

Sexually Transmitted Diseases

What is Sexually transmitted Diseases?

Sexually transmitted Diseases include gonorrhoea, chlamydia, genital warts and pubic lice. They arise from infections, or infestation in the case of lice. Both males and females are affected.

What is Gonorrhoea/Chlamydia/Genital Warts/Pubic Lice?

Gonorrhoea/Chlamydia/Genital Warts/Pubic Lice are sexually transmitted infections or infestations (in the case of Pubic Lice) that can infect both males and females.

Signs and Symptoms of Gonorrhoea/Chlamydia/Genital Warts and Pubic Lice

Gonorrhoea and chlamydia are often present without symptoms.

However, some of the symptoms may include: painful passage of cloudy, yellow-green, pus-laden urine, especially in men; pus-like discharge from the penis; pain or swelling in one testicle; yellow-green vaginal discharge; vaginal bleeding, especially after sexual intercourse; abdominal pain; pelvic pain; redness or swelling of the tongue; red, painful, itchy sores with discharge in the anus; genital warts, with small, flat cauliflower-like bumps or lesions in the genital or anal area; and intense itching in the pubic area as a result of pubic lice infestation of lower body hair.

Complications

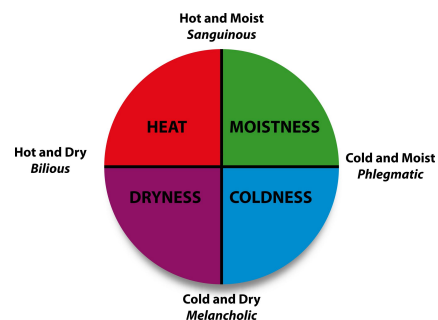
If gonorrhoea and chlamydia are not treated promptly, and necessary precautions not taken, infertility in both men and women may develop. STDs increase the risk of becoming infected with the Aids virus. The infection may spread via the blood stream and infect other areas of the body, including the joints. The virus responsible for genital warts may contribute towards the onset of cervical and other types of cancer.

What causes these STD's?

Gonorrhoea and chlamydia result from infections by bacteria, and genital warts from infections by viruses. These micro-organisms are transmitted during unprotected sexual activity, and may be passed on from mother to child during delivery. Pubic lice are carried from one person to another by direct physical contact, and by shared clothing and bedding.

The Tibb View of STD's

These STDs are linked to qualities of **heat with moistness**, as the micro-organisms thrive in an environment of heat and moistness usually existing in the genital and anal areas. Symptoms of inflammation, especially pain, redness and swelling, and the presence of discharge in both men and women are associated with these qualities. As STDs are caused by infections, all temperamental types can be affected.



Treatment and Management of STD's

Treatment and management is aimed at **reducing the excess qualities of heat with moistness** associated with these STDs, by implementing Lifestyle Factors that will **increase the qualities of coldness and dryness**. This assists Physis in addressing both the symptoms and causes of STDs.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, tripe, broccoli and yogurt, **followed by Cold and Moist foods** - like rice, cucumber, lettuce and carrots.
- Eat **less of Hot & Dry foods** - such as onions, egg, peppers and alcohol, and the **least amount of Hot & Moist foods** - such as mutton, cheese and sugar.
- Reduce consumption of coffee, tea, alcohol, smoking and fizzy drinks; and processed foods.
- Drink a glassful of pure water hourly.

Other Lifestyle Factors

- **Detox:** Take a 20 minute hot Sitz bath to which 20g of alum powder or a cupful of apple cider vinegar has been added. The woman should sit with her knees up and apart so that the water can enter the vagina.
- For those affected with pubic lice, Vaseline is safe to apply to the eyelashes and eyebrows. Tea tree oil may be diluted with olive or almond oil and massaged onto the areas suspected to be infested by lice.
- A paste of castor oil and baking soda, applied onto genital warts three times daily is advised.

Prevention

- Both partners should be tested for infection before engaging in sexual activity.
- Both sexual partners should seek professional advice. .
- Practice safe sex by always using a condom. Abstinence is the only sure way to prevent infection by gonorrhoea and chlamydia.
- Having a monogamous relationship reduces the risk of contracting an STD. Having multiple sex partners increases the risk.
- A douche in the vagina should not be used, as this increases susceptibility to contracting an STD.
- If pubic lice infestation is suspected, all contaminated sheets, clothing, towels and blankets should be thoroughly washed to prevent spreading.
- Regularly removing off the pubic hair is advised to remove lice.

Tibb Medication

Tibb Renotone tablets - This herbal medicine boosts urine flow, reduces inflammation, helps prevent and treat urinary tract infections.

Septogard tablets or syrup - This product boosts immunity to prevent and fight infections.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix