

Healthy Women,

Healing the itch and pain, restoring the microflora

by NATALIE HAM, ND



It is one of the most common reasons that a woman will visit her gynecologist: that itching, irritating, unpleasant discharge known as vaginitis. Most women have experienced it at least once in their lives, and some have suffered many times. Then there are the unfortunate souls who have been living with stubborn, ongoing vaginitis for years—despite following their doctor's orders and completing numerous rounds of oral or topical antibiotic and antifungal medicines.

The good news is: homeopathy has much to offer women struggling with this uncomfortable problem. In my naturopathic practice where I focus especially on women's health, I have seen homeopathy help time and again.

A microflora imbalance

The vagina is self-cleaning and lined with mucous membranes: it naturally secretes a small amount of clear or slightly cloudy mucus and moisture. Several things must be present, however, to keep it this way: healthy cells, estrogen, protective microorganisms, and a consistent, slightly acidic pH (between 3.5



Back in Balance!

with homeopathy



and 4.5). When the acid-alkaline balance is thrown off kilter and becomes more alkaline—perhaps from tampon use, antibiotics, sexual activity, menstrual blood, hormonal changes, or contact irritants—an imbalance in the microflora can result, leading to yeast or bacterial overgrowth. A discharge that is abnormal in color, consistency, amount, and odor may follow; it can inflame, itch, burn, and hurt surrounding tissues. And as if this discomfort weren't enough, the problem can often be compounded by feelings of anxiety or embarrassment, leading to reluctance to seek medical attention.

Women with a susceptibility to microflora imbalance often start with a simple infection that they relieve with a topical over-the-counter product—only to have a new infection appear soon afterwards. Prescription antibiotics or antifungals (depending on whether it's bacteria or yeast overgrowth) help for a while, but soon another infection follows ... in a repeating pattern. Such women show up in my office in desperation, hoping to break the exasperating cycle of troublesome infections and repeated drug treatments that offer little respite.

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Here are the stories of Darla, Kendra, and Emma—three women who successfully did put an end to their chronic infections—thanks to homeopathic treatment.

DARLA: Trials to Transformation

Darla, age 27, had been struggling with a “never-ending cycle of infections” for more than 18 months. “Here’s what’s been happening,” she told me. “I go to the doctor for help with this awful, irritating discharge. She tests and says it’s caused by bacteria [bacterial vaginosis] and gives me antibiotics. I get some



relief for a week or two, but then the discharge comes back! So I return to the doctor, and this time she says ‘oh, it’s a yeast infection’ and gives me antifungal ointment. That helps for a while, until it stops working. So I go back to the doctor, who says, ‘you have another bacterial infection,’ and she gives me more antibiotics ... and it’s just been going on and on like that! Except lately, the antibiotics and ointments are hardly helping anymore, and now I pretty much have the problem non-stop. I really want to get off this merry-go-round! So I started taking probiotics and made an appointment with you.”

Darla described an irritating, white discharge and a fishy odor. As these are very common symptoms in bacterial vaginosis, they didn’t help me narrow down the field of homeopathic remedy choices much. So I moved on to consider the rest of her physical and emotional symptoms, hoping that a remedy aimed at “the big picture” would balance her system enough to heal her vaginal tissues as well. I prescribed *Natrum muriaticum* 30c in repeated doses because it fit her depression, her fault-finding with herself and her body image, her wanting to be alone when she was at her worst, her tendency to dwell on the past, and her sensitivity to the suffering of others, especially animals. (In addition, this remedy’s symptom profile includes vaginal discharge.) Over the next three months of treatment with increasing potencies of *Natrum mur*, Darla’s vaginal symptoms improved by about 50%, and she noticed some improvements in her emotional state as well.

New symptoms, new realizations

At our next appointment, however, Darla reported changes that caught my attention. She had started to feel “a warm sensation” in the genitals. “Even my urine feels noticeably warm,” she said. Also, although she had always described her discharge as “white,” she now added that it was “thick and cream-like.” And sur-

prisingly, it no longer irritated, burned, or itched her skin, as before—or as is typical in most cases of vaginitis.

Darla also elaborated on her emotional mindset: “I feel invisible to the world ... I’ve been retreating to my room to be alone.” The only thing that improved her mood is if her husband would make her feel wanted, especially if they had sex, which made her feel desirable and connected to him.

“Since I started seeing you, I’ve been having big realizations,” she told me. “When I was a little girl, my mother took off ... she left me and my brothers with my father ... and ever since then, I’ve been afraid of that happening again.” To illustrate, she told me about her husband going on a weekend fishing trip with his friends. “Logically, I know he loves me and our two kids. And I *want* him to have an outlet for himself. But when he left, I just stood at the door and cried ... I couldn’t help feeling unwanted and unloved.” Her husband tried to soothe her by telling her not to worry, that he would return safely and soon. When I asked her what he could have done differently that might have made her feel better, Darla said through tears: “I just wanted him to hug me and tell me he loved me and that he wasn’t going to leave me! I know that sounds irrational, I know my husband loves me, but I kept thinking, ‘What if he doesn’t come back? What if he leaves like my mother did?’”

Darla also reported a pain in her heel. “I’ve had it for a while but never mentioned it because it was pretty minor. But this month it’s really flared up. As soon as I get out of bed in the morning, it hurts; it loosens up the longer I walk on it. If I apply a cold-pack, it calms down instantly.”

Darla’s new symptoms were especially interesting because they indicated that she needed a different remedy. In his *Organon of Medicine* (Paragraph 170), Hahnemann tells us that when a change in the disease condition occurs, a remedy homeopathic to the new set of symptoms

Darla used homeopathy as a tool to break free of old stories and pain, and it catapulted her to the best version of herself.

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must be chosen. I suspected that *Natrum muriaticum* had been a "close" remedy or a *simile*—it had helped somewhat on both the physical and emotional levels (with Darla having become more emotionally self-aware)—while also bringing out new, stronger, characteristic symptoms that pointed to a more accurate remedy, hopefully, the *simillimum*.

Remedy right on target

Darla's newly-reported symptoms of heel pain, vaginitis, and depression with fear of abandonment pointed to the remedy *Pulsatilla*. It is a match for thick, creamy, and bland (non-irritating) discharges, such as Darla's. It also fit her symptoms of a sensation of heat in the genitals and urine. Darla's emotional state also clearly matched that of someone who responds to *Pulsatilla*: feeling alone with a fear of abandonment, desire for consolation, desire for sex, and weeping when reporting symptoms. Her heel pain strongly confirmed the remedy choice, as rheumatic pain calling for *Pulsatilla* is very similar to that of the well-known remedy *Rhus tox*; both are worse on first motion but better with continued motion, as Darla's was. The difference is that people who react to *Pulsatilla* feel better with cold applications, and those responding to *Rhus tox* are better from heat. *Pulsatilla* also has a very strong affinity towards heel pain in general.

I prescribed *Pulsatilla* 30c, 3 pellets, once a day. When Darla returned the following month, she was overjoyed. "The discharge is completely gone—it was gone within a week of starting the new remedy!" she exclaimed. "My heel pain is much better, and my sleep and energy are the best they've been in a while." Her relationship with her husband was remarkably better. "Poor thing," she said, "He was doing his best to convince me he was never going to leave; I didn't realize what a toll that takes on a man. He has been lighter, and our relationship just feels easier. I can actually focus on our family instead of worrying it is going to disappear." She also had started to exercise and meditate.

After several more months of treatment with gradually increasing potencies of *Pulsatilla* (as needed, whenever symptoms relapsed slightly), Darla's depression was no longer an issue and her heel pain resolved completely. Six months into taking *Pulsatilla*, she stopped for a few weeks, and a very small amount of white discharge returned, which promptly resolved when I placed her back on *Pulsatilla*. This made me realize that Darla still needed *Pulsatilla* to balance her system for a little longer before I could remove her from the remedy completely. That time finally came several weeks ago. All of Darla's symptoms have been resolved for eight months, so I took her off *Pulsatilla*, and she remains healthy and free of troubling symptoms!

Journey to her best self

Darla is an inspiration to me. "Since starting homeopathic treatment, I feel like I've been on a spiritual journey," she says. "I meditate now, have outlets to satisfy my emotional and spiritual needs, and take classes to help me on my path." Darla used homeopathy as a tool to break free of old stories and pain, and it catapulted her to the best version of herself. She continues to dig deep to be the person she always wanted to be and is not settling for less. To me, this is an embodiment of paragraph 9 of the *Organon* where Hahnemann says that when a person reaches a true state of health, "the spirit-like vital force (dynamis) animating the material human organism ... maintains the sensations and activities of all the parts of the living organism in a harmony that obliges wonderment. The reasoning spirit who inhabits the organism can thus freely use this healthy living instrument to reach the lofty goal of human existence."

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KENDRA: Searching High and Low

Kendra, age 45, struggled with chronic vaginitis for a year before coming to see me. "It all started with a yeast infection," she said. "My gynecologist prescribed fluconazole [an oral antifungal]. It helped for a while but not completely and not for long. Since then, I've been miserable with terrible burning, itching, and discharge. When I go back to the doctor, I sometimes test positive for a yeast infection, so she orders another antifungal drug or ointment. But more often, the test doesn't show any yeast or bacteria—so the doctor is at a loss for how to help me.

"One of the worst things is the toll this is taking on my relationship with my boyfriend of two years. I am always inflamed and in pain. It hurts to have sex, but it hurts all the time anyway, so for the sake of my boyfriend, I just do it. But that

Our goal would be to strengthen her system with homeopathy so she became less reactive to her environment.

doesn't make either of us very happy.”

Kendra had also begun to experience peri-menopausal symptoms of irregular periods and hot flashes during the previous year. She had tried topical bio-identical estrogen and progesterone creams, which had helped her hot flashes but not her vaginitis. She also had tried vaginal estriol cream, which increased her itching. Since none of these creams had helped her main concern, she stopped using them.

No stone unturned

Kendra's misery prompted her to search high and low for answers. She analyzed her diet as well as her clothing and the

products that came into contact with her skin, vowing to stop anything that might increase her symptoms. Sometimes she'd get improvement—such as when she stopped eating citrus and sugar—but slowly and surely, the symptoms returned even while avoiding these trigger foods.

Kendra was searching for the “one thing” in her life that was causing these symptoms. I explained to her that her symptoms were more likely a product of an unbalanced system, combined with lower levels of estrogen in her body, making her more susceptible to any changes in her environment. Our goal would be to strengthen her system with home-

opathy so she became less reactive to her environment, thereby alleviating her suffering.

“I'm on fire”

Severe burning and itching from a milky vaginal discharge was the biggest problem. “The burning pain is so intense, it feels like I'm on fire,” Kendra said. The pain was also present after urination for up to an hour. Intense itching was much worse if she was in a hot bath or if she got overheated. Her rectal area was also inflamed, red, and itchy to the point that she had tried several types of oils and creams to alleviate the discomfort. She experienced a sensation of heat in her vaginal area that

Once in a Blue Moon?

If vaginitis is rare for you, here's what to do

by JUDYTH REICHENBERG-ULLMAN, ND, DHANP, MSW

If you develop mild vaginitis and you rarely have such symptoms, you can try the naturopathic self-care measures and/or homeopathic remedies described here. If your symptoms keep coming back or never entirely go away, however, see a homeopathic professional who can help you get over your susceptibility to recurrent infections. You will be happier for it, much like the women whose stories appear in these pages.

It is also a good idea to seek help from a health practitioner who can test the discharge to determine if there is a microbial imbalance. Finding yeast or bacteria is the most common result

of testing, but sexually transmitted diseases such as gonorrhea, chlamydia, or syphilis can also be found; if so, you need immediate medical attention, and so do your sexual partners.

Naturopathic self-care

- The easiest and most effective answer: Insert one capsule of boric acid powder vaginally in the morning and one capsule of acidophilus at bedtime for five days. Stop during your period.
- Douche with one tablespoon of white vinegar in a pint of warm water daily for five days. Insert one tablespoon of unsweetened, live-culture yogurt after each douche.

- If the vaginitis is only on the labia and vulva, rather than in the vagina, and is caused by yeast, apply a preparation of half vinegar and half water topically.

- For yeast infections, some women insert a clove of garlic, wrapped in cheesecloth or gauze, vaginally for yeast infections.

- If there is rawness externally *not* due to yeast, *Calendula* cream topically can be helpful.

- Insert vitamin E suppositories into the vagina for atrophic vaginitis associated with menopause.

- *Calendula* or vitamin A or herbal vaginal suppositories can be soothing. Occasionally, one tablespoon of baking soda in a quart of warm water works better as a douche than acidifying treatments such as vinegar or boric acid.

was worse in summer or if she became overheated and perspired. She suffered from mild, generalized hot flashes at night that woke her between 3 and 4 a.m.

In addition, Kendra had a severe cat allergy; she would break out in hives and get terribly red, itchy eyes and had taken steroids for this in the past. She also had a tendency to easily develop a watery, burning diarrhea. She craved cold, sweet foods, such as ice cream, and was relatively thirsty. She was sensitive to the sun, warm weather, and loud noises. She got tired easily in the afternoon around 4 p.m., was sensitive to clothing around her abdomen, and would stick her feet out of the covers at night because her feet were “very hot.”

Homing in on a remedy

In deciding on a remedy for Kendra, I considered *Kreosotum*, *Lycopodium*, and *Sulphur*. *Kreosotum* is one of the leading

remedies for vaginitis with acrid, burning discharge that also causes intense itching, much like Kendra’s symptoms. *Lycopodium* also fit her burning vaginal discharge, along with some of her general symptoms, such as feeling worse at 4 p.m. and being sensitive to clothing around the abdomen. *Sulphur*, however, fit the totality of Kendra’s case the best: the intensity of the vaginal burning and itching that was worse from heat and sweat, milk-like discharge, burning after urination, red itchy rectum, vaginal heat, hot flashes, aggravation time of 3 - 4 a.m., history of suppression of symptoms, redness and itching of the eyes, watery and acrid diarrhea, and sticking her feet out of the covers at night.

When I treat people with chronic conditions, I typically start with a daily dose of a remedy in either 6c or 30c. Kendra’s history of allergy symptoms suppressed by steroids led me to start with a lower potency, *Sulphur* 6c daily, rather than 30c, as I wanted to minimize the possibility of a troublesome aggravation (where symptoms get much worse before getting better).

Flames extinguished

“I was worried when the burning and discharge got a little worse,” Kendra told me at our follow-up meeting one month later, “but after a week on the remedy, everything was way better. I can

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Invaluable vaginitis remedies

While there are many possibilities when it comes to choosing the best homeopathic remedy for your symptoms, these are the five remedies most commonly indicated for acute bouts of vaginitis.

Caladium: Terrible itching of the vagina. Vaginitis during pregnancy. Dryness of labia and vulva. Itching of vagina and vulva with burning. Worse from sex, worse from tobacco.

Kreosotum: Yellow vaginal discharge that is terribly itchy and burning. Extreme rawness of the mucous membranes. Discharge smells putrid or like green corn. Swelling of the labia. Scratching makes the itching and inflammation worse. Vaginitis is worse during pregnancy or before the menstrual period starts.

Pulsatilla: Thick, bland yellow-green or creamy, milky discharge. Discharge is usually thick and painless but can also be thin, irritating, burning. Woman feels warm, feels worse

in a stuffy room, desires fresh air and open windows. Changeable emotions. Clingy and weepy. Wants company when sick. Not thirsty. Desire for butter, ice cream, and creamy foods.

Sanicula: Discharge smells like fish brine. Body odor smells like old cheese. Stubborn, irritable, and touchy. Bearing down sensation in the pelvis. Desire for salt, bacon, and ice cold milk.

Sepia: White or yellow discharge that can be slimy, lumpy, or bloody and results in a raw, burning, itching vaginal area. Discharge is worse during the day. Symptoms are generally caused by a hormonal imbalance. Woman feels depressed, sluggish, dull, irritable, and overwhelmed; cries easily. Dryness of vagina in menopausal women that feels worse while walking. Aversion to partner and to sex. Bearing-down sensation in pelvis. She feels better from vigorous exercise or dancing. Desire for vinegar and sweets.

Dosing & what to expect

Take three pellets of your chosen homeopathic remedy in the 30c concentration every four hours until you see an improvement. If you are no better after three doses, change medicines. After you first notice you have improved, take another dose only if your symptoms begin to return. If the vaginitis is very severe, you may need to give the remedy more often (e.g., every one or two hours), as needed. Acute episodes of vaginitis can respond within 24 to 48 hours but may take a week or two to completely resolve.

The information above is adapted from my book, Whole Woman Homeopathy, The Comprehensive Guide to Treating PMS, Menopause, Cystitis, and Other Problems—Naturally and Effectively.

See bio for Dr. Reichenberg-Ullman on page 42.

hardly believe it—the burning and heat in the whole area are completely *gone!*” This *slight* aggravation followed by great improvement showed me that the correct remedy had been given. While the discharge had lessened considerably, she still had some mild itching that worsened if she perspired or became overheated. But she noticed less perspiration overall, especially during hot flashes.

Kendra added: “I was in close contact with a cat a week ago, and I only got a little itchy-eyed—way better than past encounters.” She reported normal bowel movements instead of her usual tendency for diarrhea. And she remarked on a general uplift in her mood: “I am feeling much better than I have in years. This is fantastic!” Since all was going so well, I asked her to continue the daily dose of *Sulphur 6c*.

What a difference!

One month later, Kendra was still doing well, with less itching and very little discharge. However, a slight increase in the vaginal heat and some worsening from perspiration, led me to increase the potency and prescribe a daily dose of *Sulphur 30c*. Shortly afterwards, those symptoms were relieved. The next time I spoke to Kendra, she happily told me she had no more itching, no more pain or irritation with sex, and hot flashes that were barely noticeable. “I had tried *so* many things that didn’t make one difference. Now I can finally relax and feel normal again. My relationship is better now, too.”

Over several more months, Kendra continued to improve. She would come in for occasional “tune-ups” when she had slight relapses, and I would often increase the potency of her daily dose of *Sulphur*. Eventually, she improved enough so that she was taking the remedy only occasionally, as needed. And when her troubling vaginal symptoms were long gone, she stopped taking *Sulphur* completely. It has been almost a year now since Kendra has needed my help, and she remains symptom free.

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EMMA: Five Years of Desperation

Emma, a 32-year-old doctor, entered my office in tears, almost unable to tell her story. “I’m at my wit’s end,” she cried. For five years, she had been dealing with frequent yeast infections; they occurred whenever she had sex with her husband. Although she and her husband were hoping to start a family, her propensity for yeast infections made this a difficult prospect. Emma reported that she’d had this issue with prior partners before meeting her husband, so she knew it did not have anything to do with his body chemistry.

She had already been to the top vulvar health clinics and specialists, and had every possible test and treatment. Each time she was tested, a yeast infection was found,

so Emma took the prescription oral antifungal drug, fluconazole, many times. After treatment, she could have sex no more than once or twice before another infection started. She knew fluconazole was not good for the liver, so she could not simply live on a constant dose, and she was starting to worry about the many doses she had already had.

Emma’s yeast infec-

tions would start with a white, thick, copious discharge that caused burning and sensitivity of the vaginal tissues, along with intense itching in the vulva. The burning was worse from any pressure. The only thing that helped the intense itching and burning was hot water (as hot as she could get it). After sex, she often took a hot bath or shower to help alleviate the itching and burning.

Emma guessed that she also had endometriosis, as she had stabbing pain in the right ovary as well as in the rectum during her menstrual cycle, which are common signs. She would also have similar pain when using tampons and during sex, and a stabbing, needle-like vaginal pain after sex.

Emma reported a history of chronic bacterial vaginal infections (treated with antibiotics) prior to the chronic yeast infections. As a child, she had taken frequent antibiotics for other kinds of infections, and she guessed she’d had at least 25 rounds of antibiotics in her life.

Anxious and overwhelmed

Anxiety had been a problem for Emma since medical school. She held herself to high standards and often felt that she was letting her patients down. This snowballed into feeling like a failure as a wife. She would be at her office and suddenly become overwhelmed that she was never going to make it as a doctor and that her husband and family would be disappointed in her. She also feared that her husband would leave her for someone “more normal” who didn’t get yeast infections; she worried that she would never get better. When she was most anxious, she would get irritable at everyone; but she felt relief from the anxiety when her husband was by her side. Emma was initially anxious that her probable endometriosis was rectal can-

She guessed she’d had at least 25 rounds of antibiotics in her life.



cer, but later chalked this up to “medical school syndrome, where you know too much about what can go wrong, so you assume the worst.”

Emma’s husband was out of town for an extended business trip at the time of our office visit, and she was more anxious because of it—feeling less safe and worrying that someone might break into their home. She was also uncomfortable in the dark.

Emma would get cold sores on a regular basis and used very hot water to effectively alleviate any discomfort. She was generally chilly and occasionally woke at 2 a.m. feeling clammy. She was very thirsty for cold drinks and considered herself a restless person. “I always need to be cleaning or moving around,” she said. “If the house is cluttered, I can’t sleep until I get it back in order.”

Burning pain, relieved by heat

In analyzing Emma’s case, the symptoms that struck me as most remarkable were the alleviation of her vaginal burning and itching pain with very hot water, as well as the alleviation of her cold sore pain with hot water. These symptoms made me think of the remedy *Arsenicum*, with its well-known indication: burning pain, relieved by heat. *Arsenicum* also has an affinity for the vaginal tissues and itching skin in general. It fit the vaginal stitching pain, the rectal stitching pain during the menstrual cycle, and the stitching right-sided ovarian pain. Thick, white, copious, acrid discharge was also consistent with this remedy. Emma’s symptoms of self-reproach; fears of cancer, the dark, and robbers; anxiety when alone; despair of recovery; chilly nature; waking at 2 a.m.; thirst for cold drinks; restlessness; and a fastidious nature helped confirm this prescription.

I also briefly considered the remedies *Petroleum*, *Rhus tox*, *Rhus venenata*, and *Phosphorus* for Emma. *Petroleum*, *Rhus tox*, and *Rhus venenata* matched the symptom of itching that is better with warm water. *Petroleum* and *Rhus tox* can also help herpetic eruptions (cold sores). However, the rectal pain during her cycle,

the ovarian pain, and her fears did not fit these latter three remedies that well. On the other hand, *Phosphorus* fit Emma’s fears and rectal pain very well, but not the itching and burning symptoms that were better with heat. So I prescribed a daily dose of *Arsenicum album* 6c.

Emma returned one month later, saying: “Well, I didn’t have any yeast infections but my husband is still out of town, so I wouldn’t expect to have one. The stabbing pains during my cycle were much milder though, and I was surprised that using a tampon was pain-free, for the first time in years. I didn’t have any rectal pain as I usually do either.

“A cold sore erupted a couple days after I saw you ... but it was smaller than usual,” she reported. “I also felt a lot more anxious for the first week or so, but now I feel much better. ... I decided to go back to yoga because that always helped me feel calmer in the past ... My husband and I had a good talk. I told him about my fears, he listened, and that really helped. He reassured me that we are in this together. Before, I felt that if I didn’t fix the problem myself, I was letting him down.” She also said she felt less anxious about her health, possibly because her symptoms had improved.

The following month, Emma returned to see me, still on the daily dose of *Arsenicum* 6c. Smiling shyly, she reported that her husband had come home and they had had sex “many more times than twice,” which was her previous threshold. “And no yeast infections!” She still had some mild pains during her cycle and minor stitching vaginal pains after sex, but they were nowhere near as severe as before. She continued to have fewer bouts of anxiety, and she used yoga breathing techniques to deal with them when they did come up.

Infection-free!

One month later, Emma came into my office beaming: “My husband has been home almost three months now, and I have not had one yeast infection. Not one! Thank you! This is just what we needed to feel confident about focusing on conceiving.” Because she also reported

She was infection-free for the first time (and for the longest stretch of time) in five years.

a mild return of the stabbing vaginal pain lately, I increased the potency of her daily dose to *Arsenicum* 30c.

One month later was Emma’s four-month anniversary of starting homeopathic treatment, and she was infection-free for the first time (and for the longest stretch of time) in five years. She was also free of the (suspected) endometriosis pains and felt much more relaxed overall. Because Emma was so much better, she decided she didn’t need to return for further consultation and treatment. That was almost a year ago. I do not know for certain that Emma never got another yeast infection, but I am assuming she did not.

Whole woman healing

I hope you are inspired by the stories of these three women. They had all exhausted conventional treatments (and some alternative treatments) before courageously finding their way to homeopathy, which helped them get their health back in balance. There are other ways to treat such troublesome infections, but in my experience, homeopathy is a very effective means of healing both the vaginal tissue—and the whole woman.

FOOTNOTE:

A note on dosing: In chronic cases, such as these, I typically start with a low potency like 6c or 30c every day, and expect slow, steady improvement over an extended course of treatment. When improvement plateaus, I tend to increase the potency—as long as the symptoms have not changed substantially. This posology method is rooted in the work of Samuel Hahnemann (*Organon of Medicine*, 6th edition, especially paragraph 246, footnote a), Francisco Eizayaga (*Treatise on Homeopathic Medicine*), and Douglas M. Borland (*Pneumonias*), and was introduced to me by Stephen Messer, ND, DHANP, at Southwest College of Naturopathic Medicine.

ABOUT THE AUTHOR



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