

Yogurt Yeast Infection

Although it is not the cure for the common cold, many people certainly hail the benefits of this remedy as being heaven sent. As a relief from the burning, itching, rash, and vaginal discharge, yogurt yeast infections remedies are the number one thing on many people's minds.

It can be messy, it can drip, and it can feel downright silly and maybe even naughty to be doing this, but to the tens of thousands of yeast infections sufferers yogurt it is the one thing that can stop them from going over the edge.

There are of course other remedies that will work on yeast infections, and raw garlic clove suppositories is one of them, but most people will first try their hand at one of the methods of the yogurt yeast infections cure.

As was mentioned it can prove to be a messy business, so if you are a woman suffering from a yeast infection then you might want to think about wearing a pad to ward off incipient messiness.

For a man suffering from yeast infections the best advice that comes to mind is to try this remedy when you are at home, and where it will not be commented upon if you have a large wet patch on the front of your trousers!

The first choice of many sufferers using the yogurt yeast infections remedy is to go it direct. This entails you applying the unsweetened yogurt to the infected area. For a man, lather your penis lavishly with yogurt, and for a woman, you need to coat the vaginal walls with the yogurt.

This yogurt yeast infections remedy can be done in many ways. The first of which is to use a plastic speculum to open the vagina whereupon you can coat the vaginal walls.

Another method is to use a tampon. All you need to do is to coat a tampon in the unsweetened yogurt and insert into the vagina. This takes care of the whole situation most effectively.

You also have the option of freezing yogurt in disposable gloves, thereby creating yogurt fingers or frozen yogurt tampons. The first time that you insert one of these frozen yogurt yeast infections remedies into your vagina, it is admittedly a bit of a shock, but on the whole it is very soothing.

Of course if these messy methods of yogurt yeast infections remedies do not appeal to you, you can always just do away with it and have your yogurt in pill form. These come in the guise of lactobacillus acidophilus tablets as this is the main ingredient in the yogurt yeast infections cure which helps to fight against yeast producing bacteria.

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About the Author

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