

## HOLISTIC CARE 'DOWN THERE

Humidity worsens issues like yeast infections and hemorrhoids. Try these natural cures from Mindy Boxer, Ph.D., L.Ac., D.Hom., a holistic health practitioner in Santa Monica, Calif. —*D.M.*

**PROBLEM: Vaginal yeast infection**

**SOLUTION:** Probiotics and garlic can stave off fungus and assist healing.

**TRY:** Jarrow Formulas Fem-Dophilus (\$26; [jarrow.com](http://jarrow.com) for stores), an oral probiotic supplement, and Natrol Quintessence Pure Garlic (\$23; [natrol.com](http://natrol.com))

**PROBLEM: Urinary incontinence**

**SOLUTION:** Homeopathic remedies help relieve the urge to urinate and stop leaks caused by laughing or coughing.

**TRY:** Boiron Causticum 6C MD (\$5; [vitaminlife.com](http://vitaminlife.com)) for incontinence and Hyland's Ferrous phos 6X (\$8.50; [mothernature.com](http://mothernature.com)) for frequent urination urges

**PROBLEM: Hemorrhoids**

**SOLUTION:** Homeopathic dosages of flowers like horse chestnut and peony can reduce swelling, itching, and pain.

**TRY:** Nelsons H+care Soothing Hemorrhoidal Wipes and Hemorrhoid Relief Cream (\$8 and \$7 respectively; Whole Foods Market)

