

Boric Acid Vaginal Suppositories

1. Boric acid suppositories are a simple, inexpensive home remedy for treating early yeast overgrowth and some early bacterial overgrowth in the vagina. It is important to know which type of overgrowth you are dealing with to decide if they might be helpful.

2. Ingredients: Boric acid powder - available at most drugstores - often used as a mild eye wash
- Poisonous if eaten

Empty gelatin capsules - available at health food stores
(Co-op)
any medium to large size will do

3. To use: Take the gelatin capsule apart, fill it with the boric acid powder and put the two halves back together. Use one per day as a vaginal suppository. The capsule will melt inside the body and bathe the vagina in very mild acid to change the pH and inhibit the yeast or bacteria. You may use these indefinitely if this is a chronic problem or just when you have symptoms. If you are not getting any relief from your symptoms after 7 - 10 days of use please see your practitioner.

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