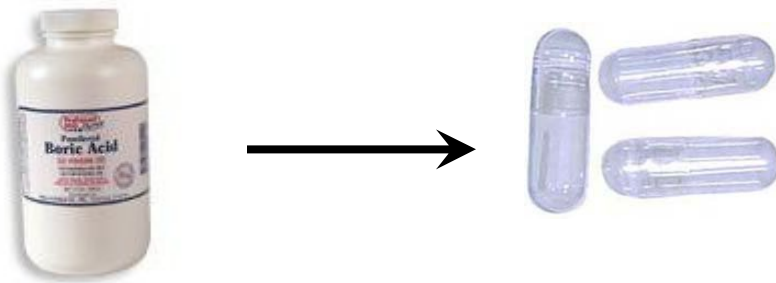


Use of Boric Acid for Yeast Infections and Maintenance

An alternative cure for vaginal yeast infections (yeast vaginitis) is a cheap, safe and sometimes more effective treatment than the over-the-counter or prescribed drugs. Simply insert boric acid capsules into your vagina twice per day for 5-14 days (although it may be cured after just a single day). Discontinue if you get a bloody discharge. Carefully fill up size zero (single 'ought' or "0") veggie caps (available at a health food store) with boric acid, using the tip of a knife. Insert deeply into your vagina. You may want to wear a pad as it tends to be runny. It can also be helpful to take some of the loose powder and spread it on the labia. Make sure to lift the clitoral hood, where the infection seems to stagnate for some reason. Make sure you do this only after cleansing all areas thoroughly, including under the clitoral hood. This helps to relieve external itching.



Boric acid is toxic if taken internally, but safe when used vaginally.

In one study of 100 women with chronic yeast vaginitis who had failed to respond to various over-the-counter or prescription anti-fungal medicines, 98% successfully treated their infections with boric acid capsules over a period of 2-4 weeks. [*Antifungal agents vs. boric acid for treating chronic mycotic vulvovaginitis. J Reprod Med 1977;36: pp.593-7*]

If recurrent yeast infections have been a problem, they can be prevented by using one capsule of boric acid vaginally at bedtime twice per week, beginning one week after menstruation. The use of a panty liner is recommended.