



## SHERI'S KITCHEN WITCH RECIPES FOR VAGINAL INFECTIONS

### Imbalance Precedes Infection: Correct Imbalance

At the very first sign of any symptoms (itching, burning, irritation, swelling, unusual discharge) do one or a combination of the following:

- ♦ Place a whole, peeled clove of garlic in the vagina. Change it whenever you go to the bathroom or every 8 hours.
- ♦ Put an applicator of plain, preferably organic yogurt (with live cultures) in the vagina before bed.
- ♦ Use acidophilus. It must be a lactic acid & hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) producing strain. Get the highest quality you can. Refrigerate!
- ♦ Use medicinal grade boric acid (the kind used for eye washes.) You can buy powder and put in empty gelatin capsules.
  - Put an acidophilus capsule in the vagina before bed. Put a boric acid capsule in the vagina in the morning. The gelatin capsule will melt and not be a problem. To speed the capsule in dissolving, try running it under hot water before insertion.

### Treating Early Infection

#### Using Vagina Vinaigrette Cream

Use the following recipe as a cream for vaginal insertion using a plastic applicator. Use this at the very first sign of imbalance. Do it for at least 2 or 3 nights. If you have symptoms, continue for 2 nights after symptoms resolve.

Insert with an applicator into the vagina before bed. Prepare it fresh each night. Mix your ingredients together. Pull the plunger most of the way out of the applicator and stand it up in a cup. Then spoon or drip the VV cream into the applicator. Bring the filled applicator to bed with you. Put it in your vagina right before you go to sleep.

You may want to put a towel under you as it will tend to run out and be a bit messy.

If you already have an infection, use this in conjunction with your other remedies, whether herbal, natural or allopathic (such as a vaginal medication).

Use it whenever you're taking antibiotics to prevent yeast infections. When using antibiotics, use your VVC every night during the course of your medication and for 3 – 5 nights after you're done.

### **Vagina Vinaigrette Cream**

- ♦ 1 Tablespoon plain organic yogurt with live cultures
- ♦ Empty 1 capsule of acidophilis powder into mixture
- ♦ Add a few drops of lemon juice or vinegar
- ♦ Add a few drops of hydrogen peroxide

### Treating Moderate Infections

If you don't get improvement, then you need stronger preparations. An easy way to augment your VVC is to add a few drops of Citricidal (grapefruit seed extract) to the above recipe, or add to one of the recipes below. Grapefruit seed extract has a general anti-microbial action.

### Vaginal Vinaigrette Douche

Another option is to create a re-balancing douche. Use at night for 2 or 3 nights.

Simple VV Douche:

- ♦ Use 1 quart of plain warm water as the base.
- ♦ Add ¼ to ½ cup plain organic yogurt with live cultures.
- ♦ Empty 2-4 Acidophilus capsules into mixture
- ♦ Just before using add: 20 drops of one of these Essential Oils:
  - Thyme, Tea Tree or Marjoram.
- ♦ For BV Infection: Add ¼ cup Hydrogen Peroxide.

### Vaginal Vinaigrette Douche: Herbal Version

To step up the action, use an herbal infusion as the base for your douche.

Herbal Infusion Base:

- ♦ Use 1 quart water, bring to a boil, and turn down to a simmer,
- ♦ Add: 1 oz chopped Comfrey Root & ¼ oz Goldenseal Root.
- ♦ Simmer 10-20 minutes. Remove from heat.
- ♦ Add: 1 oz Calendula & 1 oz Yarrow

Cover and let steep until it's cooled to a tolerably warm temperature. Just before using add the ingredients from the Simple Douche, above.

For BV or Stubborn Yeast, Augment with Internal Herbs

### Vaginitis Internal Formulas

Mix either dry plant material or tinctures in the following proportions:

Plantain Leaf: 2 parts	Lovage Herb: 1 part
Black Cohosh Root: 2 parts	Licorice Root: ¾ part
Pasque Flower Herb: 3 parts	Thyme Herb: ¾ part

Prepare an infusion; 1 cup 3-4 times a day.

Or combine tinctures; take 30-40 drops, 3 times a day.

Use for 2-4 weeks.

For recalcitrant (stubborn and hard to resolve) infections add:

Echinacea Root: 2 parts  
Calendula Flowers: ½ part

**Candida (Yeast):** (See Yeast Hand-out)

Try herbs such as Black Walnut, Yellow Root, Spilanthus, Usnea, Myrrh.

**AntiBacterial:** (such as for Bacterial Vaginosis, see BV hand-out))

Echinacea alone or with Goldenseal or Oregon Grape Root Tinctures

**Atrophic Vaginitis:** (Vaginal dryness often associated with menopause or the post-partum/breastfeeding period, see Menopause Hand-out)

Topical: Coconut Oil, Jojoba Oil, Vitamin E Oil, Aloe Vera Gel, Flax Seed Gel

Herbalist & Alchemist's Herbal Replenish Compound Tincture (for oral internal use, not topical)

(Disclaimer: This is my brother, David Winston's herb company—and his products are awesome!)

**Urinary Tract Infection** (see UTI hand-out)

Try Herbs such as Uva Ursi, Cleavers, Oregon Grape root, Cornsilk

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