

How to get rid of

that annoying, itchy

VAGINAL THRUSH

for good!



Olwen Anderson

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By Olwen Anderson

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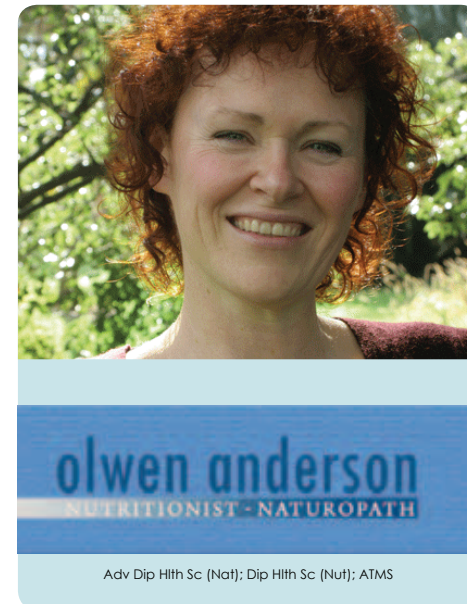
The advice in this book is not designed to replace qualified medical advice.

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About the Author

Olwen Anderson is a nutritionist-naturopath based in Australia. She helps people transform their health, naturally, so they can get more out of life.

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“ Most women experience a thrush infection sometime during their life. ”

Its Time To Take Action

Its unbearably itchy,

but you can't easily scratch this itch in public.

Smelly.

Stinging.

Really, really annoying,

and not only annoying you during the day,

but making sex painful as well.

Vaginal thrush has plagued women for centuries. Some women put up with these symptoms for years, even decades, resorting to ongoing medication and suppositories in an effort to minimise their symptoms.

Can you get rid of the symptoms of thrush for good? You bet you can!

‘**Thrush**’ is the name commonly used for a yeast infection in your vagina. The scientific name is *Candida Albicans*, *Candida glabrata* or *Candida tropicalis* infection. Its already present in the vagina of 20-55% of women¹, but your vaginal pH combined with competition for space and nutrients with other organisms that reside there will usually prevent it from producing symptoms. But if the conditions in your vagina change, the *Candida* population can explode rapidly; and that’s when your symptoms will appear.

Most women experience a thrush infection sometime during their life. For many it happens only once and then resolves; for others life becomes an annoying cycle of infection, treatment with medication, a little relief and then re-infection.

Fortunately it’s possible to rid yourself of an acute or chronic yeast infection, naturally. I’m going to show you how.

¹ McCaig, L et al, ‘*Trends in prescribing for vulvovaginal candidiasis in the United States*’, from *Pharmacoepidemiology and Drug Safety* 2005; 14: 113-120