

Jini Patel Thompson

# PREPARING THE GUT & VAGINAL MICROBIOME

Foundational Immune & Digestive  
Health for Your Baby





## Create a Healthy

# MICROBIOME

- Imbalance in vaginal microbiota is associated with preterm birth
- Mother's microbiome educates baby's immune system & prepares baby's gut
- Gut dysbiosis may drive development of polycystic ovary syndrome, insulin resistance & infertility

"The bacterial community present in the female lower genital tract plays an important role in maternal and neonatal health.

Imbalances in this microbiota have been associated with negative reproductive outcomes, such as spontaneous preterm birth."

*- Increased richness and diversity of the vaginal microbiota and spontaneous preterm birth. Microbiome June 2018*

"Even before pregnancy, microbiota can affect fertility. There is evidence of gut dysbiosis in infertile women, as compared with control subjects. Furthermore, it has been reported that gut microbiota may drive development of polycystic ovary syndrome and insulin resistance, thus affecting metabolic homeostasis and reproductive health.

The maternal pregnancy microbiome is important for fetal development and the mother's health. For example, maternally derived bacterial metabolites are transmitted to the fetus to educate its immune system and prepare the fetal gut for bacterial colonization after birth. Priming of the fetal immune system by the maternal microbiome was also shown in mice by Gomez de Agüero et al. Recently, it was also demonstrated in mice that the maternal microbiome modulates fetal neurodevelopment."

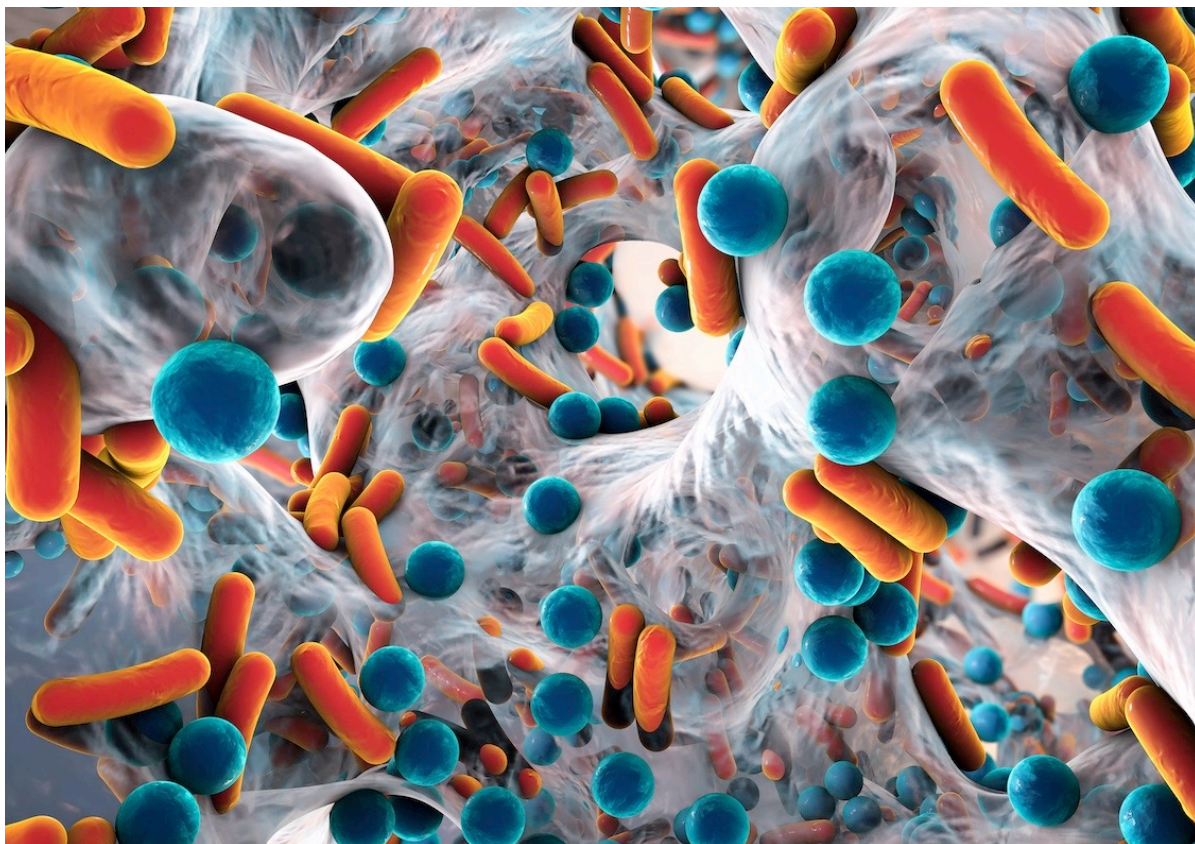
*- The gut microbiome in pregnancy and pregnancy complications. Endocrine and Metabolic Research, Volume 18, June 2021*



In over 20 years of teaching people with severe digestive diseases how to heal and balance their microbiome, I am saddened to say there is still only ONE brand of probiotics that I can recommend which has sufficient therapeutic value. I have an entire eBook on how to select a therapeutic probiotic, but the bottom line is, use Natren brand if you want the best results. Avoid soil-based organisms (any bacteria starting with *Bacillus*...) and only buy Natren from an authorized dealer where you are guaranteed the probiotics have been refrigerated during shipping and storage. If you tend towards diarrhea, use the powder form and use extra Bifido Factor to help firm up your stool. Otherwise, the Healthy Trinity capsules - one per day - are the easiest to use.

Natren also has a vaginal microbiome product called GyNatren, that you insert directly into your vagina, along with an oral probiotic. If you've had yeast infections, or bladder inflammation (cystitis) in the past, then definitely use GyNatren. And then use Healthy Trinity ongoing.

Begin supplementation at least 3 months before conception, but 6-12 months is ideal. Continue with Natren probiotics during breastfeeding. I also gave my 3 children Life Start (*B. infantis*) from 2 weeks of age and throughout breastfeeding.







Not one of my kids (now aged 16-22) has any food allergies, illnesses or diseases.

Most of our immune system is in our gut. Over 60% of our neurotransmitters are in our gut (not our brain!). Whatever is unbalanced in your gut will come out in your skin and often in your lungs (asthma, respiratory illness). The gut really is the foundation of health in the body. So implanting a healthy gut microbiome is one of the most important things you can give your child.

Yes, Natren is expensive. But having helped over 125,000 people heal their severe gut diseases, I can tell you that nothing will work as well as Natren probiotics. And no, I do not receive any commission or perks from Natren.

Once you become pregnant, if you go in for your vaginal swab test and results show you have a bacterial infection, your doctor will likely immediately recommend oral antibiotics to clear the infection. This happened to me with my first pregnancy. However, knowing the damage that antibiotics do the gut, and how long it takes to replace the good bacteria and get the gut balanced again... I knew there must be a better way. So I went to my naturopathic doctor and he told me to make a 6% solution of **food-grade** hydrogen peroxide in filtered water.





Once a day, I soaked a good-sized piece of sterile gauze in this solution and stuffed the gauze into the length of my vagina. I lay down with a thick towel underneath me and let the solution saturate my vaginal canal for 20 minutes. I would do some clenching/releasing of my vaginal muscles to help the mixture penetrate. I did this once a day, for 10-14 days, and then was I was re-tested - totally clear of any bacterial vaginosis (BV). Yay! I have since shared this remedy with numerous friends and it has worked for everyone that used it.

If you do have to take antibiotics before, during, or after pregnancy, see my blog (at [ListenToYourGut.com](http://ListenToYourGut.com)) for detailed instructions on how to take probiotics during and after antibiotic treatment, to minimize side effects and re-balance the gut flora for long-term health.

If you suspect you have any kind of *Candida* infection, or SIBO, or IBS - with symptoms like bloating, gas, tummy pain, diarrhea or constipation, indigestion, heartburn or undigested particles in your stool - then you likely need to first kill off the pathogens in your gut (yeast, bad bacteria, viruses, parasites), *before* implanting with good bacteria. See my book, *Jini's Natural Healing Guide: Gut Infection* for detailed instructions on how to use wild oregano oil (a powerful anti-pathogen that has outperformed Vancomycin in clinical trials), combined with Natren probiotics to clear your gut of infectious agents and establish a healthy microbiome. Ideally, you want to do this before you get pregnant. There is no data available on whether wild oregano is safe to use during pregnancy. I have used it while breastfeeding and also topically on my infant daughter when she developed a yeast infection in the skin around her neck (at a 15:1 dilution with organic olive oil).

\*See the **HOME REMEDIES** section on my site for over 60 free tried-and-tested natural treatments for your whole family!



## Summary

# ACTION STEPS

- Supplement with Natren Healthy Trinity probiotics at least 3 months before conception
- If you suspect a gut infection, then also use Jini's Wild Oregano Protocol to clear yeast, bad bacteria, viruses or parasites from your gut
- If you've suffered from cystitis, or vaginal infection, then also use GyNatren (oral + vaginal treatment)
- 6% food-grade hydrogen peroxide can be used to clear bacterial vaginosis (BV) before or during pregnancy

