

Karen Tripp

From: tillygreen15@gmail.com
To: karen@trippcentral.ca
Subject: Because of you...

Hi Karen.

My name is Jennifer and thankfully I live in the time of the internet. I am a 44-year-old who has suffered from yeast infections off and on my whole life. Last August I got an infection that even Diflucan would not help. I was spending \$20-\$40 every week on over-the-counter suppositories that I was using almost every night. The doctor prescribed boric acid (roach Poison) suppositories for which I had to drive to another town where a special pharmacy would make them. I was using those and she put me on a 4-month supply of difflucan, which is hard on the liver, and nothing was helping. I could not have sex, had a hard time getting through the day at my job (I'm a teacher), and was miserable every day.

By October I was mentally losing my mind in addition to the physical misery. I turned to the internet and found your story. I followed every tip you gave to a tee. I ordered the probiotics, Thorne supplements, caprylic acid, and ate only meat, veggies, eggs and nuts for 40 days. I never cheated once except on Thanksgiving when I ate half a strawberry for dessert. I was very scared of doing this diet with Thanksgiving in the middle but it was a proud moment when my will power prevailed. My diet ended on December 15th in time for Christmas. Giving up wine and coffee was the hardest, but I knew it would be worth it. On days 4-5 I was so physically ill with "yeast die off". It was not an easy 40 days but I got through it.

Here it is July, six months since I have finished your treatment and still no symptoms of yeast infection or irritation. I owe it all to you and I want to thank you for putting your story out there. I am back to my old eating habits and still worry about the yeast returning but I know I could do it again because I am in such a better place. Thank you so much! You did for me what doctors could not, which was to cure my yeast affliction.

I still think of breakfast differently and eat a hamburger patties and broccoli slaw most mornings. I will carry this shift in thinking the rest of my life.

Your story saved me. Thank you again.

Sent from my iPad