

## Candida

Millions of women experience vaginal infections – known as Candida or Yeast Infections. These infections can be very difficult to get rid of the Candida albicans as they are a very-stubborn fungi that are extremely difficult to remove but with the proper diet and herbs people have successfully gotten rid of candida.

But what are the causes and symptoms of Candida Infection? It is the common reason of vaginal itching, burning and discharge, allergies and a weakened immune system. Antibiotic use is one of the reasons for yeast overgrowth. Pregnancy, sperm, menstruation, birth control pills also contributes to the infection.

Candida feeds and lives off of the sugars in the body. The candida also makes the body crave even more of the sugars so they can thrive. Candida should only be in the bowel and shouldn't be in your entire system and it's when they are living in your entire system that they become a problem because they dominate the good bacteria and sort of take over. The candida destroys the friendly flora (probiotics) in the intestinal tract which is why it's good to take a probiotic such as Probiotic Eleven, Acidophilus or Bifidophilus. Everyone has yeast in their colon but when the yeast goes out of control is when it becomes a problem.

To try to eliminate the candida they have to be literally starved of the two things that they live on which is sugar or anything that turns to sugar, and mold or anything containing mold or fungus such as cheese. You can also do a para-cleanse by Nature's Sunshine and it's best to do this so that mid-way thru the cleanse it is during a full-moon because the parasites are most active at the full moon and the cleanse will eliminate a larger amount of candida at this time. It's best if you take 10 days off of the 1st cleanse and then do a second cleanse so that the eggs are eliminated as well. To eliminate the candida the following foods must be avoided: sugar, mushrooms, cheese, vinegar, mayonnaise, mustard, white bread & flour, potatoes, carrots, rice, wheat and grains except oatmeal and not the instant oatmeal. Alcohol because of it's high sugar content, peanuts, cashews, pistachios and brazil nuts because these nuts can carry a high mold content.

## **Recommended herbs to try:**

Para-Cleanse

Yeast Fungal

Candida

Caprylic Acid Combination

Pau D'Arco

Probiotics

For more information on a candida specific diet please email me at [Loree@herbs4us.com](mailto:Loree@herbs4us.com).

## References:

Patricia Adams, CH, NHC, CNH- Healthylifestyle

Comprehensive Guide to Nature's Sunshine Products

Dr. Mercola