

CANDIDA CONTROL

Colostrum is the first milk a mammal provides to its newborn, and it is full of proteins that support immune function and promote growth of beneficial bacteria. Animals are born with a sterile (bacteria-free) digestive system, and they have to develop a healthy bacteria balance in the first few weeks of life. Breastfed babies have a different flora in the digestive system to those



that are formula fed, and are significantly less likely to develop diarrhoea and other digestive system problems. It is thought that colostrum is the main reason for this difference.

Arabinogalactans are a type of fibre which acts as a fuel for the beneficial bacteria. Taking arabinogalactans allows the probiotics to grow and inhibit Candida and other pathogens much more effectively. They are easy to take mixed in water and have a pleasant taste.

- **Manage the Symptoms**

Many of the natural medicines mentioned here are quite rapid acting, but even so they can take a week or two to give complete results. To assist in the management of the symptoms of Candida overgrowth, your Practitioner may recommend a course of Homoeopathic drops that have been designed specifically to be used for Candida. These can gently reduce the symptoms, while the other dietary changes and natural medicines take full effect.

- **Speak to your Practitioner**

If you feel that any of the symptoms described in this brochure are similar to how you are feeling, then you should discuss this with your Practitioner so that they can identify if Candida is the cause of your symptoms. Together you can work on a strategy to eradicate the Candida, reduce the symptoms and get your health back on track.

References available upon request.



For more information ask your Practitioner about controlling Candida.

RECOMMENDATIONS AND TREATMENTS FOR CANDIDA

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CANDIDA

Candida albicans is a common yeast that grows in everyone's digestive system without harm. Sometimes however the yeast can overgrow and then create an imbalance in the digestive system and more wide ranging health effects.

Common Causes of Candida Overgrowth include:

- Medications such as antibiotics, corticosteroids and oral contraceptive pill.
- A diet high in sugar and refined carbohydrates (white bread etc.).
- High stress, leading to poor digestion.

Symptoms Associated with Candida Overgrowth include:

- thrush
- decreased libido
- chronic fatigue
- bloating
- gas
- intestinal cramping
- rectal itching
- altered bowel function
- low energy
- low immune function
- bladder infections
- menstrual complaints
- depression
- irritability
- poor concentration
- allergies
- chemical sensitivities
- skin disorders

- Avoid all simple sugars, including sweets, honey, fruit juice and sugar in processed foods
- Avoid all refined cereals including white bread, white rice and pasta. Limit wholegrain cereals to one to two serves per day.
- Emphasize fresh vegetables and lean protein foods such as fish, organic chicken and eggs, lamb and tofu.
- Limit alcohol and other fermented foods (pickles, bread, vinegar). Some people react to these and need to avoid them altogether.
- Your Practitioner may have other dietary suggestions for you as well.

NATURAL MEDICINES

• Remove Yeast Overgrowth

There are a number of natural medicines that have been proven to have a powerful antifungal effect, and are recommended for treatment of Candida. **Pau D'Arco** is a South American herb which contains natural antifungal agents called naphthoquinones that will kill off the Candida yeast. **Gamma Oryzanol** (from rice bran oil) has been shown to be both antifungal and also soothing to inflamed membranes. Other herbal medicines with a powerful antifungal activity include **Black Walnut, Chinese Wormwood, Barberry** and **Oregano**. Your Practitioner may prescribe these to you in convenient, tablet form.

These beneficial bacteria (also known as probiotics) produce natural antifungal chemicals which inhibit the growth of the yeast. They also make the environment of the vagina and digestive system a little more acidic, which the Candida doesn't like. Finally, they compete for space and nutrients, making it harder for the Candida to grow and take over. They really are an ideal treatment, as they are safe, natural, effective and long lasting - once you have established a colony you should be protected unless you encounter one of the causes listed above (such as antibiotics) again.

• Make sure you get the Right Probiotics

Not all probiotics are created equal, and the ones that are present in yoghurt are often not as effective as 'medical strength' strains. One of the best 'medical strength' probiotics is the *L. acidophilus* NCFM strain. This strain has been shown to inhibit a wide range of bad bugs, to survive passage through your digestive system, and to be able to establish a colony on the digestive system wall. Many other strains of *L. acidophilus* do not survive the harsh acids in your stomach, or are unable to adhere to the wall of your digestive tract, and pass straight through. They are therefore of little long-term benefit, and need to be consumed every day.



DIET

A healthy diet and good digestion is essential to management of Candida. Candida ferments foods that remain in the digestive system, so consuming a highly fermentable fuel like simple carbohydrates will encourage its growth. Candida will also ferment undigested food, so if your digestive system is weak, it will make more fuel available for it to grow.

• Replace the Candida with 'Good Bacteria'

One of the main reasons that antibiotic therapy can lead to a Candida overgrowth is that the antibiotics kill the beneficial bacteria that normally live in the digestive system and vagina. Because yeast are unaffected by antibiotics, they then can grow and take over the 'vacant real estate'. There are many good bacteria, but the two dominant species are *Lactobacillus acidophilus* and *Bifidobacteria bifidus*. If they are present in the digestive system in sufficient quantities, they will prevent Candida from overgrowing.

• Support the growth of Probiotics

Just like your garden, to get the best results from your probiotics they need the right food. Partly this involves the dietary changes mentioned above, but there are also some specific 'growth enhancers' that can be used.