

Immunotherapy for GBS

The following are the strategies and ideas to help reduce the colonization of GBS in your body and to build you and your babies immunity against any possible infection.

General Guidelines for Everyone, Regardless of GBS Status

Consume Probiotics Everyday

Incorporate probiotic rich foods into your diet with as many meals per day as possible. Probiotic foods, also known as fermented and cultured foods, are teeming with the beneficial bacteria and other flora that our digestive and immune systems need to function properly. Our vaginal flora is directly influenced by our gut flora and immune system, and if our vaginal flora is healthy we will avoid yeast infections, as well as be more likely to minimize GBS colonies.

Probiotic foods include unpasteurized: yogurt, kefir, sour cream, miso, tempeh, sauerkraut, kim chee, beet kvass, kombucha, pickled/cultured vegetables, such as olives, dill pickles, etc.

If you are not able to eat probiotic foods daily (ideally with every meal), you are a great candidate for probiotic supplementation. Work up to 7-10 billion probiotic microorganisms orally daily. Amount of microorganisms per capsule vary, check the side of box to see how many capsules to take. See Note about how to choose a good probiotic capsule.

Diet

Please reference the diet handouts received at beginning of care for a more complete guide to what foods are nourishing to consume. These are certainly applicable here. Generally with regards to facilitating a GBS-negative status, it is beneficial to eat a diet low in processed foods and refined sugar, including white breads, grains, flours, pastas, crackers and cookies, etc. To be able to reduce or eliminate these refined foods it is essential that you eat nourishing foods regularly, and have them handy in times of need -- in the cupboard, in your purse, in the car, etc.

Hygiene

- ♦ Wipe front to back after peeing/pooping
- ♦ Change toilet paper after each wipe that comes in contact with perineum/anus.
- ♦ Avoid any poop making contact with the yoni
- ♦ Change underwear daily, and consider no underwear at night
- ♦ Wear no underwear or cotton underwear
- ♦ Avoid synthetic clothing in the crotch, such as Spandex
- ♦ Use only non-perfumed panty-liners
- ♦ Change pads every time you pee or often
- ♦ No douching
- ♦ No soap or gentle natural soaps, never inside yoni!
- ♦ Air out, blow-dry and/or sun the yoni after showering
- ♦ Daily showers

Sexual Practices

- ♦ Wash hands before sex
- ♦ Any contact made with anus by hands, toys, penis, etc. should never be followed by contact with the yoni, labia, urethra, etc. If contact is made, wash hands, toys, penis, etc. or change condom, glove, etc.

- ♦ Pee after sexual activity to reduce chance of bacteria moving into urethra.
- ♦ Partners, both male and female, can share or trade yeast, GBS, etc. back and forth. Partner must implement the practices in this document as well.
- ♦ If struggling with yeast, before sexual play:
 - Male partner can wash genitals and groin with 1 T apple cider vinegar to 1 Qt of warm water using a clean cloth. Let air dry. They can also lather with plain yogurt after showering, and take genital sun baths (be cautious of sun burning).
 - Female partners can use natural treatments for yeast, even without symptoms, including yoni sun baths, plain yogurt lathers, garlic suppositories, etc.
- ♦ If your bag of waters has opened, regardless of GBS status, cease any form of penetration.

Options Before GBS Screening or if Decline Screen - These may be initiated for 1-2 weeks before screening

1. Vitamin C (with bioflavonoids): 500mg, 4 times a day.
2. Yoni Suppositories: Alternate inserting into your yoni a probiotic capsule with a fresh clove of garlic (see note at end) every night before bed.
3. Increase garlic in your diet. See options at end of document.
4. Echinacea or astragalus: 1 dropperful, 2 times a day (do not take Echinacea for more than 2 weeks. Astragalus can be taken long-term).
5. Lather yoni regularly with plain yogurt or kefir after showering.

Protocol if Initial Screen is GBS-Positive

If you screen positive for GBS, it is a good idea to decrease the colony of GBS within your body using the following techniques. If you plan to decline antibiotics, it is strongly recommended that you implement this regimen with diligence.

If you are not already prophylactically boosting your immune system with the “Options Before Screening,” begin these now. **In addition, begin:**

Olive leaf extract or tincture: 2 capsules or two dropperfuls orally, 4 times a day for 7-10 days

Protocol if Re-Screen Positive - Choose One Option:

1. Yin Care Douche

Douche 2 times per day for 7 days at a 10% solution. Hold for up to 15 minutes.

2. Goldenseal Douche

Douche once per day for 7 days: ½ tsp of goldenseal tincture to 2 cups water PLUS ¼ tsp Goldenseal tincture orally. After douche, yoni probiotic insert for two weeks.

3. Daily Herbal Sitz Baths

You will need: Echinacea Root – 3oz

Yarrow Leaf – 8oz

Sitz Bath Tub

Make an Echinacea root and yarrow leaf tea for your bath. Take approximately 2 tablespoons of Echinacea root and ½ cup of the yarrow leaf per 4 cups of water. Bring herbs and water to a simmer on stove for about 20 minutes. Then strain the tea into a sitz bath tub that you have placed on your toilet. If the tea doesn't fill your sitz bath then just adjust the recipe accordingly. If you need to cool the bath feel free to simply add more water into the tub. Then have a seat in the bath for 15-20 minutes every day for a week then take a break for a couple of days and start again for another week. You may need to buy more herbs, but you can begin with the amounts provided. You will continue this until the birth.

You can find these herbs at Lhasa Karnak (East Bay), Scarlet Sage or Rainbow Grocery Co-op (SF).

You can find the sitz bath tub at a local drug supply store.

GBS-Positive In-the-End

After rescreening, and you still screen positive, it's important to keep at reducing the colony, even if the regimens don't shift the body below the threshold of detection.

If you have gone through the regimens above, and if there is time to re-screen for a third time, you have the option to swab the yoni with Hibiclens (chlorhexidine). This is an antibacterial soap effective against GBS, and there's nothing natural about it. Swab *once* before bed. After swabbing, insert probiotic capsule into the yoni daily and consume probiotic capsules daily for two weeks to reconstitute with beneficial bacteria. Also lather with plain yogurt or kefir once a day for several days. Please let us know if you plan to do this.

It is also an option to swab with Hibiclens just before the birth. Keep in mind this takes out the beneficial bacteria as well as the harmful bacteria. This is an alternative option to IV antibiotics, though has not been researched sufficiently to know if it is a viable alternative. If you would like to do this make sure to inform us upon deciding.

Additional Possibilities to Incorporate if Screen GBS-Positive

- ♦ Bee Propolis: Take a few drops a few times per day. Don't take if allergic to bee stings!
- ♦ Tea Tree or Lavender Oil Suppository: insert into yoni (up to two weeks). You can purchase these at health food stores or online. Recolonize the yoni with probiotic capsules at least one hour after each suppository treatment, and continue probiotic capsules in the yoni until the birth.
- ♦ Grapefruit Seed extract capsules with each meal (up to two weeks). Recolonize the gut by taking probiotic capsules at least one hour after consumption grapefruit seed extract.

When choosing a probiotic supplement, you should look for four things:

1. As many different species of beneficial bacteria as possible.
2. A mixture of strains from each species. A combination of representatives from the three main groups: Lactobacilli, Bifidobacteria and soil bacteria, usually works best.
3. At least 8 billion bacterial cells per gram.
4. The manufacturer should test every batch for strength and bacterial composition and should be prepared to publish the results of testing.

A note about garlic:

Garlic will also, most likely, reduce the colonization of GBS in the vagina, with no known side effects, besides garlic breath. Choose any of the following:

Orally: Chop a clove of fresh garlic and mix with a teaspoon of honey or with olive oil and vinegar. Swallow this without chewing it. This can be done several times a day, preferably with a meal. -OR- Buy the Kyolic brand of garlic capsules and take 2 capsules, two times a day.

Elixir: Make a garlic elixir by blending 1/2 cup of honey, 1/4 cup of apple cider vinegar, and half a bulb of fresh garlic in your blender until liquid. Take 1/2 teaspoon up to twice a day. Adjust the taste as necessary with more or less of the honey or vinegar. Chop fresh garlic onto a salad, or mix with olive oil to use as a dressing or dip.

Vaginally: Insert a fresh, organic peeled garlic clove into the yoni.

How to: Break a clove off of a bulb of garlic and peel off the paper-like cover. Cut in half. Sew a string thru it for easy retrieval. Place in your yoni in the evening before you go to sleep. Most women taste garlic in their mouths as soon as it is in their yoni, so it is less pleasant to treat while awake. In the morning, take it out while on the toilet.

Please make sure to keep up informed of what you are doing and how often and if you stray from the protocol. I know this is a lot, but well worth the effort! Good Job!