

Published based on [Curing Thrush At Home](#)

# Curing Thrush At Home

It's said that 80% of woman, at some point in their life, will suffer from a yeast infection, more commonly known as Thrush, or a growth of Candida (yeast cells) in their vagina.

Thrush can be brought on by many factors, including too many sweets and sugars, to a recurring infection caused by taking the contraceptive pill. Diabetic woman are also more prone to the infection, as are woman who have been taking antibiotics or have a low immune system due to some type of disease.

The infection can also be brought on by sex. Too much friction without lubrication can harm the vaginal membranes and safe sex should be practised if you know your partner has Thrush infection.

If you are suffering from Thrush then there are many home treatments you can use to stop the Candida from multiplying and causing you more discomfort and pain.

To Start, a change in diet is a must. Cutting out foods such as sugars, rice and white flour and overconsumption of coffee and alcohol is important.

A weak immune system can bring on the infection so make sure you get plenty of sleep and cut down on unnecessary pharmaceutical drugs such as steroids and antibiotics .

Altering the PH level in the vagina can trigger a yeast infection so try and use un perfumed washing products when bathing.

Opt for Cotton and not Nylon underwear as Cotton enables skin to breathe and so not generate Candida growth and also avoid tight clothing when you have the infection. It's also important to change your underwear regularly so they remain dry.

In many cases woman have reported success in implementing home remedies for getting rid of Thrush. However, if you do suffer from the infection on a regular basis then it is important that you contact a doctor to permanently cure the cause of the infection.

Find out more information on [yeast infections symptoms](#) and [yeast infection](#) and begin your home treatment today.

You can also find this article published on [Curing Thrush At Home](#), and on the tag pages [male yeast infection symptoms](#), [yeast infection](#), [yeast infection symptoms](#), [yeast infections symptoms](#).