and chemicals that leave toxic residue in our systems. Much food is grown in de-mineralized soil pumped with fertilizers, dirty water, and polluted air.

It is no surprise we are faced with more toxic overload in this day and age than we can possibly fathom. Many of us do not understand this, and others are so bombarded with media reports, that we feel hopeless and helpless as to what to do. I’m here to assist you in cleaning up the toxins you’ve spent years collecting.

Your body is extraordinary, and it’s equipped with systems that deal with this day to day clean up. It does so by bowel movements, urination, and by sweating. In addition, many times when you think you have the cold or the flu, your body is in fact just eliminating large amount of toxins. But your body was never designed for what we throw at it today. It can quickly be overwhelmed, and it’s this cumulative exposure to toxins that causes the majority of problems.

In order to prevent death, your body does the next best thing to eliminating the toxins by storing them in fat. It requires much less energy to store the toxins in fat compared to eliminating them completely. I must repeat this is
a second resort and only happens when the body can’t deal with the level of toxins entering your system. By storing the toxins in fat, your body keeps them away from your vital organs. This is in fact the true root cause of obesity. The fat is actually saving your life by shielding all these toxins. As you may have guessed, you can only do this for so long before other complications arise.

Your body knows that it can’t just keep storing all this fat without any repercussions, so whenever it gets a chance, it works hard to convert this harmful fat into something that can be eliminated safely.

Colon Health

You have probably heard the phrase "Death begins in the colon." This is because substances that are not eliminated stick like plaque to intestinal walls and prevents the absorption of vital nutrients. This leads to a state that is very friendly to the breeding of bad fungus and bacteria.

As your body becomes more and more acidic, the internal environment becomes inviting for microforms and harmful bacteria to grow and proliferate. These microforms excrete toxins into your system, thereby causing your body to become even more acidic which allows for more microforms to grow and so forth and so on. The next thing you know you are really sick and caught in that cycle of endless antibiotic prescriptions.

This is crucial because bad bacteria can migrate from your colon to your pelvic area very easily and cause all kinds of complications.

Fortunately, by following the recommend diet and using the provided cleanses, you’ll quickly lower your weight while helping your body eliminate these stored toxins.
Types of Cleansing

Liver Cleanse

The liver is a very important organ. Many systems within the body depend on the function of the liver.

Many people believe that gallstones can be found only in the gallbladder. This is a commonly made yet false assumption. Most gallstones are actually formed in the liver, and comparatively few occur in the gallbladder.

Gallstones in the liver restrict the supply of nutrients to the cells of the reproductive organs. Liver function affects nutrient and hormone balance.

Liver congestion is among the leading health problems, yet conventional medicine rarely refers to it, nor do doctors have a reliable way to detect and diagnose such a condition. It takes many years of chronic liver congestion before liver damage becomes apparent. Standard clinical tests almost never reveal the occurrence of gallstones in the liver. In fact, most doctors don’t even know they grow there. Only the most advanced research universities, such as the prestigious Johns Hopkins University, describe and illustrate these liver stones in their literature.

By understanding how gallstones in the liver contribute to the occurrence or deterioration of nearly every kind of illness, and by taking the simple steps to remove them, you will put yourself in charge of restoring your own health and vitality, permanently. Most people in the developed world have accumulated hundreds, and in many cases, thousands of hardened stones in the liver. The AlkaCleanse described in the diet book will teach you how to gently and effectively remove these gallstones.

When all gallstones from the liver are removed and a healthy diet and lifestyle are maintained, the reproductive tissue receives improved nourishment and becomes more resistant. Infections subside and sexual functions are restored.
Colon Cleanse

Even though internal cleansing and proper bowel elimination is not a common topic for most of us, talking about colon cleansing is important. The fact is, if you have dirty bowels, chances are your body is full of toxins.

Even a healthy diet is not enough anymore, especially if your perceived healthy diet is not primarily organic. Sadly, because of these factors, it is unlikely your body is functioning efficiently, or if it is now, this is not a guarantee for a healthy future. It is therefore essential to remove the buildup of waste matter and toxins from the colon.

Once a colon cleansing removes accumulated wastes from the walls of the colon, vitamins, minerals and essential fatty acids are absorbed more effectively and supplied to the rest of the body. Anyone suffering from painful digestive disorders, skin problems, lack of energy, and symptoms that go unresolved is likely in need of an internal cleanse.

In our culture, we are obsessed with outer appearances, spending huge amounts of money changing how we look. Colon cleansing offers an opportunity to change how we feel, and ultimately how we look, from the inside out. Again, the AlkaCleanse described in the diet book will help cleanse your colon.

Full Body Cleanse

The skin is the body's largest organ for detoxification. One of the best ways to release toxins built up within the body is to enjoy an AlkaBath. This helps the body by excreting toxins that are linked to a variety of medical disorders. Using AlkaBath with the AlkaCleanse is one of the most effective way to not only release accumulated toxins, but also alkalize your body with vital minerals, bettering overall health. The benefits include:
• Detoxifying heavy metals including mercury, lead, cadmium, and aluminum.
• Detoxifies alcohol, nicotine, and other drugs.
• Purifies the body on a cellular level.
• Alkalizes the body and provides the vital minerals your body needs
• Relieves stress
• Oxygenates the bloods and cells

Enjoying the AlkaBath 3 times per week can be difficult to do with people’s busy schedules, but it is highly recommended, highly beneficial, and will significantly increase the elimination of stored toxins.

**AlkaBath**

The AlkaBath is a powerful way to pull huge amounts of toxins and acids out of your body fats into your lymphatic system, but if you do not take a cold shower at the end, you may overload the body with too many toxins and acids which it is trying to get rid of and make yourself feel worse.

The ideal way is to start off slow, with a shorter soak time and build up. I suggest you start with 10 minutes and build up to 30 minutes. You may want to start with the foot baths at first if you’re chronically ill. This will let you alkalize slower at the beginning.

There are a few baths that I will add here that can truly help to alkalize you, and start the removal of acidic wastes from the body. Sometimes you will feel invigorated and sometimes you will feel drained.

You can do these as often as you want. Do not attempt these baths until you have read ALL the notes below!
The Main BV cleanse is the one you should use most often, as it’s specifically designed to help with rebalancing the vagina by cleansing your body and returning you to a healthy pH level.

### AlkaBath – BV Specific

<table>
<thead>
<tr>
<th>Main BV Cleanse</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>a) 2-3 cups of Magnesium sulphate (Epsom Salts)</td>
</tr>
<tr>
<td></td>
<td>b) 2 Cups of Apple Cider Vinegar</td>
</tr>
<tr>
<td></td>
<td><strong>SEE SAFETY NOTE BELOW</strong></td>
</tr>
</tbody>
</table>

**Instructions:**

Run a hot bath and add all your ingredients. You want to SWEAT!! Try and stay as submerged as possible. This bath is great for those with skin problems such as eczema or acne. It's fantastic for those who have bacterial Vaginosis. It also helps Edema/swelling. It's a great bath for those who have too much sodium in their body, as the high potassium content of the ACV is an Antionist for sodium.

After 10-30 minutes take a freezing cold shower for 1 minute, or however long it takes for you to cool down. This is essential!

The follow two cleanses are very powerful. They are included if you suffer from more serious health conditions. Once you have your BV in control, you may want to begin healing other health challenges you may have.

### AlkaBath Full Body Bath

<table>
<thead>
<tr>
<th>Variation 1</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>a) 2-3 cups of Magnesium sulphate (Epsom Salts)</td>
</tr>
<tr>
<td></td>
<td>b) 1-2 tablespoons of Calcium hydroxide Powder (MUST be diluted first - place the Calcium Hydroxide powder in a gallon of water to make sure it's dispersed, then add to bath water)</td>
</tr>
</tbody>
</table>
**SEE SAFETY NOTE BELOW**

Instructions:

Run a hot bath and add all your ingredients. You want to SWEAT!! You WILL sweat! Try and stay as submerged as possible but do NOT get the water into your eyes. I would not recommend this bath to those that have chronic disease because it is so powerful - wait till you are a little stronger.

After 10-30 minutes take a freezing cold shower for 1 minute, or however long it takes for you to cool down. This is essential!

Variation 2

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) 2-3 cups of Epsom Salts (Magnesium Sulphate) - approx 2 lbs</td>
</tr>
<tr>
<td>b) 1-2 cups of Sodium Bicarbonate (Baking Soda) - approx 1 lb</td>
</tr>
<tr>
<td>c) Hydrogen Peroxide (H2O2) - 1 pint of 3% solution OR 1.5 ounces of 35% solution</td>
</tr>
</tbody>
</table>

**SEE SAFETY NOTE BELOW**

Instructions:

Run a hot bath and add all your ingredients apart from the H2O2 - add that at the end and swirl it into the bath. You want to SWEAT!! Try and stay as submerged as possible but do NOT get the water into your eyes.

After 10-30 minutes, take a freezing cold shower for 1 minute, or however long it takes for you to cool down.

Optional:

a) If you can, skin brush before getting into the bath – this starts lymphatic movement and will help you detoxify more.
b) You can add some oregano oil, cayenne pepper, ginger powder to make you sweat more.

c) You can spray your body (avoid eyes) a few minutes before and straight after the bath with 3% Hydrogen peroxide, and that will help to alkalize you even more.

d) If you're really brave and want to open up your pores more, take 50mg of Niacin B3 (you MUST get the flush version). Take this on an empty stomach 10 minutes before getting into the bath. Your body will flush red and you will feel your skin is prickly. The sensation should last 30-60 minutes, but this is a really powerful way to sweat and open up your pores for more efficient detoxification. **NOTE:** Don’t try this until you’ve used the regular bath for more than 2 months.

**GENERAL KEY HEALTH NOTES:**

- Make sure you filter the water you use to fill the bath. The easiest way to do this is to buy a bath water filter, see resources.
- Make sure you're well hydrated before the bath, also take a herbal tea into the bathroom with you and sip while bathing. I like to take ginger and lemon, peppermint, elderberry, or dandelion.
- If you are extremely ill and weak, these baths can feel exhausting. Please make sure someone is around should you need to get some help out of the bath! Only stay in the bath as long as you can take it, if that means starting with 5 or 10 minutes, go for it! Alternatively, just try alkalizing foot baths to begin with.
- The hydrogen peroxide supplies the Extra Oxygen which is needed by the body for the Electrical charges.
- Baking Soda is called Bicarbonate of soda or Sodium bicarbonate (NaHCO3). The Baking soda provides extra Sodium in the water which may help neutralise the excess acids which the Epsom Salts pulls out
of the body among other things, so helping the body to heal much faster.

- These detox baths cause the body to get rid of toxins through sweating through the pores, and it is essential that the water is very warm/hot and can stay that way throughout the duration of bathing. It is the heat of the hot water which causes the Acidic Nitrogen Isotope to be drawn out of the body.

- The reason people feel so exhausted after soaking is because of the amount of acids which have been released from your body fats, into your Lymphatic system, and on their way to be eliminated out through your skin pores. The Acids which would be causing the most problem may be the Nitrogen Acid Isotope along with any other toxins, which is the reason for taking the cold shower afterwards, yet you only need to shower cold and long enough, to take the heat out of your skin on the outer body!

- Taking this cold shower afterwards, stops the release of any more acids so you may recover from having too many acids to overload the Lymphatic system, which may cause one to feel poorly, if the acid release isn’t stopped. Everything should be done in cycles, so the body may recover. Release some acids and allow the body to dispose of them and relax for a while and start the cycle over again.

- You can do these baths as often as daily, but that may be too much for some.

- People are cautioned to start out slow at first. If one does the Hot bath and then does not take the cold shower, then this allows the body to remain too acidic! The cold shower is very important in the end of the process or the body may be more acidic than in the beginning from all the Toxins and Acids which may have been released into the Lymphatic system!

- Should you find you feel worse, (like having flu like symptoms) you may help yourself temporarily by taking one full Tablespoonful of Baking Soda in an 8oz glass of water and drinking this over a 30
minute time period, not sooner! This may help correct the imbalance of your ratios between the Sodium and Potassium which you may suffer from. This may help neutralise the excess acids temporarily, plus correct the sodium to potassium ratio. Make sure any baking soda you take internally is food grade quality.

<table>
<thead>
<tr>
<th>IMPORTANT – SAFETY NOTES – PLEASE READ!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CALCIUM HYDROXIDE</strong> (also known as – pickling lime/Ca(OH)2/slaked lime/lime water etc.)</td>
</tr>
<tr>
<td>In concentrated powdered form, this stuff is a skin, eye and respiratory irritant. It is CORROSIVE and causes burns. Should you be using this concentrated form to dilute with water before use, please protect yourself by wearing safety glasses, gloves and minimize your exposure to the dust itself.</td>
</tr>
<tr>
<td>This powder is also incompatible with strong acids! So, the more acidic you are the smaller your dose should be! Start small and slow, and add more after checking your response. We are all unique, so someone else's ideal dosage may not be the same as yours.</td>
</tr>
<tr>
<td>My suggestion is to make up your solution outdoors. This powder is very fine and fluffy; it'd be easy to accidently spill some on your kitchen or bathroom floor for unsuspecting kids and pets to walk on.</td>
</tr>
<tr>
<td><strong>HYDROGEN PEROXIDE</strong> (H2O2) I know some are using the 3%, and some of us are diluting the 35%, the 35% is very strong. If you accidently spill some on your skin it will cause white burns. Immediately splash that body part in cold water for 15 minutes and spray with apple cider vinegar.</td>
</tr>
<tr>
<td>Never store your 35% H2O2 in a glass jar. It arrives in a plastic container for a reason. The food grade H2O2 contains no stabilisers and breaks down over time releasing oxygen gas, which builds up pressure and may burst your glass container!</td>
</tr>
</tbody>
</table>
| Never get the peroxide in your eyes!!!!!!!!!!! Ed McCabe (author of Flood Your Body With Oxygen) says getting this stuff in your eyes can result in cataracts. It doesn't mix well with the cells in your eyes. Splashing into the eyes can cause PERMANENT tissue destruction. If you do get some in your eyes, immediately flush eyes with plenty of water for at least 15 minutes, lifting lower and upper eyelids occasionally. Get medical
attention immediately.

If accidental swallowing occurs, DO NOT INDUCE VOMITING. Give large quantities of water. Never give anything by mouth to an unconscious person. Get medical attention immediately.

Extra Note: In your quest to alkalise yourself, please don't take any risks. Do only what you are comfortable with and do your research. It isn't a bad thing to question someone about their recommendations. PLEASE keep these products out of reach from children and pets.

I have also read certain sources that indicate that people who have a urine acidity rating of 6 and below should start with foot baths before proceeding to full baths. Full baths can start at 6.5 acidity.

Foot Baths

If you’ve tested your pH level as described in the diet book, and your pH is 6.5 or lower or you generally feel sick all the time, start with the foot baths.

For all the footbaths, you want very hot water, as hot as you can handle. It will be useful to have a kettle or flask with hot water handy so you can pour more hot water into the foot bath should it get cold.

You want another foot bath with ice cold water in it. (add some ice cubes!)

You soak for several minutes in the hot, then alternate with cold for a minute and continue alternating like this several times. Take around 30 minutes of soaking for full benefits. Always end with cold.

Foot Variation 1:

4 Tbsp Epsom Salts, 2 Tbsp Baking Soda, 1 pint 3% Hydrogen Peroxide or 0.75 ounces of 35% Hydrogen Peroxide

Foot Variation 2:
4 Tbsp Epsom Salts, 1 Tbsp Calcium Hydroxide Powder (Must be diluted first)

Foot Variation 3:

4 Tbsp Epsom Salts, 1 Cup Apple Cider Vinegar

**Bonus: Alkalizing Showers**

A very simple way to alkalize the whole body! Do this on days you are in a rush and don’t have time for a full AlkaBath.

Get yourself a spray bottle and get some 3% food grade Hydrogen Peroxide (or 1.5 oz of 35% Hydrogen Peroxide diluted with 1 pint of distilled water) and put this into a spray bottle. Before you take a bath and or shower, mist this 3% Hydrogen Peroxide over your body (make sure not to get it into your eyes!!!), and leave it on for approx. 3 min before taking your bath or shower. **DO NOT USE UNDILUTED 35% HYDROGEN PEROXIDE ON YOUR SKIN DIRECTLY**

Then after bathing, spray another light mist on your body and let air dry, do not get in your eyes and use a white towel to finish drying off, because it may bleach out a color towel!

This will help Alkalize all of the surface of your skin. Hydrogen Peroxide carries Extra Oxygen (H2O2 = H2O + O). Oxygen is a Strong Oxidizer. A Strong Oxidizer neutralizes much Acidity.

These wonderful cleansing formulas are provided by Moreless at [www.curezone.com](http://www.curezone.com) in the Moreless pH forum. Go here for more details.
In western industrialized societies we are conditioned to work very hard. We are always moving, with no time for a healthy breakfast, pressure at work, and demands at home that leave you overwhelmed at times. Well I’m here to tell you that chronic stress leads to bacterial imbalance.

It’s important to learn how to take care of yourself instead of everyone else. Learn to say “No.” This doesn’t mean being selfish. You just need to understand that you can’t do everything, you need time for yourself. Plus, if you’re sick, you can’t take care of your loved ones.

Follow your intuition; learn to pay attention to what throws you out of balance. If you’re feeling stressed, take some time to yourself to relax. This applies equally to all areas of your life including physical, emotional, mental, and spiritual. Start by taking an inventory of what’s in balance and what’s out of balance in your life. This can be enough to start the healing process.

There are several things you can do to reduce the level of stress in your body. These are covered in the stress book included with this package.
Chapter 7
How Sleep Affects our
Bacterial Vaginosis

The Importance of Sleep

Approximately 60 million Americans suffer each year from some form of sleep deprivation. While research continues, sleep still remains one of the body’s most mysterious processes. We do know that sleep is absolutely necessary for survival. The lack of sleep for millions of people worldwide is a major medical concern. Even occasional sleeping problems can make daily life feel more stressful and lead to bacterial imbalance. Ideally, you should go to bed at 10:00 PM and arise at 6:00 AM. This is ideal. Getting eight hours of sleep is best. The body releases certain healing hormones between 11:00 PM and 2:00 AM. Being in a deep sleep during this time promotes healing in the body.

Although you have probably tried many of them, one of the following tips might just be the one that will help you get a healthier, more natural night’s rest:

- Imaging – think of a hammock – you’re up off the ground, wrapped in a cocoon of comfort, swaying gently in the open air. The sun is warm on your face and there’s a breeze blowing you back and forth. This visualization helps you “see” what sleep’s reward will be, getting you more in the mood to sleep. Visualization has proved helpful in developing the appropriate brain wave patterns for sleep.
• Magnesium – has a calming effect on the nervous system. It is part of bones and cells, especially the smooth cells of arteries, and assists in the absorption of calcium and potassium. Over 300 enzymes need magnesium to function properly. When combined with B6, it helps to reduce and dissolve calcium phosphate stones. It is so important, that the brain stores a “safety supply” to have in the event of a drop in the magnesium reserves. We like the powdered effervescent magnesium found at most health food stores, called CALM.

• Nutmeg – grind fresh nutmeg and serve it with warm, organic, preferably raw or unpasteurized milk and honey. Milk is naturally high in calcium and rich in tryptophan; together they can be a powerful tranquilizer.

• Hot foot baths – in the East, a hot foot bath is a traditional remedy; it draws blood from the brain to calm a racing mind. Try soaking your feet in a hot foot bath with a cupful of Epsom salts and a few drops of lavender essential oil, which will soothe you. Your feet absorb the magnesium from the Epsom salts and relax you further.

• Toe wiggling – lie on your back and wiggle your toes up and down 12 times; do both feet at the same time. Your entire body relaxes. According to the science of Reflexology, your feet are a kind of master control panel for the rest of your body. “Meridians” in the body – those channels of energy treated by acupuncture – end up in the feet. So, the ends of the meridians are in your feet where they connect with every organ and every part of your entire body.

• Stomach rub – soothes down the digestive system and helps bring about a deeper relaxation. Lie on your back and place your hand on your navel. Begin to make small circles in a clockwise direction as you gently glide your hand over your stomach. Let your circles gradually become bigger and bigger. When your circles reach the outside of your stomach, gradually reduce their size until you are back at your navel again. Reverse the direction; repeat the whole series with your other hand, and do several times.
• Listening to an audiobook – the brain works like a tape player – with one main auditory loop that processes words. If you fill that loop with an interesting book, there’s no room for your own worrisome internal narrative. Especially helpful for those who have continuous thoughts running through their head.
Chapter 8
More Bacterial Vaginosis Tips

The last 2 chapters explained the quick 3 Step plan to bring you immediate relief and how to change your diet to prevent BV reoccurrence and boost your overall health. This chapter will focus on other tips that play a factor in Bacterial Vaginosis.

Don’t Use Commercial Douches

Commercial Douches contain irritants and dry out the vaginal walls even further. The drier they are, the more likely they are to harbor Bacterial and fungus.

Instead, you can take a bath using three cups of pure apple cider vinegar to bathwater. Soak in the tub for twenty minutes and allow the water to flow into the vagina.

Apple cider vinegar is acid which will help keep the pH in your vagina slightly acidic, this helps good Bacterial thrive and prevents bad Bacterial growth.
Avoid These Common Ingredients in Soaps, Shampoo, Conditioner, Lubricant, and Lotions!

In order to avoid contracting the BV again or aggravating it, there are definitely some things you can do to avoid making it worse. One of them is using creams to relieve the itching or burning that you may be feeling.

Sometimes the cure is worse than the remedy. You should avoid using any lubricant or anti-itching creams that contains any of the following ingredients:

- propylene glycol
- methylparaben
- butylated hydroxyanisol (BHA)
- cetyl alcohol
- sodium lauryl sulfate
- methyl benzethonium chloride
- fragrance etc

Any of these ingredients can cause a recurrence of the infection. Yet most of us apply them because we believe that it is helping instead!

Buy your products at a natural health store. Don’t trust any name brand that you see on TV. You may think that Dove is $99^{44/100}$ pure. It’s not, and it’s not good for the health of your vagina.

Find products that have the least amount of ingredients, and ones that you can pronounce.
If you need lubrication during sex, choose one from a health food store. There all natural and include natural anti-fungal’s that don’t destroy the good Bacterial like the commercially produced products.

Same goes for condoms. Choose the ones without spermicide. Check your health store for safer brands.

Avoid any perfume or body sprays in that area.

Here’s Some More Tips

Here are some other tips for preventing BV from coming back:

• Keep your genitals clean and dry. Wear unbleached cotton underwear, which absorbs moisture and allows air to circulate.

• Avoid tight clothing and synthetic fabrics that do not allow your skin to breathe.

• Change into dry clothing as soon as you can after swimming. Never spend a long period of time in a wet bathing suit.

• Do not use corticosteroids or the infection will not clear up.

• Oral contraceptives should also be avoided if you suffer from BV as they upset the balance of microorganisms in the body.

• Natural progesterone cream applied, again may be beneficial for atrophic Vaginosis (which occurs in menopausal years)

• Be sure to wash clothing in unscented detergent and avoid fabric softeners. Preferably you’d stop buying brand names and buy the alternatives from your local health store.
• Avoid using colored toilet paper. Dyed toilet paper contains chemicals that can irritate the vagina and the urethra. Also avoid scented toilet paper.

• Wipe from front to back. After urinating or eliminating, be sure to wipe from front to back. Wipe swiftly and do not allow urine or Bacterial from the rectum to enter the vagina as this can cause both BV and urinary tract infections.

• Make sure you get proper rest, eat a healthy diet and get moderate exercise.

• Avoid stress too as that can cause your immune system to lower.

• Drink at least eight ounce glasses of water each day even if you do not feel thirsty. Insufficient liquid intake promotes hard stools, which can stay in the colon for weeks or even months and cause symptoms such as headache, fatigue and depression.

• As the colon and the vagina are closely related it is important to have a clean and healthy colon. This is where an enema can help. You can do a apple cider enema to help detoxify your bowls and discourage yeast and Bacterial growth that can easily spread to the vagina and cause BV.

• If you are feeling particularly toxic you might want to try a fast. Fasting helps give your organs a rest and thus reverse the aging process. Fasting also lightens the immune system’s workload just making it easier for it to fight Bacterial.

• Kombucha tea is made form the kombucha tea “mushroom” which is a large flat pancake shaped fungus like growth. It is actually a kind of lichen. When placed in ordinary sugar and tea, the mushroom produces winery-tasting broth that which is an ample source of B vitamins and also possess strong anti-bacterial and antiviral effects.
It is also a potent immune system booster, which can help mitigate the effects of antibiotics prescribed for the Bacterial Vaginosis.

**Conclusion**

For the most part, taking care of BV requires taking the responsibility for your own health into your own hands.

I hope this book has taught you how to do this, as this is the only way I was able to finally and forever get rid of the smell, discharge, and discomfort of this annoying and psychologically harmful chronic inflammatory condition.

It is the only way to get off of that Medical Merry Go Round known as the “prescription antibiotics to treat BV!”
Chapter 9
Step by Step Summary

1. **Begin with the 3 Step Plan for Immediate Relief**
   a. **STEP 1** - Rinsing out the vagina twice daily with a hydrogen peroxide douche for 3 to 5 days.
   b. **STEP 2** - Use vaginal acidophilus supplements
   c. **STEP 3** - Taking at least 1000 mcg of Folic Acid a day

2. **Eliminate Refined Sugar, Carbohydrates And Animal Products**
   a) The primary cause of bacterial Vaginosis is poor diet. The wrong foods cause excess an imbalance between good and bad bacteria. Eliminate all refined sugar, carbohydrates, and most animal products from your diet.
   b) Read the entire Optimal Diet Secrets Book and follow the guidelines which look something like this:
      - Drink 1L of water for every 50 pounds you weigh each day
      - Drink an AlkaCleanse drink 3 times per day or more
      - Eat at least 50% vegetables with each meal, as much as possible raw
      - Eat 50% or less of healthy carbohydrate with each meal, occasionally eating organic meat
      - Eat organic as much as you can
3. **Cleanse Your Body**  
Follow the guidelines in the diet book and include the following:  
   a) As per step 1, take AlkaCleanse before each meal  
   b) Enjoy an AlkaBath (BV variation) a minimum of 3 times per week and no more than once per day.

4. **Addition Steps**  
Follow as many Bacterial Vaginosis tip as you can from chapter 8.

If you follow the guidelines in this book you will be well on your way to eliminating your Bacterial Vaginosis. Many women have used this information to balance their internal flora, regain vibrant health, and become Bacterial Vaginosis free. Thank you for taking a step towards your health that many don’t. Know that you’re not alone and that many women before you have been relieved.
## Resources

### Vaginal Probiotics Inserts (Vaginal Acidophilus)

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Femina Flora</td>
<td><a href="http://www.newrootsherbal.com">www.newrootsherbal.com</a></td>
<td>1-800-268-9486</td>
</tr>
</tbody>
</table>

### AlkaCleanse/AlkaBath Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickling Lime</td>
<td><a href="http://www.canningpantry.com">www.canningpantry.com</a></td>
<td>1-800-285-9044</td>
</tr>
<tr>
<td>Calcium Hydroxide</td>
<td><a href="http://www.bulkfoods.com">www.bulkfoods.com</a></td>
<td>1-888-285-5266</td>
</tr>
<tr>
<td>Organic Kelp Powder</td>
<td><a href="http://www.starwest-botanicals.com">www.starwest-botanicals.com</a></td>
<td>1-800-800-4372</td>
</tr>
</tbody>
</table>

### Multi-Vitamin/Multi-Mineral

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Women II</td>
<td><a href="http://www.newchapter.com">www.newchapter.com</a></td>
<td>1-800-543-7279</td>
</tr>
</tbody>
</table>
References


Rogers, G. (Director). (2004). *Ozone, a Medical Breakthrough?* [Motion Picture].


Trudeau, K. (2004). *Natural Cures They Don`t Want You To Know About*. Elk Grove Village: Alliance Publishing Group, Inc.


