

A Yeast Infection Q & A with a Real Woman

Are you tired of all the generic commercials and ads that try to tell you how they know how you feel when you're suffering from a yeast infection? How would they know something so personal? For all we know, the ads came from some crack advertising team that is basing all of their information on a bunch of demographics that do very little to help a woman who is dealing with a yeast infection.

This Q&A was created for all woman who are tired of ads telling them how they feel and gets to the bottom of the issue. Think of this as two friends talking over coffee. Here are answers to real questions from a real woman.

What is a yeast infection? You may already know this, but within your vagina, natural bacteria lives and grows. There are different types of bacteria, and some are beneficial while others are not. When a chemical imbalance leads to an overgrowth of the bad bacteria, an infection forms.

What causes that imbalance? There are many reasons it can happen. Changes in hormones within your body are a big cause. These changes can come from pregnancy, menstruation, menopause, and hormone pills like birth control. Other causes can range from something as simple as wearing too tight clothing to taking antibiotics to fight another infection.

What are the symptoms of a yeast infection? If you have ever had one, then chances are you know just what it is like when you get the infection. Generally, the symptoms involve burning, itching and discomfort. Often, there is an unpleasant smell and a thick, yellowish discharge. Many women suffer from some itching throughout the month, but an infection is different. Often, the itching is so intense that it interrupts your day.

There are all types of medications available on the shelf, how do I know which ones work? You are right. There are plenty of medications that you can purchase over the counter. Chances are, you have seen some that claim to cure the infection by using a vaginal suppository for three days. Many people have found that none of these work very well. In fact, they only work when you are using them. When the medication is stopped, then the infection comes back.

If the over the counter medications do not work, what option do you have? You do not have to suffer from the infection. A yeast infection home remedy is by far the best option to choose. Using all natural ingredients, this process completely cures the infection. In fact, it even helps to prevent the problem from coming back.

Talking about something like yeast infections can be embarrassing. Instead of getting all of your advice from generic advertisements, consider the advice you have read above. The answers came from a real woman who has suffered from the infections too.