

# Holistic Strategies for Managing Yeast Infections Naturally

## 处理酵母菌感染 的自然疗法



Yeast infections can be uncomfortable and inconvenient, impacting women's well-being. Fortunately, there are natural and effective ways to manage these infections. Taking a holistic approach that combines lifestyle changes with the right supplements and health foods can help restore balance to your body, and prevent or reduce the effects of yeast infections.

### 1. Immuflo<sup>®</sup>

Maintaining a healthy balance of microbiome in your gut is essential for preventing and managing yeast infections. **Immuflo<sup>®</sup>** is a powerful probiotic supplement designed to support your immune system and promote healthy gut flora. **Immuflo<sup>®</sup>** helps to crowd out the overgrowth of harmful yeast, such as Candida, while restoring natural balance to your digestive system.

### 2. C Complex with Bioflavonoids

Vitamin C is known for its immune-boosting properties. **NewLife<sup>™</sup> C Complex with Bioflavonoids** not only supports your immune system but also assists in reducing inflammation. This can be particularly beneficial for women dealing with yeast infections as inflammation can contribute to the persistence of the infection. Incorporating this supplement into your routine can help strengthen your body's defences against fungal overgrowth.

### 3. Apple Cider Vinegar

Apple Cider Vinegar has long been praised for its various health benefits, including its antifungal properties. Diluting a small amount in water and using it as a topical solution or incorporating it into your diet can help create an environment that is less favourable for yeast growth. **NewLife<sup>™</sup> Apple Cider Vinegar** is a certified organic, high-quality New Zealand product that can be easily integrated into your daily routine.

### 4. Garlic & Parsley Oil

Garlic has natural antifungal and antibacterial properties, making it a valuable ally in the fight against yeast infections. **NewLife<sup>™</sup> Garlic & Parsley Oil** provides a convenient way to harness the benefits of garlic without the strong odour. Including this supplement in your daily regimen can help to strengthen your immune system against infections of all kinds.

酵母菌感染会让人感到不适和不便，影响女性的健康。幸运的是，有一些自然而有效的方法可以控制这些感染。采取一种整体策略，结合生活方式的改变和正确的补充剂和健康食品，可以帮助恢复身体平衡，并防止或减少酵母菌感染的影响。

### 1. 免疫激菌植

保持肠道微生物群的健康平衡对于预防和控制酵母菌感染至关重要。**免疫激菌植**是一种强大的益生菌补充剂，旨在支持您的免疫系统，促进健康的肠道菌群。**免疫激菌植**有助于消除有害酵母菌的过度生长，如念珠菌，同时恢复消化系统的自然平衡。

### 2. 维生素C复合物与生物类黄酮

维生素C以其增强免疫力的特性而闻名。**新生命维他命C缓释综合丸**富含生物类黄酮，不仅能增强免疫系统，还能帮助减少炎症。这对患有酵母菌感染的女性尤其有益，因为炎症会导致感染持续存在。将这种补充剂纳入日常生活中可以帮助增强身体对真菌过度生长的防御能力。

### 3. 苹果醋

长期以来，苹果醋一直因其各种健康益处而备受赞誉，包括其抗真菌特性。在水中稀释少量的苹果醋，可作局部用溶液，或将其纳入饮食中，可以帮助创造一个不利于酵母生长的环境。**新生命苹果醋**是经过有机认证，高品质的新西兰产品，非常容易和方便使用。

### 4. 大蒜和欧芹油

大蒜具有天然的抗真菌和抗菌特性，使其成为对抗酵母菌感染的宝贵武器。**新生命大蒜和欧芹油**补充剂提供了一种方便的方式，因为它具有大蒜的好处，但却没有强烈的气味。在日常生活中加入这种补充剂可以帮助增强免疫系统，对抗各种感染。

## Topical Application Using NewLife™ Wonda Oil & Extra Virgin Coconut Oil

**NewLife™ Wonda Oil** contains organic melaleuca oil, which is effective against a range of infections and yeasts, including *Candida Albicans*. It can also help with accelerating healing and eradicating soreness from vaginal infections. Incorporate a few drops with a carrier oil such as **NewLife™ Extra Virgin Coconut Oil**, also a potent antifungal agent, to make balm that can be applied topically.

Note: as the genitals are a sensitive area, always test out the mixture on your hands to check for reaction the day before applying.

**Wonda Oil** can also be combined with distilled water (5 drops per 250ml of water) to make a vaginal douche that can help to prevent/treat infections and speed up the healing process.

### 新生命万宝油和特级初榨纯鲜椰子油的局部应用方法

**新生命万宝油**是100%有机茶树精油，可以有效对抗一系列感染和酵母菌，包括白色念珠菌。它还可以帮助加速愈合和消除阴道感染引起的疼痛。加入几滴基础油，如**新生命特级初榨纯鲜椰子油**（也是一种有效的抗真菌剂），它们的混合物制成可以用来局部使用的香脂。

注意：由于生殖器是敏感部位，在使用前一定要在手上测试混合物的反应。

**新生命万宝油**也可以与蒸馏水混合（每250毫升水加5滴油）制成阴道灌洗液。它可帮助预防/治疗感染，加快愈合过程。



## Here are some lifestyle tips for preventing yeast infections:

### 1. Stay Dry and Wear Breathable Fabrics:

Yeast thrives in warm, moist environments. To prevent infections, ensure that you stay dry, especially in the genital area. Choose breathable fabrics like cotton underwear and avoid tight-fitting pants, as these can trap moisture and create an environment conducive to yeast overgrowth.

### 2. Practise Good Hygiene Habits:

Maintaining good hygiene is essential in preventing yeast infections. Always wipe from front to back after using the bathroom to avoid spreading bacteria. Additionally, opt for soaps that are mild and free of artificial fragrance, such as **NewLife™ Castile Liquid Cleanser** and avoid harsh feminine hygiene products, as these can disrupt the natural balance of bacteria in the genital area.

### 3. Maintain a Balanced Diet:

A well-balanced diet is crucial for overall health and can play a significant role in preventing yeast infections. Include probiotic-rich foods like yoghurt in your diet, as they promote a healthy balance of bacteria in your body. Limiting the intake of sugary foods and refined carbohydrates can also help, as yeast feeds on sugar.

## 以下是一些预防酵母菌感染的生活小贴士：

### 1. 保持干燥，穿透气的布料：

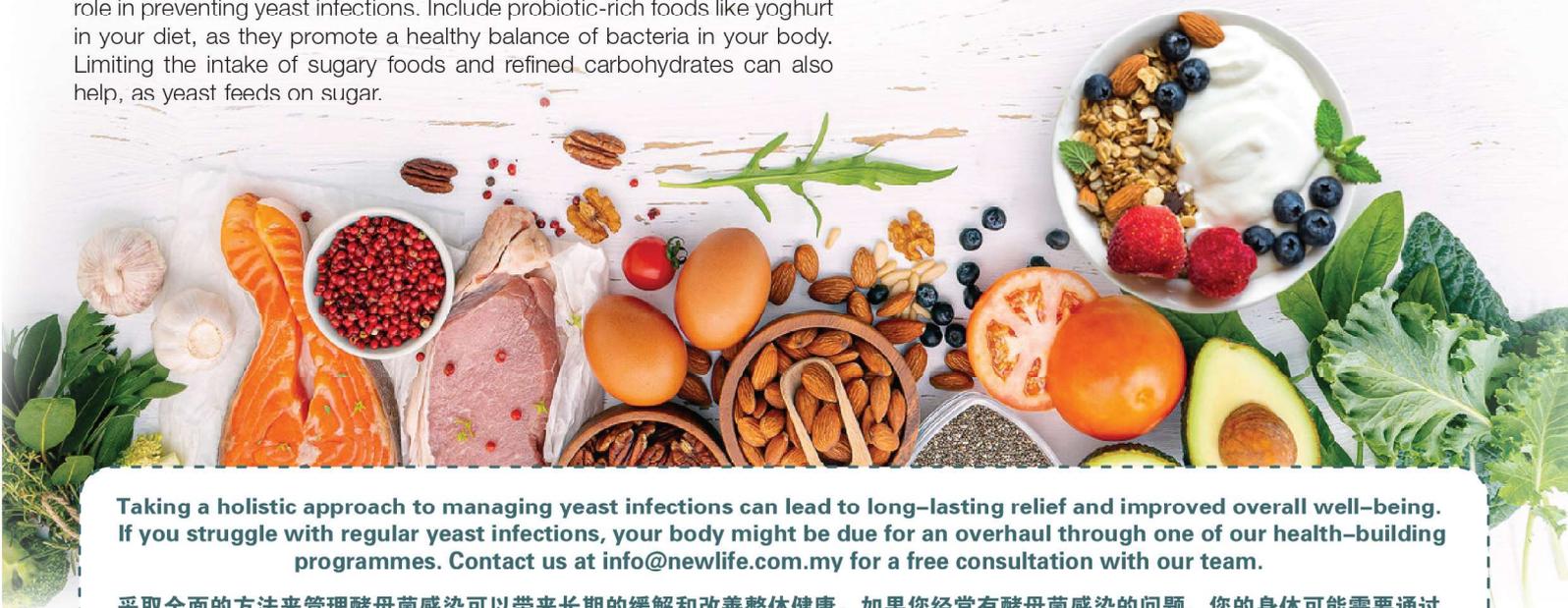
酵母在温暖潮湿的环境中繁殖。为了防止感染，确保保持干燥，特别是在生殖器区域。选择透气的布料如棉质内衣，避免紧身裤，因为它会困住水分，制造一个有利于酵母过度生长的环境。

### 2. 养成良好的卫生习惯：

保持良好的卫生是预防酵母菌感染的必要条件。完厕后一定要从前到后擦拭，以避免细菌传播。此外，选择温和、无人造香味的香皂，如**新生命有机护理卡士迪清洁液**。避免刺激性的女性卫生产品，因为这些产品会破坏生殖器区域细菌的自然平衡。

### 3. 保持均衡饮食：

均衡的饮食对整体健康非常重要，在预防酵母菌感染方面也有显著的影响。在饮食中加入酸乳酪等富含益生菌的食物，因为它们能促进体内细菌的健康平衡。限制含糖食物和精制碳水化合物的摄入也会有所帮助，因为酵母以糖为食。



Taking a holistic approach to managing yeast infections can lead to long-lasting relief and improved overall well-being. If you struggle with regular yeast infections, your body might be due for an overhaul through one of our health-building programmes. Contact us at [info@newlife.com.my](mailto:info@newlife.com.my) for a free consultation with our team.

采取全面的方法来管理酵母菌感染可以带来长期的缓解和改善整体健康。如果您经常有酵母菌感染的问题，您的身体可能需要通过我们的健康建设计划进行彻底翻修。请联系[info@newlife.com.my](mailto:info@newlife.com.my)，我们的团队将竭诚为您提供免费咨询。