

# Chlamydia

## In men:

- A whitish yellow discharge from the penis.
- A frequent urge to urinate
- Burning sensation while urinating.
- Redness at the tip of the penis.

## In women:

- No symptoms, or mild discomfort that you may mistake for menstrual cramps.

This disease is very common throughout the world.

Chlamydia can be cured easily by antibiotics as long as the patient realises that they have the disease. Women usually do not know that they are infected until they develop serious complications. Men will tend to notice it sooner as there is an obvious discharge from the tip of the penis.

If you are sexually active and a woman who is not in a monogamous relationship or previously was not in a relationship of this type, ask your doctor to test you for Chlamydia when you next go for a pap smear. This is especially important if you are pregnant or planning to have a baby.

## Causes

Chlamydia is caused by Chlamydia Trachomatis, a microscopic organism that has the characteristics of both a virus and a bacterium. the disease is spread by vaginal or anal sex, and if you touch your eyes with a hand that has been contaminated (it can also be spread by flies), you may also develop [conjunctivitis](#).

If you suspect you have Chlamydia, your doctor may want to test your cervical fluid or penile discharge.

## Traditional Treatments

In most cases of Chlamydia, the cure rate is 95 percent, the treatment is with antibiotics. However, because most women don't know they have the disease until it has caused serious complications such as pelvic inflammatory disease, sexually active women should be tested for Chlamydia once a year.

## Alternative/Natural Treatments

You must always take the antibiotics that your doctor prescribes for you with this disorder. Never attempt to treat Chlamydia yourself. Natural remedies may help relieve the symptoms and speed recovery.

**Chinese Herbs** – A typical prescription may include 10 to 20 herbs, such as Chinese foxglove root (*Rehmannia glutinosa*) and [dong quai](#) (*Angelica sinensis*). It is best to see a Chinese Herbalist for an accurate prescription for you.

**Herbal Therapies** – [Saw palmetto](#) (*Serenoa repens*), which contains berberine and stimulates the immune system, is useful in treating genital infections, especially in men. You may drink it as a tea or take capsules.

### ***Dietary Considerations***

Fasting can be of assistance when trying to fight off infection as it cleanses the system. In addition to taking antibiotics prescribed by your physician, you might consider fasting for one to three days. Be sure to ask your doctor's advice before beginning a fast.

Juices that may help to rid your body of toxins cranberry and celery-parsley-cucumber. To increase your body's resistance to this infection, supplement your daily diet with [vitamin E](#) and [zinc](#).

To restore healthy intestinal flora after you have taken antibiotics, try eating yogurt with live *Lactobacillus acidophilus* cultures, or take 1/2 tsp *Lactobacillus acidophilus* powder, 1 tsp *Bifidobacterium* powder, and 1/2 tsp *Lactobacillus bulgaricus* in a glass of water, three times a day. The preparations are also available in capsules and tablets.

### **Prevention**

Always use a condom to prevent transmission of Chlamydia. Women whose partners have symptoms of Chlamydia should be tested as well.

When to seek further professional advice

- You develop any of the symptoms listed above;
- You are a woman and you experience high fever and other flu like symptoms, along with severe pelvic pain, bleeding after intercourse, severe nausea, or recurring back pain.