

## 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 Western 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):

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

Since a change in diet is not enough for most people, the following supplements are recommended:

### 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*)
- Cereal grasses such as **Organic Kamut** and **Organic Barley Green Juice** are alkaline-forming foods that oxygenate the blood and aid in the detoxification process. (*Take 1-4 servings per day, mix with 6-10 oz. of water or non-acidic juice*)
- **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*)

### These products may also be beneficial:

- **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**<sup>™</sup> – vitamin C stimulates adrenaline secretion and is essential to the immune system (*Take 6 – 10 tablets daily*)
- **Rice Bran Solubles** contain tocotrienols, a natural vitamin E type tocopherol – deficiencies in vitamin E are known to depress the body’s immune system
- **Daily Fiber Blend**<sup>™</sup> 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 anti-diarrhea 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*)
- Thymus extract – improves the functioning of the thymus. Thymic hormones facilitate numerous immune functions.
- Lipotropic factors – help improve liver function and fat metabolism.

#### **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. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.*

*If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on [www.phporder.com](http://www.phporder.com) (under Education section) titled “How to Talk to your Healthcare Provider”.*

**PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!**