



Candida and Yeast Infections

Keeping the Yeast “Weeds” Out of Your Intestinal Flora “Garden”

Many people have heard the saying “A weed is just a plant that’s not in its proper place.” What many of us are not aware of is that all plants, including weeds, grow when the environmental conditions are favorable to them. Alter the environment and different plants will be encouraged to grow.

Inside our intestinal tract we have a “garden” of microorganisms growing—some friendly, and some not so friendly. These microbes are collectively called the intestinal flora. When the environment of the intestines is altered, the unfriendly microbes, like weeds in a garden, can take over.

One of these microbes is *Candida albicans*, a strain of yeast. It is present in everyone’s body, but when the internal environment of the intestines is altered, it can multiply out of control, just like weeds can overrun a neglected garden.

One of the primary factors that alters the environment and causes yeast overgrowth is the use of antibiotics. Yeast like *Candida* normally have to compete with certain strains of friendly bacteria like *acidophilus* and *bifidophilus*. These friendly bacteria, known collectively as probiotics, secrete substances which inhibit yeast overgrowth. Antibiotics kill them, which allows the yeast to multiply out of control. Yeast secrete a toxin that damages the intestinal membranes causing toxins to “leak” into the body—a condition known as “leaky gut syndrome.” These toxins also weaken the immune system. This can contribute to problems like food allergies, respiratory congestion, earaches, skin rashes, and the development of inflammatory bowel disorders.

The damage isn’t limited to the colon. Yeast often infects the vaginal area in women causing itching, burning and pain. It can also settle in other areas of the body, such as the mouth and throat (causing thrush in infants). Yeast infections can also occur in the fingernails and toenails, in the feet (athlete’s foot) and in the upper respiratory system (chronic sinus problems and itchy ears).

Fortunately we’ve understood the dynamics of *Candidiasis* for years, and experience has shown that it can be effectively treated, provided the person suffering from it is willing to make some basic lifestyle changes and more carefully “tend their intestinal garden.”

There are three parts to an effective program for yeast infections. The first part is using remedies which directly kill or inhibit the yeast growth. Keep in mind that you’ll never destroy all the yeast (just like you’ll never kill all the weeds). You just need to knock them down enough for the friendly organisms to reassert their dominance in the intestinal garden.

Yeast/Fungal Detox is a powerful formula for knocking down yeast overgrowth. Start slowly using 1-2 capsules per day. A person may increase the dose to as many as 5 or 6 capsules per day, but it is always best to start slowly. If the yeast die off too rapidly, it can cause a toxic reaction in the body known as a healing crisis.

Another great antifungal remedy is pau d’arco, a South American plant which has proven highly effective for many people. It is most effective when made into a tea and consumed throughout the day. The tea can also be used as a douche for vaginal yeast infections.

Other products that are anti-fungal include High Potency Garlic, Caprylimune, and Paw Paw Cell Reg. The ParaCleanse with Paw Paw will not only knock down yeast in the intestines, but other forms of parasites, too. Essential oils can also be helpful in an anti-fungal program. They are best used topically in baths or massage oils that are rubbed on the abdomen. Antifungal oils include oregano, tea tree and lavender oil.

The second part of an effective antifungal program is to stop feeding the yeast. Yeast thrive on simple sugars and refined carbohydrates. It’s a good idea to completely avoid these foods for a few weeks or so while taking the antifungal remedies. It’s also a good idea to limit fruit juices, peanuts, foods containing yeast and fermented or aged foods like cheese or tamari. However, the main dietary changes are to avoid all simple sugars.

The final part in an effective program for eliminating yeast is to reintroduce friendly bacteria into the system. *L. Reuteri* is a strain of *Lactobacillus* bacteria that is particularly aggressive at clearing out yeast overgrowth. *Bifidophilus Flora Force* is another good choice. A third product is Probiotic Eleven which contains eleven different types of *Lactobacillus* and is the best choice for restoring healthy flora over the long run.

Finally, it’s important to note that many authorities agree that six weeks of following these guidelines will usually yield clear improvements. Within that time there will usually be periods of improvement, followed by periods of seeming aggravation of symptoms which can be the result of toxins entering the system as the yeast are killed off. But even after yeast levels have been brought under control it’s important to “keep any eye on the weeds” so they don’t once again take over the garden.

For more information on dealing with yeast infections consult your local herb specialist. You can also check *The Comprehensive Guide to Nature’s Sunshine Products* by Tree of Light Publishing.

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