Female Reproductive Hygiene & Its Relatoinship to Human Fertility, Candida, & STDs.

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By Roy Dietman, MD

Reproductive hygiene is one of the most neglected areas of study in reproductive medicine today. Women and men are left little about the importance of reproductive hygiene. They do not know that the ecology of the reproductive system plays a critical role in the prevention of STDs or their ability to bear children later in life. The lack of understanding around reproductive hygiene has led to a fertility and STD crisis.

Although modern medicine addresses each threat to vaginal and sperm health independently quite well, when it comes to adequately integrating the compounding factors into one coherent hygiene protocol, it is not effectively communicated through doctors, parents, teachers, and communities. With that said, in this article I would like to establish the importance of hygiene and bioterrain and outline an integral reproductive and sexual hygiene protocol that promotes fertility, supports the prevention of STDs, and that maintains a balanced uro-vaginal terrain.

Male Infertility Statistics
Today, it is estimated that one in six couples is infertile. Some 40 per cent of the time infertility is caused by low sperm counts and 40 percent of the time by a woman’s inability to conceive. Age seems to accelerate the infertility rate with one in three women over the age of 35 having fertility problems. In men, one in 35 is sterile. According to a report published by Reuters in 1997 based on findings by the National Institutes of Health, sperm counts have been declining by 1.5 million or 1.5% per year since 1938, representing more than a 75% drop in sperm counts since 1938. In addition, researchers have confirmed that sperm motility and quality has been on the decline.

Researchers at the North London Royal Free Hospital found that pregnancy rates were declining despite high sperm counts. Jean Ginsburg, Consultant Endocrinologist at the hospital, said: ‘When checking sperm count we found that the men in 1986 were producing 95 million sperm per cubic centimeter, which is a decent sperm count, but we found we had a higher proportion of poor or no motility and the quantity and quality had declined.’

In the early 1990s, the average sperm count was between 300 and 500 million per ejaculate. Today, the average sperm count has dropped to an alarming average of 30 million per ejaculate, dangerously close to the 20 million sperm count level at which the World Health Organization considers men to be infertile.

The causes of infertility include over exposure to heavy metals, infection, and estrogen-mimicking chemicals found in foods and in plastics (i.e. phthalates). A study published in the May 2003 issue of Epidemiology showed that men with the highest levels of monomethyl phthalate were more likely to have abnormally shaped sperm. And heavy metals have been shown to negatively impact fertility by interfering with zinc, a necessary component of sperm production.

In addition, infections such as Chlamydia have been linked to both female and male infertility. Harvey Simon, Associate Professor of Medicine at Harvard asserts that STDs can cause scarring, block sperm passage, and impair sperm function. However, fertility clinics pay little attention to counseling couples on how to reduce their heavy metal burden, their consumption of high estrogen-producing foods and of monomethyl phthalates, or how to prevent contracting STDs by engaging in daily reproductive hygiene practices. By bathing before and after sexual intercourse and by limiting exposure to oral infections transmitted during oral sex, men can significantly reduce their risk of contracting chronic infections and STDs, thereby improving sperm motility and quantity.

1 http://www.abc.net.au/health/library/stories/2007/05/30/1610840.htm
5 Diouf, Susan M. 1; Silva, Maroni J. 2; Barr, Dana E. 2; Brock, John W. 2; Ryan, Louise 3 4; Chen, Zuying 5; Heinrich, Robert F. 1; Christiani, David C. 1 2; Hauser, Russ 1. Phthalate Exposure and Human Semen Parameters. Epidemiology. 14(3):269-277, May 2003.
6 http://news.bbc.co.uk/2/hi/health/7044602.stm
The Link Between Sodium and Fertility
In addition to heavy metals, environmental chemicals, and infection, low sodium levels have been linked to infertility and embryonic mortality. In animal husbandry, Harris et al. (1980) reported that cows with less than 50 micromoles of sodium per millimol in the urine had a higher return to estrus after 24 days following insemination. These data were interpreted to show that low sodium intakes increased embryonic mortality.

In a later study, supplementing lactating cows with 50 grams of salt daily for 30 days after calving increased mean urine sodium concentration from 23 to 74 micromoles per millimol and calving rate from 24.2 to 50.6%.

In another study, researchers found that when saliva concentrations were less than 87 millimolars, conception rates averaged 51%. When saliva concentrations were between 131-147 millimolars, conception rates were 70% or greater.

The Role of Quinton’s Marine Plasma in Male & Female Fertility
A study published in 1980 advised women to douche with a sodium bicarbonate solution 30 to 60 minutes before intercourse to improve electrolyte potential in the vagina and to positively shift vaginal pH. Of the 93 infertile women that participated in the study, 31 became pregnant before the end of the study. Additional research found that sodium bicarbonate improved cervical mucus viscoelasticity and sperm penetration, when compared with basic NaCl. Research done on pigs confirmed that conception rates improved when pigs exhibited strong vaginal conductivity readings, suggesting that vaginal conductivity, a largely trace mineral dependent phenomenon, played a significant role in predicting and promoting conception.

In men, sodium bicarbonate originates mainly from the seminal vesicles, and plays a critical role in sperm motility, largely by activating sperm adenylate cyclase. Published research confirmed a direct correlation between low levels of sodium bicarbonate in seminal plasma and decreased sperm motility in infertile male patients, probably due to decreased levels of adenylate cyclase.

Quinton’s Marine Plasma (QMP) has high concentrations of naturally occurring organic sodium bicarbonate (NaHCO3) supported in a rich soup of other activated organic minerals and trace elements. For couples focused on conception, oral use of Quinton’s marine plasma in men and vaginal use in women may support fertility. In women, gently saturating the vagina and cervix with organic sodium bicarbonate may positively impact vaginal ecology, and increasing vaginal mucus conductivity thereby promoting conception. QMP facilitates tissue hydration, modulates tissue pH, promotes the growth of probiotics, and optimizes enzyme activity – all critical to maintaining a healthy vaginal flora.

Maintaining a Balanced Vaginal BioTerrain
The probiotics living inside the vaginal terrain play a critical role in maintaining a balanced pH and keeping opportunistic infections in check, including STDs and Candida. When the natural flora is upset, the probiotics no
longer compete with opportunistic infections for food, making it more susceptible to infections during intercourse and to the overgrowth of Candida.

Uncontrolled Candida infections can cause inflammation and irritation inside the vaginal wall, leaving the woman more vulnerable to contracting STDs during subsequent intercourse. Millions of women turn to over-the-counter anti-fungal medications to address their Candida infections, only to find that the anti-fungals create a vicious cycle of frequent yeast infections by killing off the remaining vaginal flora needed to keep the Candida in check post treatment.

As many as 70% of women suffer from chronic yeast infections. One study blamed the overuse of spermicidal contraceptives for the overgrowth of Candida. Another study investigated the emergence of a strain of Candida resistant to over-the-counter anti-fungal Candida medications. The overuse of oral antibiotics and vaginal anti-yeast creams further compound the problem by directly attacking the probiotic communities within the vagina. Once the probiotic communities are destroyed and STDs have a chance to take hold, infertility is not far behind. Infertility in women has been directly linked to such STDs as Chlamydia and HPV.

Vaginal probiotic suppositories have been shown to help to recolonize healthy micro-flora within the local vaginal environment and in some cases has successfully addressed existing vaginal bacteriosis and Candida. Specifically, the healthy colonization of lactobacillus in the vaginal flora directly prevents vaginal bacteriosis and Gardnerella vaginalis.

Since QMP is a pre-biotic, women with a history of yeast infections may want to alternate between inserting a full spectrum probiotic suppository and washing the vaginal area with QVIF in order to help to recolonize the micro-flora within the urogenital environment. The urogenital environment of a healthy woman contains approximately 50 distinct species of organisms, mostly in the lactobacillus family, which differ depending on a woman’s reproductive stage and race, and based on antibiotic, spermicid, and fungicid use.

Interestingly, there is a profound synergistic relationship between probiotic health and tissue mineral absorption. Research suggests that lactobacillus promotes the uptake of calcium by cells, while other research suggests that lactobacillus corrects the malabsorption of trace minerals. In addition, excessive levels of certain inorganic minerals like copper have been linked to Candida overgrowth due to the relationship between copper and estrogen production.

Environmental exposure to copper has increased dramatically over the last several decades with the proliferation of copper pipes, oral contraceptives, copper IUDs, the overuse of estrogens in meat, and the presence of estrogen-like compounds found in foods like soy and in plastic packaging. The presence of excess estrogen facilitates the absorption of copper within tissues and vice versa.

Copper is an important antiviral mineral when found in its organic bio-available form. However, when excessive inorganic copper enters the body, it is stored in the liver, removing it from systemic circulation — where it is needed to perform its antiviral activities. The inorganic copper sits on the outside of the cellular membrane congesting and blocking the membrane from absorption of organic copper.

Richard H. Beigi, MD, MS; Leslie A. Meyn, BS; Donna M. Moore, BS; Marijane A. Krone, PhD; Sharon L. Hillier, PhD. Vaginal Yeast Colonization in Nonpregnant Women: A Longitudinal Study. Obstet Gynecol. 2004;104:626-630.


The word “organic” does not refer to copper growth without pesticides as it is commonly understood. Rather, organic here refers to the biochemistry of copper where the copper atom contains a carbon atom.
A critical component of optimal reproductive hygiene is the detoxification of toxic levels of inorganic minerals such as copper and iron and their replacement with organic bioavailable minerals that support the internal bioterrain. Therefore, ironically, someone that is said to be “copper toxic” is actually someone that has toxic levels of inorganic copper congesting the liver and yet lacks available stores of organic copper needed to prevent the overgrowth of bacteria and yeast in the vaginal bioterrain.

Since copper and zinc are antagonistic minerals, one way to balance out copper toxicity is to increase the intake of zinc and other synergistic trace minerals. Evidence suggests that by supplementing with the organic source of any given mineral enhances the detoxification of stores of the same mineral in its inorganic form. As both a probiotic and a rich source of organically processed trace minerals, QMP is a critical to maintaining healthy vaginal flora, replenishing organic mineral levels, and increasing vaginal mucosal conductivity. In fact, published research has shown that drinking seawater is an effective way of reducing heavy metal toxicity.

Guidelines for Safe Douching

Feminine hygiene practices date back thousands of years. The word “douche” is French for shower. Walk into any drug store, and you are likely to find dozens of feminine douches lining the shelves. While douching practices have steadily declined in recent years, many women still use douching as a contraceptive after intercourse and as a way of cleansing after menstruation.

When a woman is menstruating the cervix is partially opened. Any infection in the vagina can easily be pushed up through the cervix into the vagina. In fact, douching has been associated with pelvic inflammatory disease, vaginal bacteriosis, cervical cancer, low birth weight babies, preterm birth, HIV transmission, STDs, ectopic pregnancies, recurrent Candida, and infertility. 10-36

Traditional water and vinegar douches wash away the healthy bioterrain of the vagina, leaving it further vulnerable to opportunistic infections caused by wearing synthetic underwear, improper hygiene practices, and oral / sexual intercourse. In addition, consistent use of anti-bacterial douches have been shown to kill off healthy populations of lactobacilli within the vaginal terrain, leaving it vulnerable to colonization by opportunistic infections. 37

Vaginal mucous membranes are an extension of the body’s immune system, providing the first line of defense against infection. When the mucous membranes are washed away, dried out, or lack the necessary nutrients and probiotics to maintain balance, ascending infections have the opportunity to colonize the uterus, especially during menstruation when the cervix is slightly open. And since uterine infections have been linked to premature birth, spontaneous abortion, infertility, and reproductive cancers, practicing female reproductive hygiene is critical.

We should not conclude however that douching at certain times during a woman’s cycle is unhealthy. Douche can be productive, provided that it is done in the middle of the cycle when the cervix is closed, the pressure used is gentle, and the solution supports the vaginal bioterrain. There are several ways to support the vaginal bioterrain. I recommend using a gentle vaginal spray or douche containing QMP as a healthy way of cleansing, remineralizing, and supporting the healthy formation of vaginal mucous.

In the event of a known Candida infection, I recommend both probiotic suppositories and a diet rich in steamed vegetables (ideally onions, garlic, scallions, radish, daikon, asparagus, and beets) and low in carbohydrates as an effective way of rebalancing the vaginal terrain. I also recommend drinking yoni tea in the morning and chamomile tea at night as well as a combination of Sri Lankan, Chinese, and Russian herbal formulations for removing what the Chinese traditionally refer to as “campness” and “heat” in the “lower jiao”.

The Practice of Female Sexual Hygiene

French Bidets were invented as a way of washing the male and female genitalia, and anus. Bidets are a great way of practicing daily hygiene, in part because they do not force water high up into the vagina, but rather are designed to wash the base of the vagina and the area around the vagina and anus. However, most U.S. households do not have a traditional Bidet. Therefore, the best way to practice vaginal hygiene is to simply bathe in a bath containing a cup of basic table salt or sea salt and a tablespoon of either hydrogen peroxide or Potassium iodide. I recommend alternating between hydrogen peroxide and potassium iodide, since they cannot be used together.

The iodide and hydrogen peroxide effectively kills a large percentage of opportunistic microorganisms, while the salts inhibit bacterial growth. Since the iodide, hydrogen peroxide, and salt solution is extremely dilute, it works by taking the bacterial load of the vagina, thereby allowing the vaginal flora to maintain its delicate balance naturally. Note: Since Potassium iodide can be toxic if ingested, this simple hygiene bath is designed for bathing only and should never be inserted as a douche into the vagina.

It is recommended that couples take a hygiene bath before AND after intercourse as a way of reducing transmission of infection. According to the Oxford Textbook of Medicine (1984: p. 486), communities that practice ritual cleansing before and after intercourse have a reduced incidence of contracting STIDs. By reducing the overall opportunistic bacterial and viral load entering the vagina, the natural vaginal flora is able to effectively compete with the entering opportunistic bacteria – providing a critical first line of defense against STIDs and vaginal bacteriosis strains.

One common mistake is that women have intercourse during their menstrual cycle when the cervix is opened and more susceptible to infection. During menstruation, it is best to refrain from intercourse and douching altogether. In addition, since fingernails culture some of the most virulent bacterial and viral strains, finger insertion during sexual foreplay can be dangerous. According to a study published in the December 1985 issue of Lancet found that prostitutes that did not allow ‘digit penetration’ during intercourse were remarkably less likely to contract HIV.

Careful fingernail hygiene practices should be followed to reduce the chances of inserting a dangerous vaginal bacteriosis strain into the vagina. Since the skin maintains its own probiotic strains that are designed to keep infections at bay, it is important to use anti-bacterial soaps that unnecessarily kill off helpful probiotic strains.

Garden of Life markets a gentler “tub of soap” within their Cienzoology® product line, originally developed by Dr. Kenneth Seaton, designed to kill the dangerous pathogenic microbes underneath the fingernails, while leaving the beneficial bacteria intact. By using the “finger-friendly” Cienzoology soap on a daily basis, couples can reduce the likelihood of finger to vagina infections.

In addition to daily hygiene baths and fingernail soaps, 15 minutes of direct sunlight on the vaginal area can also help to reduce bacterial and yeast infections. The same UVA light that comes from the sun is used to purify drinking water and to clean surfaces in laboratories making sunbathing the most inexpensive way of reducing vaginal infections. And since bacteria, fungi, and yeast thrive in moist environments, it is always best to wear underwear and clothing made from natural breathable fabric.

The following chart summarizes ways to maintain a healthy vaginal flora, promote fertility, and to prevent the contraction of STIDs:

| Hygiene Tips: |
|---------------|----------------|
| 1. Have you and your partner take a bath prior to and immediately following intercourse. Prepare a hot bath with 2 teaspoons of Potassium iodide solution and 6 ozs (180 g) of table salt (sodium chloride) and soak in bath for 5 minutes or more. |
| 2. Wash underneath the fingernails several times per day using a gentle finger-friendly soap such as the Cienzoology® hand soap marketed by Garden of Life. Overuse of anti-bacterial soaps can imbalance skin flora, leaving the skin vulnerable to opportunistic infections. |
| 3. Refrain from having intercourse during a woman’s menstrual cycle, when the cervical mucous plug is open and therefore more susceptible to infection. |
| 4. Use baby wipes to wipe after each bowel movement – being sure to wipe from front to back to avoid introducing fecal bacteria into the vagina. |
| 5. Sunbathe the vagina for 10 to 15 minutes (no more) at least once a week to inhibit the overgrowth of yeast and bacteria. |
6. Seek to reduce overall psycho-emotional stress, which leads to stress-induced dehydration and tissue acidification. To remedy the effects of unavoidable psycho-emotional stress, drink Quinton® Marine Plasma and pure water to re-hydrate the tissues.

7. Reduce intake of simple carbohydrates, coffee, and alcohol which shift vaginal pH and promote the overgrowth of vaginal yeast, bacterial, and fungal infections.

8. Eat an anti-yeast diet rich in steamed vegetables and broiled low fat meats to reduce systemic yeast.

9. Wear non-synthetic underwear to allow the vaginal area to aerate throughout the day.

10. Know your body. You may be allergic to latex condoms, common household chemicals, synthetic fabrics, and personal care products. Using them may cause an inflammatory response, which places physiological stress on the body.

11. Do not use commercially available water & vinegar or anti-bacterial douches as this can destroy vaginal flora leaving the vaginal area susceptible to infection.

12. Consider using contraceptives that do not elevate tissue copper levels such as birth control pills and copper IUDs.

13. Consider using contraceptives that do not contain spermicides and to address yeast infections naturally without using OTC fungicides that can lead to more virulent resistant strains later.

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**Author’s Note**

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Feminine Reproductive Hygiene
Part II.

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Feminine Reproductive Hygiene Part II

In the integral approach to female reproductive health, we look at all the influences that affect a woman’s reproductive health, while retaining the gems of empirical wisdom from ancient and modern cultures. We throw out the myths, superstitions, and false beliefs, while validating useful practices with medical science.

Our post-modern society continues to blindly overlap myth, superstition, religious belief, and lifestyle habits with medical science. Much of our modern day ethical and moral rules governing reproductive health and hygiene developed from ages old experience and trial and error. In some cases, the rules, intended to ensure better reproductive hygiene and therefore survival of mother, child, and tribe turned out to be superstitious remnants with no scientific merit. Perhaps the best examples of this are male and female circumcision. Although originally circumcision was used as a way to distinguish one tribe from another, it later became a crude hygienic practice in the Eastern African continent. Arguably in the Middle East, where one crossed the desert on camel for three weeks at a time without access to water, circumcision may have served its purpose.

Modern day religious leaders have continued to blindly promote circumcision without questioning its scientific validity. Indeed, for decades now, the AMA and the American Pediatric Association have formally declared that there is no medical or scientific purpose for male or female circumcision. Today, it is still legally practiced in the U.S., even though it is outlawed in almost every other non-Muslim, non-Judaic nation in the world. So how do these and other bizarre superstitious practices continue in postmodern civilization?

To understand how “unsane” reproductive hygiene practices have persisted for so long, it is important to consider the historical context inside of which they arose. Today, we often wonder how and why such a sacred act as conceiving a human being could simultaneously carry with it the implication of being sinful, dirty, and dangerous. In ancient times, sexually transmitted diseases not only caused very serious degenerative disorders, they were often fatal. In other words, when someone contracted a sexually transmitted disease like syphilis or gonorrhea, it was a slow but sure path to a painful death.

Indeed, it is well documented in the Bible and other texts that entire tribes were wiped out from STD epidemics. Therefore, it is no wonder why ancient religious leaders felt it was their duty to enforce moral rules regarding sexuality – promoting chastity and marriage to limit the spread of disease and to ensure survival of their people. Ancient religious leaders intentionally associated promiscuity with sinfulness – ostracizing or even killing women and men for sexual relations outside of wedlock (i.e. monogamy).

Cleanliness is Next to Godliness
Cleanliness has been associated with holiness in every religion, with each religion having a core hygienic ritual. Let’s not throw the baby out with the bathwater – as the great hygienic saying goes. By communicating the historical context for why reproductive hygiene has such real implications for the health and wellbeing of women and the children they bare, clinicians will be more effective at convincing their female patients to integrate reproductive hygiene practices into their daily routines.

Today, society has the ability to re-evaluate long held hygienic rituals and religious beliefs governing sexuality to arrive at a balanced scientifically based approach that assigns the designation of “ancient wisdom” to some practices while discarding others that no longer serve society. And since reproductive hygiene is one of the great blind spots in modern medicine, let’s review two of the most important examples of “ancient wisdom”.

- **Abstinence During Menstruation.** As it turns out, the “old” blood being eliminated during menstruation congests a man’s prostate by introducing blood born infections. In addition, sexual intercourse during this delicate time can introduce infection into a woman’s slightly open uterus.

- **Bathing Before and After Sexual Intercourse.** A simple “hygiene bath” consisting of salt (preferably sea salt) and 4 oz. of 3% hydrogen peroxide or two tablespoons of potassium iodide substantially reduces the overload on the immune system, gently washing out the genital area and preventing externally
cultured infections from upsetting the delicate vaginal terrain of a woman\(^1\). It also has been shown to reduce the risk of contracting STDs. This is preferable to douching, which can force pre-existing infections high up into the vagina, increasing the risk of contracting infection.

**Reproductive Potential: A Woman’s Biological Age vs. Chronological Age**

Evolution has designed a woman’s body not only to sustain herself into maturity, but to successfully bare children. When a girl is born, her ovaries contain approximately 1,000,000 eggs. By the time she reaches sexual maturity, not only has the number of viable eggs dropped to less than 300,000, the eggs will have aged. Nature knows that it is the quality of the woman’s eggs and not the quantity that will give rise to healthy children.

In Dr. Ward Dean’s landmark book, “Biological Age Measurement”, he goes into great detail on how to objectively measure one’s biological age. One of the ways a woman can powerfully reverse her biological age is to prevent and eliminate infections. Although the age of the eggs is not something a woman can control, the epigenetic environment and biological age of her body is something she can powerfully influence. For instance, a woman can have a chronological age of 42 and a biological age of 28 or vice versa. In other words, the younger the eggs and the more robust the ovarian environment, the healthier the baby.

Fortunately, a woman’s body has three natural barriers designed to protect a woman’s eggs from infection. The three protective barriers, the labia minora and majora, the hymen, and the cervix, prevent dangerous pathogens from entering the uterus - the most powerful yet vulnerable organ in a woman’s body.

As a woman enters sexual maturity and the hymen is broken, she is left with two protective barriers. If a woman contracts an infection, it can have devastating effects on a woman’s physical and mental health, hence understanding why women are instinctively more cautious than men about who they sleep with. It is her successful choice of sexual partners, her reproductive hygiene, her diet, and her internal terrain that will determine the epigenetic environment, which will influence as much as 50% of the genetic potential of her future offspring.

In this post genomic age, research shows that both nature (genes) and nurture (internal / external environment) are equally important to actualizing our full potential. To understand how all of these factors affect conception, and therefore evolution, we must look more closely at the functional environment of the female reproductive system.

**Functional Environment of the Female Reproductive System**

In Chinese medicine, we say that a woman’s physiological function is internalized (more “yin”), while a male’s physiological function is externalized (more “yang”). This internalization is protective yet means that infections remain hidden. Fortunately, her internal organs and immune system are stronger than her male counterpart, which means that her liver and kidneys are better able to handle the toxic load. This represents an evolutionary advantage. The disadvantage is that women often suffer from chronic infections that remain “asymptomatic” and therefore untreated.

The female reproductive system was designed by nature to absorb sperm. And that’s not all that women absorb. Women absorb 30% more alcohol than men and are more likely to suffer the ill effects of environmental toxins. With stronger internal organs, she has the ability to eliminate more toxins. Unfortunately, oftentimes, this elimination takes place during the early stages of pregnancy, dumping a toxic load directly into the developing fetus. Often, it is the first-born child that bares this toxic burden, whereas subsequent offspring are often much stronger and healthier than the first.

Just how important is a woman’s reproductive system to her overall health? The word hysterical comes from the Latin word “hyster” meaning “uterus” and describes a sort of craziness that was only attributed to women. It was often thought that a crazy woman had an unhealthy uterus and was not suitable to bare children.

\(^1\) Do not mix hydrogen peroxide with potassium iodide. Do not introduce potassium iodide directly into the vagina. Washing in a bath containing potassium iodide is enough.
All acupuncture meridians in a woman's body have an end point in the cervix, which means if a woman has an infection in the cervix, it affects her entire body, including her future ability to bear children. Conversely, by strengthening the cervix, the whole body becomes stronger and more beautiful. For example, in Sri Lankan medicine (10,000 year old Dehla Dhamma tradition), the health of a particular breast is indicative of the health of the corresponding ovary on the same side. If a woman has been on estrogen therapy, including birth control pills, for an extended period of time, or if her mother was on birth control pills before conceiving her, this excess or imbalanced estrogen congests the ovaries and often causes the breast tissue to loose tone and sag. A simple regimen of diindolylmethane (DIM), and other aromataze inhibitors helps to bind the harmful estradiol and estrogen-mimicking chemicals.

Human females usually stop growing approximately one year after they begin menstruating (menarche). Generational statistics show that girls are reaching puberty younger and younger these days. This implies an already existing generational weakness in the female reproductive organs. Evidence points to generational use of birth control pills, copper toxicity, estrogen mimicking chemicals, heavy metals, and other bio-burden toxicity such as pesticide accumulation in the ovaries. Early puberty in girls is a sign of advanced aging, evidenced by the fact that a growing number of American girls already show signs of bone loss equivalent to that of post-menopausal women.

The uterus develops from the same embryological tissue as the prostate in men. Both organs are susceptible to thrombotic conditions or in Traditional Chinese Medicine to blood stagnation. When practiced in the bedroom, intra-vaginal reproductive massage, something that has been excluded from a massage therapists scope of practice, can increase circulation, improve the flow of chi, and therefore reduce inflammation and disperse stagnant chi and blood. When combined with the elimination of infection, reproductive massage can be a powerful tool. When recommending intra-vaginal massage to your clients, make sure that they follow the hygiene guidelines outlined previously in Part I of my article entitled, "Female Reproductive Hygiene & Its Relationship to Human Fertility, Candida, & STDs", where I discuss the importance of scrubbing underneath the fingernails with hygiene soap before and after engaging in reproductive massage.

Figure 1: Infection > Chi Stagnation > Blood Stagnation > Inflammation > Cysts, Fibroids, Tumors

Figure 1 outlines the etiology of fibroid tumor formation in women according to Traditional Chinese Medicine theory (TCM). According to TCM, unchecked infections can lead to the eventual formation of cysts, fibroids, and tumors due to chi stagnation, blood stagnation, and chronic inflammation. Women that drink from plastic bottles left in the hot sun, use synthetic makeup containing phthalates, drink water from copper pipes, take birth control pills, and/or have been exposed to copper IUDs often have excessive inorganic copper levels that spur the growth of bacterial and viral infections.

So often, scientific research finds a correlation between one isolated infection, like Chlamydia, and cancer. However, researchers do not follow the progressive road traveled between the initial exposure to Chlamydia and the end result: cancer. In other words, there are ways to interrupt the disease progression and to normalize the reproductive tissue. Decongesting, detoxifying, and rebalancing the bioterrain to prevent the proliferation of opportunistic infections in the body breaks the cycle of tissue damage due to infection and resulting inflammation.

Determining a Woman's General Reproductive Health

The quality of a woman's menstrual cycle is a good indication of her general reproductive health pattern. For example, if a woman experiences excessive cramps during her cycle, she is likely to experience intense

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2 It is worth noting that PID is a general inflammatory condition caused by the introduction of bacteria into the peritoneal cavity due to poor feminine hygiene. Pelvic inflammatory disease (PID) - a general infection in the peritoneal cavity that can be caused by a variety of bacteria that gain entrance into the peritoneal cavity through the female reproductive tract from poor hygiene or infected male sperm. The disease is associated with flu like symptoms and adhesions leading to infertility. Often given as a mis-diagnosis to the symptoms of Endometriosis. - Wikipedia

3 I recommend the well researched and expertly formulated DIM product by Dr. Michael Zellig; BioResponse DIM 150®; BioResponse, LLC, Boulder, CO 80301

4 The underneath of the fingernails contains the most common and dangerous bacterial and viral strains on the human body. I recommend following a daily external hygiene protocol using the hygiene kit sold by Garden of Life called the “Clenzology® Kit” (www.gardenoflife.com).
morning sickness during pregnancy and a more challenging labor. Additionally, headaches during her period are an indication of liver congestion. A pre-conception protocol should always start with a complete rebalancing of the menstrual cycle until the menstrual cycle is symptom-free.

From the time a woman reaches puberty to the time she bares her first child, a woman's cumulative choices play an integral role in her long-term health and the health of her children. Integral medicine is based on the philosophy of prevention - the science of awareness. As the great Zen master once said, "pain is inevitable, but suffering is optional". Everyone experiences some amount of pain. Whether it is prolonged or brief is given by our cumulative choices. There is great peace and serenity in loving, honoring, and maintaining your body for yourself and for your future children.

Our job as clinicians is to move our clients from unconscious living to intentional living. For example, choosing birth control methods that do not open the cervix to infection or create an estrogen imbalance is intentional living - living for oneself and for ones future children. To dramatically illustrate how a young woman's life filled with great possibility can turn into a life victimized by suffering, I have created a fictitious chronology of an American woman's life. Keep in mind as you read this tragic but all too common story of an American woman's life that Gautama Buddha once said: "the root cause of human suffering is ignorance". Ultimately there are two ways we can learn in life - through understanding or suffering.

**A Probable Woman’s Life in America vs. Her Possible Life**

At 14, she may go out on her first date. By 16, her dates include alcohol. Statistics show that she is likely to have several sexual partners before she turns 18, and may have used illegal drugs. In addition, several colds and flus she obtained from partying late into the night landed her on several courses of antibiotics, destroying her intestinal flora.

Her consumption of Frappuccinos® and other sugary treats has led to a series of chronic yeast infections, which her mom has urged her to treat with over-the-counter yeast medication, which further destroyed the flora in her vagina, leaving her more vulnerable to contracting an STD once she heads off to college.

Before heading off to college, she goes in for her annual exam and inquires about birth control. Her OBGYN suggests a copper IUD. After having the IUD implanted, she notices that her menstrual cycle is a bit more painful. No worries - she pops a couple of Advil® every 4 hours. Little does she know that the copper IUD is plying her cervix open just enough to break the third and final protective barrier between the outside world and her eggs, allowing viral and bacterial infections to spread to her uterus. These infections slowly cause micro-ulcers and scars to form on the wall of her uterus, compromising her ability to carry a baby to term when she gets pregnant.

In college, the intense mental and emotional stress gets to her. Her immune system is compromised from drinking, partying, and sleep deprivation. She goes to a few fraternity parties, "hooks up" with a couple of guys. Unfortunately, she does not "know" that she has just contracted Chlamydia, because she is asymptomatic. Six weeks later she finds out she is pregnant. But who is the father? After careful consideration, she decides to get an abortion, which includes a DNC, a scraping of the uterus wall, something that causes additional scarring in her uterus.

After the abortion, she returns a bit more cautiously to "life as usual" - the occasional party, the occasional boyfriend, only now her menstrual cramps are getting worse. She takes a trip down to the drug store and buys Advil® and an over-the-counter disposable douche that she uses after her period is over to "freshen up" - something her mother taught her to do. The douche further strips the microflora in her vagina, which causes her to experience some of the uncomfortable symptoms of Chlamydia. A visit to the school nurse confirms the diagnosis of Chlamydia and she is prescribed more antibiotics.

Now, in addition to getting regular yeast infections, she now suffers from excruciating menstrual cramps. Her OBGYN schedules a diagnostic laparoscopy - a simple procedure that cuts through the belly button and inserts a scope. Her doctor tells her that she has endometriosis and several fibroids. He suggests that there are two ways to handle the endometriosis - birth control pills or pregnancy. She chooses birth control pills, which raises her copper toxicity, leaving her more susceptible to infection and tumor growth.
Now she is 22 years old. She leaves college and begins grad school. She meets a nice man. They fall in love. She wants to start a family, but her husband and parents convince her to complete grad school first before trying to conceive. She completes her graduate program at 28 years old. Science shows that her eggs have already aged significantly. But no one ever told her that.

She stops using birth control pills and then immediately begins trying to conceive. She conceives and loses the first baby two months later. They wait several months and try again. This time the pregnancy lasts 3 months. After several years of failed pregnancies, they trace the source of the infertility back to her. She is devastated. Now they turn to in-vitro fertilization, only IVF doesn’t work, because there is too much scarring left over from the abortion and the chronic infections that reached her uterus.

Later that year, she goes to the dentist. Her gums have been bleeding every time she flosses and she is concerned. Her dentist tells her that she has an advanced case of gum disease. He tells her that he cannot even clean her teeth until she takes antibiotics or else the bacteria could migrate to the rest of her body causing all sorts of possible disasters. Disasters? Like what? she says. Her dentist tells her that oral bacteria has been linked to miscarriage, diabetes, and heart attacks. She is stunned. She asks if her miscarriages could be related to her gum infections and the dentist says, “possibly.” She finally decides to take her health into her own hands.

She makes an appointment with a naturopath, who works up a detailed health history and tells her that her miscarriages could be due to scarring left over from any combination of factors: her past sexual history, the Chlamydia, the abortion, the endometriosis, the fibroids, or the chronic gum infections. What to do? She finally gets on a comprehensive program to rebuild her bioterrain which reduces her systemic yeast condition, re-alkalizes her internal terrain, strengthens her uterus, and balances her hormones, which begin to control her endometriosis and fibroids. Unfortunately, her naturopath was a vegetarian who recommended that she go off of all dairy, meat, and eggs in order to cleanse her body. This works wonders... for a while. until she finds out that the estrogenic soy products make her more copper toxic, which re-ignites her fibroid growth.

Now, several years have passed. She is 38 years old with a biological age of 55. She has divorced her first husband. She is at a health convention and meets her second husband. They fall in love and decide to start a family again. Only no one ever told her that her chances of getting pregnant after 35 have dropped into the single digits. Then again, she is much healthier now. After three years of trying, she finally conceives at 41 years old and gives birth to a beautiful autistic baby boy.

Where did she go wrong? Why didn’t society teach her differently? She lived a normal American life, right?

Now, picture conceiving a baby under these circumstances! Conceiving a child today without completing a pre-conception protocol that reduces the future mother and father’s bio-burden is like playing Russian roulette with your baby’s life. In fact, it is much worse. In Russian Roulette, you only have 1 bullet out of 6. Today, the toxic environment has upped the game to include 4 bullets out of 6 chambers—all of which are hidden from view. It is the greatest blind spot in modern medicine—conception without pre-conception planning. And society is paying the price, with as many as 1 in 2 children born with one or more subtle birth defects. In my next article, I will summarize my pre-conception protocols, designed to rebalance the intrauterine bioterrain environment and optimize the epigenetic potential of our future children. In this article, I would like to conclude by outlining my female reproductive hygiene protocol—an important step in my integral pre-conception protocol.

**Female Reproductive Hygiene Protocol:**

In addition to building up the internal G.I. terrain, it is important to fortify the vaginal terrain and strengthen the vaginal tissue, since vaginal ecology provides the first line of defense against intruding microbes—microbes that can impact her future children as well as her long-term survival.

Rebuilding the vaginal terrain involves: (1) minimizing the strength and number of opportunistic microbes using an advanced hydrosol nano-silver vaginal wash, (2) rebalancing using a zinc citrate vaginal wash, (3) remineralizing using Quinton® Hypertonic as a pre-biotic vaginal implant, and (4) rebuilding the probiotic colonies using a probiotic vaginal implant.
Published research on ASAP® hydrogel nano-silver solution conducted in 2004 at Brigham Young University by Dr. Ron W. Leavitt concluded that regular use of ASAP® as a vaginal suppository directly reduced the following microbial colonies: Saccharomyces cerevisiae, Candida albicans, Streptococcus agalactiae Group B, and Escherichia coli using American Biotech Laboratory’s 32ppm silver in 94% and 5% concentrations when combined with gelling agents. And, unlike other silver solutions that unselectively kill probiotic colonies, independent research conducted by Virdo BioPharma Pvt. Ltd. (India) in 2004 confirmed that hydrogel nano-silver does not kill healthy probiotic flora that match the resonant frequency of the human body.

Applying zinc citrate directly to the cervical tissues is an important breakthrough in understanding cervical-uterine health. The metalloenzyme, zinc transcriptase, is responsible for DNA transcription in every cell of the human body. Zinc deficiency has been noted in dozens of published papers to be correlate with cell abnormality, including reproductive cancers. There are over 2000 zinc-dependent transcription factors involved in gene expression. Zinc is an enzymatic cofactor involved in the synthesis and degradation of carbohydrates, lipids, proteins, and nucleic acids. In addition, zinc provides an endogenous antioxidant defense that prevents carcinogenesis. Several studies have correlated low zinc levels to the development of trophoblastic tumors.

Physiologically, zinc is antagonistic to copper, which means that women with excessive copper levels often exhibit symptoms of zinc deficiency, since it is the competitive ratio of zinc to copper that matters. Today, the majority of women are copper “toxic” meaning that they are retaining inorganic copper within their tissues, thereby creating a zinc imbalance. Copper levels have been on the rise in recent decades due to a combination of factors such as: copper piping, copper IUDs, birth control pills, the overuse of soy and rice based products, and estrogen mimicking chemicals in the environment.

Researcher Dr. Lae Ok Park and her colleagues at the Department of Obstetrics and Gynecology, Division of Gynecologic Oncology, Kangnam St. Mary’s Hospital, The Catholic University of Korea, College of Medicine, published their research on the impact of a simple Zinc-Citrate based vaginal wash called SeLava® on both ovarian cancer and choriocarcinoma cell lines, a dangerous reproductive cancer that is relatively more common in Orientals than Westerners.4

Quinton® Marine Plasma (QMP) has a full spectrum of all 85 minerals in their organic crystalloid state, enabling cells to reach their full genetic expression. Bioavailable minerals are the catalysts for all enzymatic and co-enzymatic reactions within all life forms. An abundant source of sodium bicarbonate, QMP helps to promote conception, which is mediated by the cervical-vaginal mucosa. Marine plasma sourced sodium bicarbonate has also been used in cancer therapies throughout the world – making it an ideal preventative vaginal wash. Quinton helps to normalize the body’s self-regulating pH mechanism. According to Marie Jose Stelling, Ph.D., chief scientist at the Swiss Institute of Hematology, QMP also helps to stimulate cellular immunity.

The clinical observations of my colleagues and me are that consistent vaginal implants of QMP Hypertonic helps to restore the cervical tone and tissue integrity. QMP is also a powerful probiotic, which helps to feed the healthy probiotic vaginal flora, assisting in the normalization of Candida Albicans, and is non-irritating to the vaginal mucosa. When combined with a full spectrum probiotic, QMP+probiotic implants have successfully restored balance to vaginal flora following Candida outbreaks. In addition, women subjectively report improvement in their complexion and the quality of their skin following consistent use of QMP vaginal implants.

Below is a list of suggested vaginal hygiene protocols that can be used to support the body as it moves through an outbreak of yeast, during a UTI, before and after sexual intercourse, before conception, and as a general reproductive tonifying protocol. The following protocols provide a positive benign intervention to ensure optimal feminine hygiene, and to prevent and address infection. [Clinical Note: the ideal way of applying QMP, probiotics, zinc citrate, and/or hydrogel nano-silver implants is while lying down in a bathtub, or sitting on a bidet, or a toilet.]

5 Zinc-Citrate Vaginal Wash: SeLava® Unisex Genital Cleanser
Regular Maintenance / Pre-Conception Protocol: Tonifying Reproductive Organs & Normalizing Reproductive Tissue

- Twice a month, use 1 to 3 10ml vials of Quinton® Hypertonic as a vaginal implant. Retain fluid for 10 to 15 minutes before releasing.
- At least twice a month, use 1 SeLava® Zinc Citrate vaginal implant. Retain fluid for 10 to 15 minutes before releasing.

STD Prevention / Yeast Overgrowth / Burning Urination / After Sexual Intercourse Protocol

- Combine one 10ml vial of QMP with 10ml of ASAP® hydrosol nano-silver and retain for 10 to 15 minutes.
- Follow with SeLava® implant either immediately following the Quinton®/Silver Implant for symptoms of burning urination or rashes. For less severe symptoms, utilize the SeLava® implant later that day or the next day.
- Additionally, combine one 10ml vial of QMP with two capsules of a full-spectrum probiotic and retain for 10 to 15 minutes.
- Drink 2 vials of Quinton® Hypertonic 10 minutes prior to food in the morning along with one to two capsules of a broad spectrum probiotic formula².

References


¹ I recommend Ther-Biotic Complete® by Klare Labs / ProThera or Theralac®.

About the Author
Roy Dittman, OMD, MH has been a pioneer in integral peri-natal medicine, philosophy, and research. He co-authored and co-published two books: (1) Prenatal Perception Learning and Bonding and (2) Early Human Brain Development (editor Thomas Blum, Ph.D.). He has also pioneered therapies and protocols in the area of natural childbirth, natural childbirth defect prevention, prenatal language acquisition, prenatal musical education, menstrual cycle regulation, and natural hormonal balancing. You may reach the author directly at 949.302.9007 or doctor@dittman.us.