

Protocol-V

(Vaginal, Using Irrigation)

- Vaginal irrigator: mix 10 ml of CDS with 500 ml of water.

The V protocol, also known as the vaginal protocol, is designed to address female genital issues such as HPV, candidiasis, mycosis, polyps, cervical cancer, fibroids, and more. It is also very effective in treating cystitis, human papillomavirus, kidney problems, and sexually transmitted infections, as it helps prevent contagion. Additionally, it can serve as a contraceptive if used up to 20 minutes after sexual intercourse, as it immobilizes sperm and prevents conception.

However, it has been observed that if a woman performs this protocol 12-24 hours before intercourse, her fertility may increase due to the elimination of vaginal pathogens such as fungi, bacteria, viruses, or parasitic protozoa.

Pharmacy vaginal irrigators or a clean, clear plastic water bottle can be used. There are two methods for performing douching:

1. Vaginal irrigator: mix 10 ml of CDS in 500 ml of water at room or warm temperature.
2. Transparent plastic bottle (half liter): use 10 ml of CDS for every 500 ml of water at body temperature.

While sitting in the bathtub, the mixture can be comfortably introduced into the vagina by squeezing the bottle and creating a back-and-forth motion with the liquids. Try to hold it for about 3-5 minutes and, if necessary, repeat a few hours later. In some cases, it may need to be repeated for a longer duration. It is recommended that the neck of the bottle be as long as possible to facilitate insertion into the vagina. Additionally, the main advantage of using a water bottle is that the contents can be observed afterward to detect candidiasis (whitish discharge) or trichomonas (yellowish-greenish discharge), which is a parasite.

It is important to exercise caution and follow these guidelines:

- Try not to let air in.
- Use potable, osmosed, or sterilized water.
- Use warm water at body temperature.
- If discomfort is felt, reduce the CDS concentration.

The Menstrual Cup with CDS protocol



Cup with a bit of pure CDS (the gas does the job)

The Menstrual Cup with CDS protocol is recommended to treat various vaginal diseases and conditions, such as myomas, endometriosis, cervical cancer, STIs, candidiasis, HPV, cervical lesions caused by HPV, mycosis, menstrual bleeding disorders, menstrual cramps, polycystic ovaries, and dysplasia.

- It is important to clean the cup properly with hot water and soap before use.
- Place 0.5 ml of CDS and 5 ml of water in the cup and then carefully insert it into the vagina (use an insulin syringe for measuring).
- If this is your first time using the cup, it is suggested that you try it without the CDS until you are comfortable with its use. It may be a little uncomfortable at first, but you will get used to it over time. The key is to ensure that the cup opens properly inside the vagina.
- After insertion, you can go about your normal activities. The objective is to maintain the cup throughout the day to allow it to collect any impurities produced by the gas.
- The action of the gas is direct throughout the vagina, even reaching the ovaries.

Frequencies of use (vary according to severity and level of illness or disease):

- In mild cases or menstrual cramps, it is recommended to use the cup every other day, including during menstruation.
- For severe cases, such as cervical cancer or dysplasia, it is suggested to use the cup once a day for 8 hours, or up to twice a day for 4 hours each session.

Remember to consult your gynecologist for an evaluation at 3 months, as progress is usually quite rapid.

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