



[Full Moon Acupuncture](#)

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GBS Prevention Protocol

Begin 4-6 weeks before Group B Strep test, usually given at 36 weeks. Choose a combination of the following that feels manageable to you. Once you choose your own protocol, continue until birth. Do not stop once you receive a negative test.

Probiotic 1 per day orally, 1 in the morning vaginally

1 clove of garlic, nicked and inserted vaginally at night

Eat at least 1 clove of raw garlic daily

Vitamin D 4000 IU (higher depending on your blood levels)

Vitamin C 1000 mg a day until bowel tolerance

Zinc 40 mg per day

Echinacea Premium 1 capsule per day

Limit sugar and white flour intake

