

## Group B Strep Alternative Therapies

### Group B Strep Protocol – an herbal alternative

Once a positive culture has been established – Start:

- 1) 2 cups of acidophilus one hour before meals (oral) - works by aiding in the digestion of proteins, also has antibiotic and detoxifying qualities that inhibit pathogenic organisms.
- 2) Vaginal irrigation with Goldenseal tea twice daily. Use a peri bottle and spray over perineal and anal area, front to back.
- 3) Tincture: equal parts of Echinacea (an herbal anti-microbial, excellent for cleansing lymphatics and aiding the immune system), Goldenseal (excellent anti-inflammatory and antibacterial properties, potentiates insulin and cleanses the body. Excellent for vaginal disorders), and Usnea (old man's beard) (a strong anti-microbial. **Please note that Goldenseal is contraindicated in the 1<sup>st</sup> & 2<sup>nd</sup> trimester because it can cause uterine contractions, and should only be used in the last month of pregnancy.** Take 45 drops in ½ cup of water, 3 times daily for 7-8 days; then reculture in about a week. Even if the culture is negative, continue this regimen till delivered.