



Platinum Health Products

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Candidiasis (Yeast Overgrowth) Battle Plan

What is Candidiasis?

Candidiasis is an overgrowth of candida, a form of yeast normally confined to the lower bowels, genital tract, mouth, and throat. In a healthy body, candida levels are held in check by other bacteria within the body called bifidobacteria and acidophilus. Deficiencies in the immune system and poor dietary habits can degrade levels of bifidobacteria and acidophilus causing candida to spread and infect other body tissues. An overgrowth in yeast can result in a wide variety of symptoms that closely mimic other conditions, making candidiasis difficult to diagnose. Though virtually any system can be affected, the gastrointestinal, genitourinary, endocrine (hormonal), nervous, and immune systems are most vulnerable to disruption.

Causes of Candidiasis:

Candidiasis is caused by a number of factors that collectively predispose an individual to yeast overgrowth. These factors include:

- Antibiotic use
- Use of steroid hormone medication such as cortisone or corticosteroids often prescribed for rashes, eczema, or psoriasis
- Oral contraceptive use
- Food allergens
- High sugar diet
- Heavy alcohol use
- Nutrient deficiency
- Stress
- AIDS
- Use of drugs that suppress the immune system

Facts you should know:

- Due to the effects of estrogen, oral contraceptives, and a higher number of prescriptions for antibiotics, women are eight times more likely to experience candidiasis than men
- The typical candidiasis patient is a female between the ages of 15 and 50 years
- Many traditional remedies for symptoms caused by candidiasis, including antibiotics, Nystatin, cortisone or corticosteroid creams, ulcer medications (Tagamet, Zantac), and the use of non-steroidal anti-inflammatory drugs (aspirin, ibuprofen) promote the growth of candida within the body by diminishing the immune system and destroying the “good” bacteria within the body

Signs and Symptoms:

There is a wide array of candidiasis symptoms that include (but are not limited to):

General symptoms	Nervous system symptoms
Chronic fatigue or lethargy	Depression
Headache	Mood swings
Decreased libido	Irritability
Muscle aches, weakness or paralysis	Inability to concentrate
Dizziness	Poor memory
Joint swelling and pain	Erratic or spotty vision
Cravings for foods rich in sugar, carbohydrates, or yeast. e.g. sweets, breads	Immune system symptoms
Gastrointestinal system symptoms	Allergies
Thrush	Sensitivity to foods, environmental allergens, and chemicals
Bloating, gas	Low immune function – susceptibility to illness or infection
Rectal itching	Burning in the eyes
Indigestion	Chronic ear infections or ear pains
Heartburn	Deafness
Constipation, diarrhea	Symptom inflammation on damp muggy days or in wet moldy places
Irritable bowel syndrome	Respiratory symptoms
Mucus in stools	Nasal congestion or discharge
Hemorrhoids	Postnasal drip
Bad breath	Nasal itching
Genitourinary system symptoms	Sore or dry throat
Persistent vaginal itch or burning	Cough
Vaginal yeast infection	Chest pain or tightness
Frequent bladder infections	Shortness of breath
Urinary urgency or frequency	Dermatological symptoms
Burning on urination	Eczema
Endometriosis	Psoriasis
Impotence	Athlete's foot, jock itch, or ringworm
Endocrine system symptoms	Candidiasis of the skin – red itchy plaques with poorly defined borders
Premenstrual syndrome	
Cramps and/or other menstrual irregularities	

The more symptoms listed above that are present, the higher the likelihood of yeast overgrowth.

Treatment and Prevention:

1). Preventive measures

- Avoid using antibiotics, steroids, immune-suppressing drugs, and birth control pills unless they are absolutely necessary
- Limit consumption of refined and simple sugars and alcohol
- Get adequate rest and sleep to ensure good immune function

2). Diet

- Eliminate refined and simple sugars from the diet. Sugar is the chief nutrient for candida bacteria, so your diet should be low on sugar and carbohydrates. Fruit juice should be avoided. Consume no more than one serving of whole fruit per day.
- Eliminate alcohol from diet. Alcohol raises blood sugar levels and the levels of yeast in the body, and increases intestinal permeability, allowing candida easier access to the rest of the body.
- Eliminate milk and dairy products from the diet. Milk and dairy products contain high levels of lactose (milk sugar) that promote yeast overgrowth. Milk is also one of the most common food allergens and may also contain trace amounts of antibiotics.
- Eliminate food allergens
- Eliminate mold and yeast containing foods such as cheeses, dried fruits, and peanuts
- Consume a health-promoting diet rich in unprocessed, preferably organic foods, emphasizing vegetables, lean meats, and cold-water fish
- Make fresh garlic and onions a frequent addition to your diet. Garlic contains allicin, an effective antifungal agent.

3). Nutritional Supplements

- Advanced Probiotic Blend™ – friendly intestinal bacteria that compete with candida bacteria and promote gut health (*Take 2 470 mg capsules daily*)
- Coconut oil has Caprylic acid – this naturally occurring fatty acid has shown to be an effective anti-fungal agent (*Use our Organic Tropic Oil™ – substitute for cooking oils, use in place of peanut butter and mayonnaise; consume 2-3 servings daily*)
- Vir-u-Sure – assists the body's natural immune response to eliminate fungus (*Take 2 capsules twice daily*)
- Enzyme Advantage – Digestive enzyme to help eliminate undigested food particles and reduce gas and bloating. (*Take 1 – 2 capsules with meals*)
- Flaxseeds – contains linoleic acid, which has been shown to greatly inhibit the progression of less severe forms of an autoimmune disease induced by animals by immunization with myelin. (*Use our Flax Advantage™ - take a ½ cup of fresh flaxseeds ground daily*)
- Thymus extract – improves the functioning of the thymus. Thymic hormones facilitate numerous immune functions.
- Lipotropic factors – help improve liver function and fat metabolism.
- Spirulina contains Vitamin A – builds resistance to infection and increases immune response and Vitamin B – increases antibody response and is used in nearly every body activity (*Use our Organic Spirulina™ - take 5 500mg tablets daily*)

- C From Nature™ – vitamin C stimulates adrenaline secretion and is essential to immune processes (*Take 6 – 10 tablets daily*)
- Rice Bran Solubles contain tocotrienols a natural Vitamin E type nutrient – deficiencies in vitamin E are known to depress the body's immune system
- Daily Fiber Blend™ contains water-soluble fiber – promotes detoxification, regularity and fungal elimination (*Take 2 tbsp in water or mixed with any beverage*)
- Hydrochloric acid (HCL) – deficiencies in HCl may contribute to the spread of candida
- Antioxidants – antioxidant boosters, such as selenium, calcium, and zinc, are useful in fighting candidiasis

4). Herbs

- Berberine containing plants – fight candida overgrowth, normalizes intestinal flora, helps digestive problems, has antidiarrheal properties, and stimulates the immune system by increasing blood flow to the spleen. Plants containing berberine include goldenseal, barberry, Oregon grape, and goldthread.
- Allium sativum (garlic) – garlic has demonstrated more potent inhibition of candida than nystatin, gentian violet, and six other reported antifungal agents. Garlic can be taken in pill form to avoid its pungent odor.
- Silymarin – an extract from milk thistle. Silymarin helps to enhance detoxification processes. . (*Take 200 mg daily*)

Recommendations:

1. Do not use corticosteroids or oral contraceptives until condition improves.
2. Avoid consuming aged cheeses, alcohol, chocolate, dried fruits, fermented foods, all grains containing gluten (wheat, oats, rye, and barley), ham, honey, nut butters, pickles, raw mushrooms, soy sauce, sprouts, sugar in all its forms, vinegar, and all yeast products
3. Avoid chemical household products and cleanser, chlorinated water, and damp and moldy places, such as basements.
4. To prevent infection, use a new toothbrush every thirty days. This prevents against both fungus and bacterial infections of the mouth.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.