
All Natural

Yeast Infection Treatment Options



The Truth About Yeast Infections

Ever have a yeast infection? The raw, itchy and outright unbearable burning sensation that always comes with even the mildest infection can wreak such havoc on our daily lives.

As someone who had suffered from recurring yeast infections for many years, I had spent countless hours researching the causes (and remedies) hoping to finally understand why I was prone to becoming a repeated victim.

I would anxiously read dozens of different websites, each one indicating that a yeast infection was caused by very different things, while being led in circles chasing after just a shred of accurate and helpful information.

While desperately scouring the medical websites, archives, resource websites and even my local library for remedies, cures and answers, I came across an incredible amount of incorrect information.

There are a lot of myths and misconceptions out there, and if we're not careful we could end up aggravating the infection so that it only intensifies in both symptoms and in how frequently it returns.

Worse, there is outright dangerous information readily available that won't just hurt your chances of eliminating and preventing future flare up infections, but

will leave you in dire straits as you are forced to deal with additional infections caused by your home based remedies.

After finally eliminating the infection and taking strides to prevent future reoccurrence, I decided to write this report to help separate the myths, lies and misleading information from the real reasons why you are likely to suffer from a yeast infection and what you can actually do about it.

Myth #1: Your Diet is responsible for the infection

This myth really affected me. I was switching meals, eliminating many different foods from meals, while modifying my diet every other day believing that what I was eating was what was causing recurring infections.

After following a very strict diet for weeks and still experiencing severe infections, I decided to dig even further.

Here's what I discovered:

Yeast that is found in foods like breads, sweets or alcohol isn't the same kind of yeast that causes infections, so by eliminating the yeast found in foods, you are NEVER going to combat the problem.

It's two completely different things!

Furthermore, we all have yeast in our bodies, but the problem is with those of us who suffer from yeast infections, it's brought on by the yeast levels getting out of control.

A change in diet is not going to help sustain healthy yeast levels in our body, however if you already have an infection, eliminating yeast-based foods will help you avoid "feeding" and encouraging the yeast from growing.

Myth #2: Only women get yeast infections

I believe this misconception is due to the commercial industry primarily targeting women. In reality, even men can become victims of a yeast infection, although it is often referred to as "*balanitis*" which causes an inflammation of the head of the penis.

When men suffer from yeast infections, the symptoms are very similar to those that women experience, including:

- ✓ Swollen genitals (usually the tip of the penis is inflamed)
- ✓ Itching
- ✓ Dry, peeling and flaky skin
- ✓ Small red dots appear on the penis head
- ✓ Burning sensation during urination

Women experience many of these symptoms along with a noticeable white discharge, accompanied by pain during and after intercourse.

Myth #3: Yeast Infections are considered sexually transmitted diseases and/ or only those with unsanitary habits get yeast infections

One of the reasons why men and women are embarrassed of having yeast infections is that for years it has been associated to two different things.

Either it was tied into an unsanitary lifestyle and habits or it was thought to be considered a sexually transmitted disease.

Let's tackle both of these associations together, since neither of them are true.

Yeast infections are not considered a sexually transmitted disease, in fact, spreading the infection through sexual intercourse is exceptionally rare.

Furthermore, while it's important to keep your genital area clean and dry, as yeast fungi grows rapidly in moist areas, yeast infections are not caused by lack of personal hygiene.

In fact, taking it one step further, women who use excessive bath salts, powders, even vaginal deodorants or sprays can actually increase the chances of getting a yeast infection due to the residue left on the skin by these personal hygiene products.

Myth #4: Douching will cure and eliminate yeast infections

- ✓ Douching can actually be responsible for recurring yeast infections
- ✓ Frequent douching can increase yeast problems.

Since our bodies have its own self-cleaning mechanism, including a safe balance of healthy bacteria (called Lactobacilli) that helps fight off infections, douching can actually cause our systems to become unbalanced by destroying this bacteria and leaving us susceptible to further infections.

It's important that this healthy bacteria is not washed out of our systems or disturbed in any way.

Douching not only weakens Lactobacilli, but can ultimately destroy it, leaving unhealthy bacteria free to multiply throughout out bodies.

Douching can also cause problems in yet another way.

Frequent douching can increase the risks of pelvic inflammatory disease, due to the foreign fluid being introduced into our blood streams, carrying harmful bacteria into the Fallopian tubes and uterus.

Myth #5: Yeast infections aren't dangerous and will cure themselves

Yeast infections are **far** more than just uncomfortable to deal with.

They can affect every part of your body and can be responsible for migraines, memory loss, irritability, restlessness, insomnia and if left untreated, can deplete your immunity system and prevent it from doing its job in fighting additional infections.

While the rate of mortality is very low, ongoing infections can quickly transform into many different ailments, consistently attacking your immune system and opening it up to being susceptible to additional infections and illnesses.

Furthermore, Candida (found in yeast infections) can infect your blood, causing an overload of toxins to disrupt your system, wreaking havoc on your mind and body.

It's important to take swift action in eliminating yeast infections and learning about important, breakthrough information that will finally give you the control you need to prevent future infections.

And finally, one of the greatest myths of all that has been directly responsible for countless men and women misdiagnosing yeast infections and failing to find a permanent remedy and prevention system.

Myth #6: Yeast Infections are easy to diagnose but impossible to cure

Yeast infections carry with them, many different symptoms, often ones that could easily be associated with other infections and illnesses.

For instance, many people become confused between yeast infections and bacterial vaginosis, since the symptoms are similar in nature.

There are also infections that are similar to that of candida that take place in other areas apart from the genital region, including yeast based skin infections, or infections caused by allergic reactions.

It's important that you are absolutely sure that what you are dealing with is in fact a yeast infection so that you can take a direct approach to curing it and working towards permanent and lifetime prevention.

Yeast infections are curable, in fact, there are home based remedies available that will provide instant relief using household items readily available (or very affordable to purchase should you need them).

Yeast infections are also rather easy to eliminate permanently just by understanding what caused your infection in the first place, and then taking action in protecting your body and improving your immune system so that it can easily fight off any chance of a future infection.