

Treatment for Thrush

The first thing to do if you suspect you have thrush and you're breastfeeding is to cut all sugar and sweets out of your diet and to stop drinking alcohol. You should also start eating plain organic yogurt with every meal, and you can take acidophilus as well. The healthy bacteria cultures in the yogurt will help beat out the yeast outbreak. Then run to a natural food store and buy grapefruit seed extract. (Note that this is NOT grape seed extract, that is a different supplement)

Grapefruit seed extract comes in capsule and liquid form. You need the liquid form but it's so bitter and hard to swallow that you may want to buy capsules too.

Put 1 drop of grapefruit seed extract in 5 drops of water and apply this to both nipples three times a day. At the same time, drink 15 drops of extract in an 8-oz glass of water (hold your nose and drink as fast as you can, try not to gag!) three times a day. Or take 1 capsule.