



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Herbal Vaginal Pack

This is a basic recipe for a home remedy herbal vaginal pack for vaginal irritations and infections. Included are variations for A) cervical erosion and venereal warts, and B) persistent infections.

60 milliliters (2 oz.) vegetable glycerin
10 milliliters (1/3 oz.) liquid chlorophyll
1 teaspoon goldenseal powder
1 teaspoon Epsom salts (magnesium sulphate)

Mix all ingredients thoroughly; some granules of Epsom salt will dissolve readily in glycerin, but not all. Stir for a few minutes.

Variation A: If cervical erosion or venereal warts are an issue, add 7 drops of essential oil of Thuja.

Variation B: If infection is persistent, add 20 drops of Solutomic Silver (if available), or Colloidal Silver.

For application, quickly dip cotton tampon (such as O.B.) in solution and immediately insert vaginally. (Any hesitation will allow the tampon to expand, complicating insertion.)

Use the vaginal pack for four to eight hours and remove. Rest the area for a least four hours and repeat as necessary. Wear a sanitary napkin during treatment and rest periods, since you may experience drainage from the mixture: Dark green from the chlorophyll, and brownish gold from the goldenseal. These may stain clothing.

If you do not experience significant relief in four to seven days, consult your natural healthcare provider or gynecologist.