

# GBS PROTOCOL

Orally:

3 capsules/tablets of grapefruit seed extract daily, one with each meal (Or the equivalent in liquid form. Take separately from probiotics)

500-1,000 mgs. propolis

3,000 mgs. vitamin C in divided doses

1,500 mgs. Olive leaf

oral probiotics (double what you've been taking, see brand recommendation below)

ashwaganda daily

Consume lots of garlic - fresh or odorless tablets.

Vaginally:

Insert probiotic capsule each night (be sure to get a brand that is not enteric coated, so it opens. (PB8 by Nutrition Now, for example, doesn't have to be refrigerated and it works fast.)

Insert a garlic clove into the vagina during the day. (Sew a string onto it if you're concerned about being able to remove it.)

Douche (VERY GENTLY. making sure to get all of the air out first) with 4 parts water to 1 part hydrogen peroxide. Lie in tub, put solution in vagina, and put your feet up for 5 minutes so at least some of it stays in there for while.

The byproduct of hydrogen peroxide is lactobacillus. We are trying to increase the good bacteria and alkalinize the ph of your intestines and vagina. \*\*Please talk to us first.\*\*

Diet:

NO sugar (or as little as possible). This is where we ask clients to eat "meat salads". Consume primarily vegetables, protein, and good fats. 1 apple per day or a handful of blueberries is okay. "Sugar" includes rice, pasta, bread, fruit, ice cream, juice...etc., all forms of simple carbs. And vegetables can be cooked/warm.

Cultured foods help shift body ph faster than supplements so sauerkraut (you only need 1 tbs/day - but 2 would be good at this point), Unsweetened Kefir, yogurt, kimchee, Nancy's cottage cheese...etc. Using stevia is fine.