

All About BV

A Bacterial Vaginosis Guide

By Louise Endago



Endago.net

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Bacterial Vaginosis - Everything You Need To Know
In A Nutshell

A Guide To Empower Women With Knowledge So They Can
Go And Take Action And Finally Regain Control Over Their
Lives

Louise Endago

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Chapter 1

What Is Bacterial Vaginosis?

Bacterial vaginosis is an imbalance of bacteria inside your vagina. This imbalance involves an overgrowth of certain types of bacteria that normally exist in small numbers within your vagina.

Let's call these little guys 'bad bacteria'. Your vagina also contains good bacteria that normally keep these bad bacteria in check. During bacterial vaginosis however, the number of good bacteria decreases so they can't do their job as well as they used to.



In bacterial vaginosis, bad bacteria overgrow and cause all sorts of problems in your vagina

The bad bacteria usually take over and produce all sorts of different chemicals such as 'amines' which change the environment inside your vagina to suit the bad bacteria themselves. As a result the population of bad bacteria continues to thrive and dominate, and the good bacteria can't do a damn thing about it. That's why BV very rarely goes away by itself.

It's like a war-zone in there.

Your vagina is invaded by an army of bad bacteria who go in there and change all the regimes. The original citizens – the 'good bacteria' – are kept in chains and shackles so as to prevent retaliation. Now that's certainly an interesting way to look at it – you either hate it or you love it, just don't go telling anyone there's a foreign military invasion in your vagina, we'll just keep that between you and me.

The war-zone metaphor isn't entirely accurate though because bacterial vaginosis is not dangerous in itself. A small proportion of women with bacterial vaginosis can go on to have complications which *can* be dangerous (see Chapter 5 for more details).

Bacterial Vaginosis Is NOT A Sexually Transmitted Disease

Contrary to popular belief, BV is not generally a sexually transmitted disease. Women who have unprotected sex with multiple sexual partners are more likely to get BV, but BV can also happen in women who have never had sex.

Bacterial vaginosis *can* however be sexually transmitted if you have a female partner.

Chapter 2

What Are The Symptoms Of Bacterial Vaginosis?

You may be surprised to know that most women with bacterial vaginosis have NO symptoms whatsoever. I believe the statistic is 85% of women who have BV – don't have any symptoms at all.

Of the the rest of us – the unlucky 15% that DO have symptoms, the vast majority present with either vaginal odor, excess vaginal discharge or both. Other symptoms are rare but can include itching and a burning sensation down below.

Does Having A Strong Vaginal Odor Always Mean You Have BV?

No

It Could Just Be Normal

All women have their own unique vaginal odor. Some have stronger odors than others. Having a slightly strong odor doesn't necessarily mean there is something wrong.

The odors down below can change naturally with your menstrual cycle, with the weather or depending on what you are wearing. Tight clothing that restricts the passage of air can quite easily make it smell bad down there, but all you need to do for the odor to go away is to take a bath and change into something more lose-fitting.

In these situations you should NOT resort to using perfumes, deodorants or antibacterial soaps. These may seem to make things better at first but over time they are known to *cause* BV.



We all want to smell great, but using scented tampons and pantyliners will make the problem *worse* in the long run.

What you need to keep an eye out for is anything out of the ordinary from your normal monthly variations. If your vaginal odor is particularly strong or different than what it normally is, then you ought to get it looked at.

Instead Of BV, It Could Be One Of Many Other Vaginal Infections

Yes. A strong vaginal odor *can* mean that you have BV. But it can also mean that you have one of a number of other different infections like trichomoniasis, chlamydia or gonorrhea which are sexually transmitted diseases.

Bacterial vaginosis does have a distinct 'fishy' smell, but these other infections can sometimes present with a similar smell so it's hard to tell them apart from just the way they make you smell.

Just like vaginal odor, excess vaginal discharge can also be normal, be due to BV or a number of other different vaginal conditions.

So the bottom line here is it's hard to say.

It's hard to say if you have BV just by looking at how much discharge you have and what your vaginal odor is like. I know how much you want things to be clear cut, and how much you want to believe that random article on the internet that tells you a fishy odor means you have BV and a non-fishy odor means you don't. But that's just not how it works.

And don't worry. I'm here to make things easy for you even if they aren't so clear-cut. Just keep moving through this book and you'll soon learn everything you need to know.

Chapter 3

What Causes Bacterial Vaginosis?

This is very important. If you want to know how to treat bacterial vaginosis then it's crucial that you know what causes it.

If you don't address the cause of your bacterial vaginosis then no treatment will give you lasting results. Your BV will just keep coming back every time.

Let's use the example of a jug of water. If there's a huge gaping hole at the bottom of the jug, are you going to try and fix the problem by filling the jug with more water? Or are you going to repair the hole first and *then* refill the jug?

In this analogy, repairing the hole refers to addressing the *cause* of the problem – the cause of your bacterial vaginosis. Replacing the lost water refers to your attempt at treating the problem - treating your bacterial vaginosis using antibiotics or natural remedies.

Here Are Some Common Causes Of Bacterial Vaginosis

Douching

Douching done correctly can actually help to cure your bacterial vaginosis. Unfortunately most women use all the wrong types of douches and end up making the problem worse.

A lot of women douche regularly because they feel they have to in order to keep clean. Some douche after sex to feel clean or because they incorrectly believe it reduces their chances of contracting a sexually transmitted disease or becoming pregnant. Others douche after their periods because they feel they need to in order to get rid of any remaining blood inside the vagina.

Studies have shown that women who douche at least once a month are twice as likely to get bacterial vaginosis. What's worse is a lot of these women use antibacterial douches and douches that contain perfumes and other chemicals that are known to disrupt the balance of bacteria inside the vagina.

You don't need to douche. If you are doing it now then stop. There are very specific types of douches that can help to cure BV, but even these can make matters worse if you use them the wrong way.

Why You *Don't* Need To Douche

Your vagina contains glands that release secretions designed to naturally expel any impurities inside, whether the impurity be blood during your period or bacteria after sex. Douching does not reduce your chances of getting pregnant and in the long run can actually *increase* your chances of getting a sexually transmitted disease.

Antibiotics

Antibiotics do a hell of a job at curing BV in the short-term. Clinical trials have shown that antibiotics are second to none when it comes to getting rid of the symptoms of bacterial vaginosis as quickly as possible.

But there is a problem.

Treatment with antibiotics is known to have a high recurrence rate. Some studies have shown a recurrence rate as high as 85% in 9 months. So out of every 100 women, only 15 are free of symptoms 9 months after treatment with antibiotics.



Antibiotics have a high recurrence rate for BV, and they make sure that each recurrent bout of BV is worse than the last.

The trouble with antibiotics is they kill ALL types of bacteria inside your vagina – the good and the bad. Good bacteria are needed to control the vaginal environment so bad bacteria can't survive.

Antibiotics just come along and clean everything away. Your symptoms of vaginal odor and discharge may stop at first, but the bacteria in your vagina will always grow back.

Unfortunately in most cases the bad bacteria grow back quicker than the good bacteria, and you end up having bacterial vaginosis all over again. If you thought *that* was bad it gets worse.

Using Antibiotics, Your BV Gets Harder To Treat Every Time It Recurs

Antibiotics may kill all *types* of bacteria, but they don't kill every single bacterium. Within each population of bacteria there are some that are resistant to a particular type of antibiotic. These resistant bacteria survive when you use antibiotics, and it is these resistant bacteria that then multiply to give you your second bout of BV a few weeks or months later. However since this new strain of bacteria stem from the few resistant bacteria that survived, your new bout of BV will be harder if not impossible to treat with the same antibiotic!

So over time as you use more and more antibiotics, your BV gets more and more difficult to treat. Many women also find that their symptoms worsen over time as well.

For this reason, although antibiotics *are* relevant in some situations, it is best to avoid using them where you can.

Why Some Studies Show A Lower Recurrence Rate With Antibiotics Than Others

Other studies have shown a lower recurrence rate following antibiotic use, for example 58% after 12 months. There are a number of factors that are responsible for the differences in recurrence rates between these studies.

One very important factor is differences in the populations of women being studied. One particular study in the Journal of Infectious Disease noted that women with “a past history of BV, a regular sex partner throughout the study, and female sex partners were significantly associated with recurrence of BV.”¹

One of the reasons that different studies have found different recurrence rates is that one study may have been conducted with women from a community where smoking, unprotected sex with multiple partners, stress and douching are common, and the other study was conducted with a population of women who don't do those things as much.

Now this goes to show that although antibiotics have their own way of disrupting the vaginal flora and making it likely for your symptoms to return, other factors (namely other causes of BV) are also important in determining whether your BV comes back or stays away forever.

Does that make sense? If not, don't worry – just read on – all you need to know here is that you need to avoid all of the possible causes of BV, more of which are listed below.

Unprotected Sex

Anything with a pH lower than 7 is acidic, while anything with a pH higher than 7 is alkaline. A normal healthy vagina has a pH ranging from 3.8 to 4.5, making it acidic. Semen has a pH ranging from 7.2 to 7.8. Semen can hence disrupt the vaginal environment, making it less acidic and thereby prone to developing BV.

See, the acid levels in your vagina normally keep the bad bacteria in check. These bad bacteria just love it when something like semen comes along and disrupts the acidity levels. They celebrate, party for a few minutes and reproduce, resulting in bad odors and excess discharge.

This explains why you have probably noticed that your symptoms are at their worst just after sex – just when you want to hide it the most. But hey – at least you can be thankful it's not happening *before* sex.



Having unprotected sex especially with multiple sexual partners increases your chances of getting BV. If you already *have* BV, unprotected sex will make your symptoms *worse*.

You may also have noticed that your symptoms often return after your periods. This is because blood has a pH ranging from 7.35 to 7.45 and can hence also upset the acid levels inside your vagina.

Now how to prevent this.

I wont ask you to stop menstruating, or to stop having sex. What I *will* recommend is that while you are suffering from BV or recurrent bouts of BV, you aught to consider using condoms to limit your exposure to semen. If you are trying to get pregnant, it's up to *you* to decide whether you want to get pregnant first, or you want to get a handle on your BV first and *then* get pregnant. The choice is yours, though I *do* recommend you focus on getting a handle on your BV first for reasons I mention in Chapter 5.

Stress

Stress is more important a factor than you may think. It is known to cause BV through at least two different mechanisms – by altering your hormonal balance and by weakening your immune system.

One study in the Department of Obstetrics and Gynecology at Thomas Jefferson University in Philadelphia found that after adjusting for age, race, education, number of past pregnancies, douching, number of sexual partners, sexual practices and use of illicit drugs, women with high psychological stress were 2.2 times more likely to develop BV.²

So if you're stressed out, go sort it out. Stress isn't just a mental thing that affects only your mind. It effects your body in more ways than we know, and it certainly is known to both cause BV and make it harder for you to get rid it.



Dealing with stress can be a vital part of your treatment plan for curing BV permanently. Women with chronic stress are more likely to suffer from BV – this is a scientifically documented fact!

Dealing with stress is a whole different field in itself so I wont go into any of the details in this book. One resource that really helped me deal with my own stresses – both the stresses I was going through because of my BV and due to other events in my life – is [A New Earth by Eckhart Tolle](#).

Go check it out. Apparently it was highly recommended by Oprah Winfrey – I had no idea about this when I read the book, and I'm pretty sure I wouldn't have read it just because *Oprah* recommended it, but hey – if you're into Oprah's book club and all that then go for it.

Smoking

Women who smoke are more than twice as likely as nonsmokers to get BV. Studies have also suggested that the more you smoke, the more *severe* your BV symptoms will be. Passive smoking can be just as bad, so if you smoke or your partner smokes, pack it in and tell your partner to pack it in too.



If you smoke, then here's another reason to quit: smokers have been found in clinical trials, to be more likely to suffer from BV. And those who smoke more, have more severe symptoms.

A Weak Immune System

This cause of BV is rarely mentioned but is very important. (See how I underlined and *italicized* the word 'very'? That's because I mean it!)

Your vagina's good bacteria and low pH environment may play an important role in keeping those bad bacteria at bay, but your immune system plays an equally important role. Your vagina has its own local immune system, with immune cells that go in and actively kill bad bacteria. Without a strong and effective immune system your vagina will very quickly be invaded by colony upon colony of bad bacteria.

The immune system doesn't work alone however, the good bacteria inside your vagina help to regulate how often immune cells enter the vagina to destroy some of the bad bacteria that are getting out of line. So it's part of a nice big system that works in synchrony to keep your vagina nice and healthy.

There are certain diseases such as HIV that can result in a weak immune system, so it's important to get checked out by your doctor. Aside from diseases there are a number of other factors that can weaken your immune system. These include stress, smoking and certain very common dietary deficiencies.

Certain micronutrients in your diet are crucial in maintaining a strong and healthy immune system. In fact women who are deficient in just one micronutrient have been shown in clinical studies to have an increased likelihood of getting bacterial vaginosis. Folic acid and vitamin D are two such examples.

Whether you have a weak immune system or not, it certainly helps to fortify your immune system using specific dietary tactics. Women who do this are far more likely to cure their BV

permanently. You can read a more detailed discussion on diet and BV in my other book, [Home Remedies for Bacterial Vaginosis](#).

Other Causes Of BV

It would take me forever to give you explicit details on every cause of bacterial vaginosis. So here's a quick list of some other causes:

- Vaginal hygiene products – aside from douches, these include scented tampons, deodorants and perfumes
- Spermicides
- IntraUterine Device for birth control
- Fabric softeners and detergents
- Transmission from a female partner during sex
- The sharing of sex toys
- Hot weather, poor hygiene and poor health are all contributing factors.

Chapter 4

How Is Bacterial Vaginosis Diagnosed?

Can You Diagnose BV At Home?

I know that you *really* want me to say 'yes' and give you a quick method you can use to find out if you have BV or not.

But I'm not going to be tempted by your cute glassy-eyed pleading look.



My answer is a truthful resounding 'No'.

You *can* get a home testing kit that will check your vagina's pH. If your pH is more than 4.5, then you can be a little bit more sure that you have BV, but you can't be certain.

The only way to be sure that you have BV is to go and see your doctor.

Why Do You Need A Diagnosis?

You need a diagnosis because you need to be sure about what you have. There are a multitude of different conditions you can get in your vagina and many of them present with a foul odor with increased vaginal discharge. Many of these other conditions are more dangerous than BV and require medical attention where BV may not.

Unlike BV, sexually transmitted diseases such as chlamydia respond well to antibiotics and have a low recurrence rate.

Pelvic inflammatory disease (PID) can also present with increased vaginal discharge and vaginal odor. This is potentially a very dangerous condition that involves infection of the uterus (womb), fallopian tubes and/or ovaries. If left untreated it can result in damage of these tissues by scarring, which can lead to infertility.

There are no reliable home remedies for pelvic inflammatory disease. You need antibiotics and you need them as soon as possible.

So the reason you need a definitive diagnosis for bacterial vaginosis, is to ensure that you don't have a more serious condition that requires urgent medical attention.

How Will Your Doctor Diagnose BV?

Bacterial vaginosis is a very common vaginal infection. In a fairly recent study in the Washington University School of Medicine, it was estimated that almost one third (29%) of women between the ages of 14 and 49 years in the United States are positive for bacterial vaginosis.³



Don't worry. Your doctor sees patients with BV all the time – you'll be in good hands and you have nothing to be embarrassed about.

So you can rest assured your doctor knows what he/she is doing. One out of every 3 women your doctor sees has BV. The medical profession may not be on the ball when it comes to treating BV, but they sure as hell know how to diagnose it.

Here's What Your Doctor Will Do...

Your doctor will first ask you a few questions about your symptoms and risk behaviour such as smoking and unprotected sex.

Then he/she with your consent, will take a quick sample of your vaginal fluid and perform/send for the tests outlined below. All they do with *you* is take the sample. The tests below are done while you are seated and fully dressed.

- pH test. With a piece of litmus paper your doctor will check the pH of the sample of vaginal fluid he/she took from you. If it is higher than 4.5 then it is indicative of BV though not diagnostic (i.e. it indicates that you are likely to have BV, but not that you necessarily *do* have BV).
- Amine test or *whiff* test. This is where your doctor mixes part of your vaginal fluid with 10% potassium hydroxide. If the mixture gives off an excessive fishy odor, then the test is positive for BV.
- Microscopy for 'clue cells'. Your doctor will send a sample off for analysis under a microscope at the lab where the lab technicians will look for clue cells. These are cells from the vaginal wall that are densely covered with bacteria. The presence of clue cells in your vaginal fluid means that the test is positive for bacterial vaginosis.

If you have excess vaginal discharge, then two of the above three tests need to be positive for you to be diagnosed with BV. If you do *not* have excess vaginal discharge, then all three of the above tests need to be positive for you to be diagnosed with bacterial vaginosis.

The single best and most reliable test above is the microscopy for clue cells, followed by the amine or *whiff* test.

If You Don't Have Bacterial Vaginosis, What Else Could Be Causing Your Symptoms?

As already mentioned, you could have pelvic inflammatory disease (PID) or an STD like chlamydia. But PID more often presents with lower abdominal pain, fever and pain during sex. And chlamydia is usually symptom-free.

There are two other vaginal infections that are very commonly mistaken for bacterial vaginosis. These are vaginal candidiasis and trichomoniasis.

Vaginal Candidiasis

Vaginal candidiasis is a yeast (fungal) infection, which is usually caused by a fungus called candida. The discharge in vaginal candidiasis is usually very thick and cottage cheese-like, whereas the discharge in BV is more thin and watery.

A yeast infection of the vagina also causes lots of itching and discomfort, which is not the norm with BV.

Candidiasis is NOT to be treated with antibiotics, since antibiotics only kill bacteria and not fungi. Many of the natural remedies that are used for bacterial vaginosis however, can be used to treat candidiasis. Your doctor would offer to treat candidiasis with an anti-fungal agent.

Trichomoniasis

Trichomoniasis is a sexually transmitted infection. It typically gives a grey-green discharge that can be frothy or foamy in nature. It is also associated with itching and a burning pain on urinating. Trichomoniasis is treated successfully with antibiotics.

Here's a little comparison table that highlights the similarities and differences between the three conditions.

	Bacterial Vaginosis	Vaginal Candidiasis	Trichomoniasis
Vaginal Odor	✓	✗	✓/✗
Vaginal Discharge	Thin, grey	White, curdlike	Green-yellow
Vulvar Irritation	✓/✗	✓	✓
Pain During Sex	✗	✗	✓
Bubbles In Vaginal Fluid	✓/✗	✗	✓/✗

Chapter 5

What Are The Complications Of Bacterial Vaginosis?

Pregnancy-Related Complications

Complications are quite common in pregnancy but otherwise rare.

Approximately 10% of women with BV experience adverse pregnancy outcomes such as spontaneous pre-term delivery, premature rupture of membranes and amniotic fluid infection.⁴

Other studies have also shown a possible link to miscarriages and low birth weight.



You have to be extra careful with BV during pregnancy.
Be sure to see your doctor for a full check-up.

The U.S Centers for Disease Control and Prevention (CDC) advises that all pregnant women with symptoms of Bacterial Vaginosis be screened and treated. The CDC also supports the screening of women who have had a previous pre-term delivery.

If you *are* found to have bacterial vaginosis while you are pregnant, then I suggest you follow doctors orders. Some antibiotics are safe to use in pregnancy and your doctor will know the right dose to give you so you and your baby are safe. Antibiotics are the fastest short-term treatment for bacterial vaginosis, and fast treatment may be what's needed to safeguard the health of your baby.

You can always use natural remedies in conjunction with antibiotics. This will significantly help to reduce rates of recurrence. But do let your doctor know before you start any form of treatment yourself.

Pelvic Inflammatory Disease

Aside from the complications in pregnancy, one of the most worrying complications of BV is pelvic inflammatory disease (PID) which I've already discussed in this book. Just to repeat what I said earlier, PID can potentially be very serious if left untreated, as it can lead to scarring of your female organs which may result in infertility.

PID can result from BV when the bacteria in the vagina move up through the cervix and into the womb. They can then move further up to affect your tubes and ovaries.

Increased Chances Of Getting A HIV Infection And Other STDs

The normal vaginal flora plays a very important role in keeping the vagina free of infections. In bacterial vaginosis the vaginal flora as you know is disrupted, which leaves your vagina prone to other infections.

Studies have shown that the normal vaginal flora plays an important role in preventing you from actually contracting HIV when you are exposed to the virus from a HIV positive partner. The vaginal flora has also been found to play an important role in protecting you from other sexually transmitted infections such as chlamydia and gonorrhoea.

So earlier in this book you might have been a little jealous to hear that some 85% of women with BV have no symptoms whatsoever. But these women have no idea that they're walking around in a state of ignorant susceptibility to HIV and other STDs. At least *you know* there's something wrong and you are ready to take steps to fix the problem – whether you're going to your doctor or buying books to understand your problem so you can set about to treating it yourself.

Chapter 6

How Do You Treat Bacterial Vaginosis?

Most doctors will tell you that bacterial vaginosis is untreatable, and that your only option is to take antibiotics to relieve the symptoms. Well I am here to tell you that they are wrong.

The trouble with mainstream medicine is it's very slow at adopting new treatment regimes even in the face of new evidence from scientific research and literature.

For financial reasons and convenience, the medical profession also prefers to be able to treat you with a pharmaceutical drug rather than with natural remedies and lifestyle changes, even when evidence has it that the latter are far more effective.

One of the biggest tools you have in the treatment of bacterial vaginosis is knowledge – knowledge of the causes of bacterial vaginosis and the necessary lifestyle changes that will limit the chances of your BV returning after treatment. And of course, knowledge of different effective treatment regimes for bacterial vaginosis.

What are the chances your doctor will sit there and tell you everything you have learned in this book? That's right your doctor doesn't have the time. Well that's why I've written this little book here see, so you can arm yourself with the knowledge you need to get out there and finally take control of your condition and take charge of your life once again.

Here's My 5-step Treatment Plan For Permanently Curing BV:

1. Identify and remove the cause

We discussed causes earlier in this book. What's causing *your* BV? Sometimes it's obvious. Perhaps you're a stressed-out mom, your husband smokes, you've been having heavy periods lately so your doctor put you on the pill. Since you can't get pregnant on the pill you decided to stop using condoms, simply because – well – it feels better without them. You *do* feel a little unclean after sex though, so you've decided to start douching using a new scented perfumed douche you read about in a woman's magazine.

Or perhaps you don't recognize any of the causes mentioned in this book as being part of your life. In this case the cause of your BV could be more subtle. It could be a small dietary deficiency for example, or perhaps an illness you don't know about? In this case you should see your doctor for a blood test, especially if you have recurrent BV. You ought to get a test called a 'full blood count' to see if you have a reduced number of immune cells (white blood cells) in your blood. I advise you also request a blood test for folate, vitamins A, C, D and E, iron, calcium and zinc, all of which are important in BV.

2. Kill the overgrown bacteria

Killing the overgrown bacteria may include using antibiotics. If you use antibiotics with this 5-step formula, then your chances of curing your BV permanently will be much higher. However, there are other better ways of killing the overgrown bacteria that don't affect the good bacteria inside your vagina. These include using a hydrogen peroxide douche and vaginal acidification.

3. Replace the vagina's population of good bacteria

One way of doing this is to use probiotics – tablets, capsules, suppositories and specialized yogurts that contain good bacteria. Once you remove the cause of your BV and kill off the excess bad bacteria, you free up your vagina to be populated with these good bacteria.



Probiotics take many forms, including specialized unpasteurized yogurts that contain live lactobacilli bacteria that do wonders for your vaginal health.

Most women who use probiotics make the mistake of using probiotics as the *only* form of treatment. When you take a probiotic tablet for example, the good bacteria have to cross the walls of your rectum, then cross the walls of your vagina, then physically establish a position on the vaginal wall *before* they can start to release all the beneficial chemicals that will transform your vaginal environment back to its natural and healthy state.

This is hard enough to achieve when your vagina is clear, let alone when it is overpopulated with bad bacteria that are hell bent on destroying all the good bacteria.

4. Fortify your immune system.

If your blood test reveals any deficiencies in key nutrients that play an important function in maintaining the immune system, then you must address that deficiency either by taking in more of that nutrient through your diet or through supplements.

If no deficiencies are found, then the immune system is still strengthened and BV recurrence rates reduced by increasing your intake of key nutrients such as folate.

You can also help to fortify your immune system by generally increasing your intake of fresh fruits and vegetables, eating whole foods and avoiding processed and refined foods.

5. Further preventing recurrence

In the first few months after treating your BV, it helps to take some extra precautions when something happens that may increase your chances of developing a recurrence of BV.

For most women that something is usually a period. During your periods you can take a course of probiotics or folic acid supplements. You can also apply an acidifying gel immediately after your period to significantly reduce the chances of recurrence.

Chapter 7

Conclusion

Bacterial vaginosis can be an absolute nightmare to live with. It isn't made any easier by the fact that your doctor can't do much to help you.

Most women go on to suffer from BV for years on end with little relief and no end to their problems in sight. There are few of us however who get out there and seek a cure for ourselves.

We come across many treatments that don't really work and few that do. It can take a good few years before you will finally reach your goal. You will come across a treatment regime that works for you and keeps bacterial vaginosis away for good.

I hope that this book has helped to educate you and take you a step further toward your goal of complete freedom from BV. The 5-step treatment plan outlined in this book has helped many of my clients achieve complete relief from BV in just a few days.

With the right treatment you can be free of your symptoms within minutes! Continue with the regime for just a few weeks and it's highly likely your BV will never come back.

I wasn't sure at first if I should include the 5-step treatment plan in this quick report, but I wanted you to know about it so you can start taking action now. To learn about this treatment plan in more detail and to discover other ways of treating bacterial vaginosis, [click here to take a look at my other book, Home Remedies for Bacterial Vaginosis](#).

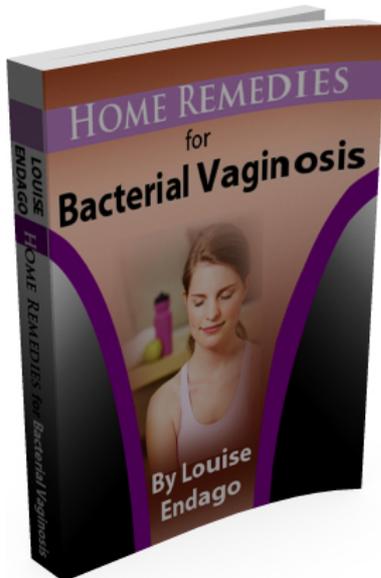
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[Home Remedies For Bacterial Vaginosis](#)



✓Discover *powerful* natural remedies that have worked on many thousands of real women under Louise's care.

✓Uncover the secret that **STOPS** your BV from coming back:- (Hint - stop treating *just* your symptoms and learn how to uncover and treat the very root cause of your bacterial vaginosis).

✓Avoid antibiotics and other harsh prescription drugs. Use pure natural remedies that *bring lasting results*.

✓Enjoy being in public without having to worry about that horrible smell.

✓No more dealing with the daily frustrations of excess vaginal discharge - no more running to the bathroom to change your underwear.

✓Finally ***get a handle on your sex-life*** learn about techniques that will *prevent* your BV from returning after sex. No more embarrassment, shying away or running to the bathroom straight after intercourse, just lay there, relax and enjoy your partner's company just like you did in the past.

[Click Here To Learn More About Home Remedies For Bacterial Vaginosis](#)

References

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