

# BACTERIAL VAGINOSIS

A vaginal infection caused by an overgrowth of bacteria naturally found in the vagina. Most cases are asymptomatic but some will experience unusual discharge, itching, painful urination, and a fishy odor.

## POSSIBLE CONTRIBUTING FACTORS



- Gut dysbiosis (BV is often associated with a decrease in Lactobacillus bacteria)
- Blood sugar dysregulation (optimal fasting insulin ~2-6 uIU/ml)
- Alcohol consumption
- Antibiotic use
- Stress
- Exposure to synthetic chemicals & fragrances (ex. non-organic sanitary products) can disrupt vaginal flora
- Changes in vaginal pH (more alkaline), which can be due to:
  - Age
  - Exposure to semen or saliva
  - Lubricant with antimicrobial properties
  - Douching & scented products

## LIFESTYLE & DIETARY RECOMMENDATIONS



- Eliminate refined carbohydrates (anything made from flour), sugar and alcohol
- Limit starchy carbs to ½ cup of cooked grains and 1 cup of root vegetables
- Limit fruits to 1 whole fruit per day
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Consume probiotic-rich fermented foods; sauerkraut, yogurt, kefir, kimchi, beet kvass, miso
- Use vagina-friendly condoms during intercourse like Sustain
- Choose vagina-friendly lubricants like coconut oil or Coconu
- Don't douche and avoid scented products including scented soaps, toilet paper, and menstrual products
- Switch to organic pads and tampons
- Abstain from sex during treatment
- Focus on stress reduction measures; grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc.
- Focus on sleep hygiene

## SUPPLEMENT CONSIDERATIONS



- Probiotic containing L. Rhamnosus and L. Reuteri strains (taken orally and vaginally)
- Herbal suppository containing goldenseal, boric acid, and antimicrobial essential oils like thyme, tea tree and lavender
- Blood sugar support formula (if needed)

