

Yoghurt from where?! Researcher creates dairy snack from own vaginal microbes

A Ph.D student in the U.S. created yoghurt using the bacterial cultures from her own vagina and ate it. And it turns out it's actually not such a bad idea.

As [Janet Jay reported for Motherboard back in February](#), her friend Cecilia Westbrook from the University of Wisconsin, Madison first decided to make her own vaginal yoghurt after realising that – despite the overwhelming amount of research on good and bad bacteria out there – no one had investigated the potential of the cultures living inside our vaginas.

In fact, science is so obsessed with the link between our gut bacteria and [our health](#) that the treatment *du jour* is the [faecal transplant](#), where a doctor literally takes the sh*t out of someone else's colon and puts it in yours, in order to heal your gut from the inside out. Microbiologists are even [smearing their newborn babies](#) with vaginal fluids in order to imbue them with healthy bacteria.

But no one had researched what would happen if you consume the hundreds of types of bacteria that live inside our vaginas, or if culturing them was even possible. And so Westbrook took a wooden spoon, put it in her vagina and then dipped it in a bowl of milk and left it overnight to do its magic.

Read full, original article: [A researcher tried to make yoghurt from vaginal bacteria](#)