

# APPLE CIDER VINEGAR IRRIGATIONS

## *Apple cider Irrigation solution for vaginal dysbiosis (use only as prescribed)*

Within the Vagina the friendly Lactobacilli that are responsible for maintaining the health of the vagina. There are also beneficial fungi that regulate and modulate the environment. Apple cider vinegar not only introduces more diverse fungi it has acetic acid which has been shown to impact Candida and other microbes (bacterial and fungal). In addition the acid helps maintain an acidic environment that prevents infection and supports Lactobacilli colonies.

Generally we hear that douching and "washing out" the vagina is bad, it definitely isn't supposed to be a regular hygiene application but in some circumstances a low volume irrigation can dramatically and quickly shift the ecosystem to support beneficial microbes. To apply a vaginal irrigation you need to ensure that you are using the dilutions recommended and use only for the amount of time suggested by your practitioner.

### INGREDIENTS:

- 10mls Apple cider vinegar
- 10mls boiled and cooled water

Large syringe driver or a small sauce bottle with a spout or a home douche bottle (available in pharmacies)

### METHOD:

Mix the apple cider vinegar and water together and place into the sterile syringe/sauce/douche bottle.

Sitting in the bath tub or shower, recline and insert the nozzle into your vaginal opening. Tilt your hips up and gently squeeze to empty the contents into your vagina. Hold your hips tilted for approximately 3-5 minutes. The solution will drain out when you lower. Stand and wait for the rest to drain before patting dry with a clean towel (not your best ones) and putting some clean cotton underpants on. This is best performed before bed.

Repeat daily for 5 days. Avoid sex during therapy.

Contact your practitioner if irritation occurs.

