

How To Treat Candida

Candida is naturally occurring yeast found in the body and its overgrowth has been found to be a frequent complication or even a causative factor in many of today's illnesses. Treatment is available and isn't as complicated as you may think. Yeast is normally found in the mouth, throat, intestines and genitourinary tract. When friendly bacteria and a properly functioning immune system are not present, balance of the system may be lost and Candida overgrowth may occur. Someone with an overgrowth of yeast can experience any number of unpleasant symptoms such as a yeast infection, fatigue, rash, depression and anxiety. The symptoms of Candida overgrowth are frequently treated with anti-fungal remedies. Even with these remedies, however, if your diet is not changed to create an environment within the body to prohibit the overgrowth of Candida, relief is sure to be temporary, and problem symptoms will return. Once you have established that you have a yeast infection there are a variety of dietary changes that you can make to improve your health. Refined sugar should be eliminated from your diet entirely as it encourages the growth of yeast. Don't eat fruit - or drink fruit juices - as they contain natural sugars that promote the growth of yeast. Don't drink beer, wine or liquor as the alcohol also provides sugar, and many of these products are fermented with yeast. Bagels, muffins, pastries, breads and crackers should also be eliminated from the diet as they contain yeast and sugar. Anything with vinegar - which is made with yeast culture - should be avoided as well. Mushrooms should be avoided as should peanuts and peanut butter, cheeses, and meats that are dried, smoked or pickled. Beverages that should be avoided are fermented drinks such as root beer and cider, black tea, and coffee, including decaffeinated. Both herbal remedies and prescribed medications can be helpful in treating a yeast infection. Increasing your intake of raw garlic and soluble fiber will help your body to fight the yeast infection. A supplemental dose of acidophilus will help to make your intestinal track more acidic which helps to kill off the Candida. Other recommended supplements include volatile oils, such as peppermint oil or oregano oil in capsule form as the straight liquid may be toxic, tea tree oil and olive leaf extract. Check with your herbalist as to dose, mode of use and formulations. For antifungal remedies not available over the counter check with your doctor about side effects, costs and availability. Early in the treatment many people notice a worsening of their symptoms. When the Candida is killed it releases proteins and toxins. This process is known as die-off and is temporary. With strict adherence to the diet, and treatment regime the patient will usually begin to notice improvements in two to four weeks. Keeping your immune system, "friendly" bacteria, and Candida in proper balance is possible with a combination of proactive changes; by altering your current diet, and with the responsible use of medicinal or herbal treatments you can maintain a healthy body.

About the Author

Calorie counter diet and weight loss program software calculates nutrition and coaches you to desired weight as you log foods and exercise.

Source: <http://productsherbal.com>