

Candida (Yeast Infection)

Yeast infections have become quiet common in our modern lifestyle with the abundance of antibiotics, pollution, stress, HRT and the pill being the main reasons for the bad bacteria in our gut to become more apparent than they should.

Many symptoms of Candida range from itchy dry skin, dry mouth, coating on the tongue, athletes foot, nail infections, thrush, acid reflux, wind, bloating, insomnia, food allergies & spots.

There are several ways to reduce this bad bacteria, and to bring back a balance into your gut. Firstly with diet, avoid the foods that Candida thrives on which come onto three groups. One, yeast, which includes bread, wine & beer. Two, sugar and that includes fructose, the sugar found in fruit.

Three, fungus, so avoid mushrooms.

Other things that can also help speed up the process of elimination are two products.

Acidophilus

(The good Bacteria)

Vitalyze

(Kills off candida)

This is specially formulated to kill Candida in the gut.

Finish the course of both these products along with the diet then get a follow up test to see your results.

Diet for reducing candida

Food to avoid

All Sugar including
Treacle, Golden Syrup, Honey
Hydrogenated margarines and spreads
Milk, cheese, cream
Sweets and chocolate
Tea, Coffee, fizzy drinks, alcohol, fruit juice,
Tinned & Processed foods
Smoked meat & fish, fresh fruit
White rice & white pasta
Hot spices, vinegar
Breakfast cereal **with the exception of**
cornflakes, porridge, rice krispies, oat bran.

Alternatives

Extra virgin olive oil. Sunflower oil
Soya, rice, almond milk
Green tea, rooibos or herb tea
Fresh or frozen vegetables
Meat, poultry, game, fish, eggs
Brown rice, wholemeal pasta
Mild spices
Seeds & nuts
Ryvita
Olivio spread

The dietary approach is designed to starve the Candida yeast of the foods and drinks that they thrive on, yeast, sugars and fungus.

Mushrooms on toast with a pint of beer are not the best things to eat if you want to tackle this problem.

Follow the diet rigidly for 3 weeks, this along with the Vitalyze to kill off the bad bacteria and the Acidophilus to top up the good and you will see results very quickly.

Wait until you have the right foods to support this change of eating. If you are well organised and prepared you will succeed.

Once you have reduced or eliminated Candida from your gut, slowly re-introduce the foods that you have been avoiding into your diet. You may get a slight reaction when you first start, this is normal. As time goes on you should have little or no symptoms when eating a good diet. Every 3-4 month run a course of Acidophilus to keep the balance of good bacteria in the gut, and reduce the amount of Candida loving foods that you eat.

Further information available.

The candida cookbook Erica White

Allergies and candida Steve Rochlitz

Candida Directory Gustafson & O'Shea

The yeast connection William Crook