



The Natural Health and Fertility Centre

www.naturalhealthfertility.com

What is Candida?

Candida albicans is a fungal pathogen that is normally present in our gastro-intestinal tract, mouth and vagina. It is what we describe as an opportunistic pathogen meaning that when provided the right environment it will grow and proliferate to a level that causes ill effects to our health. Increased level of Candida in the gastro intestinal tract has been associated with a variety of conditions ranging from mental health disorders, deranged immune function, food intolerance, gastric upsets, PMS, infertility, ovarian failure, sexual function difficulties and fatigue.

What can aggravate Candida to grow to unhealthy levels?

- Over consumption of sugar and refined carbohydrates
- Antibiotic use
- The pill
- Use of corticosteroids and other prescription drugs
- Compromised immune system
- Living in a damp, mouldy environment
- Stress
- Smoking
- Alcohol
- Chemical preservatives in foods
- Recreational drugs
- Prolonged illness

Signs and symptoms of Candida overgrowth

- Fatigue
- Food Cravings (especially for sweets, fermented foods, alcoholic and carbonated beverages)
- Bloating
- Mood Swings
- Headaches
- Depression
- Thrush
- Foggy head/difficulty concentrating
- Excessive wind/gas
- Vaginal and/or rectal itching
- White coating on tongue
- Change in bowel habits
- Bad Breath
- PMS
- Muscle Aches
- Abdominal Discomfort
- Food and Environmental Sensitivities or allergies



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If you experience 3 or more of the above symptoms it is possible that you may have an overgrowth of Candida. Naturopathic and Nutritional support are often the best treatments to follow in order to get the best long term results.

Nutritional (Dietary)

From a nutritional perspective it is important to understand the viscous cycle of Candida and sugar in the diet. As the Candida grows it requires more sugar, this causes you to have sugar cravings that are incredibly hard to resist. You eat the sugar, the Candida grows and the cycle begins again. It is absolutely imperative to stop this cycle. The most important thing to do is remove sugar and refined carbohydrates from your diet. This helps to break the cycle along with appropriate herbal and nutritional support to help kill off the Candida overgrowth. Diet and/or herbal support only are generally not as effective as combining the two which provides the best long term results

Dietary Do's and Don'ts

Don'ts: Completely remove all forms of sugar from the diet

- sugar in coffee
- all boxed cereals
- cakes, biscuits, pastries and all other baked goods
- chocolate
- lollies
- soft drinks
- yoghurt (very few don't contain sugar)
- fruit juice
- canned fruits and vegetables
- dried fruits
- ice cream
- sugar in pre packaged food
- condiments (tomato and BBQ sauce etc)
- artificial sweeteners
- alcohol
- breads made with yeast
- processed and smoked meats
- dairy

Do's:

- replace refined carbohydrates with brown rice, wholemeal bread and wholemeal pasta
- Increase your consumption of garlic
- Eat plenty of vegetables

Please note in some circumstances further dietary modifications are required.



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Nutritional (Supplemental)

Probiotics - are a supplement full of our beneficial bacteria that are present in our gut. A probiotic supplement will provide billions of bacteria to our bowel, this is a much higher amount than we would ever get from eating yoghurt. The bacteria present in yoghurt help to maintain good health but are not present in high enough numbers to deal with a Candida overgrowth. These beneficial bacteria can help displace the Candida in the bowel as well as playing an important role in our immune system to help fight the Candida overgrowth.

Slippery Elm - is a fantastic fibre that helps to coat the lining of the gastrointestinal tract, which reduces inflammation of the gut wall. It also acts as a prebiotic which is a food source for the 'good' bacteria that reside in the bowel. By feeding our 'good' bacteria we help to reduce the Candida in the bowel.

Herbal Medicine

It is recommended you see a qualified Naturopath to devise a herbal treatment program that is specific to your health needs. There are a variety of incredibly useful herbs that help to reduce the Candida population in the bowel and to improve overall gastrointestinal health. A very basic herbal treatment would involve using antifungal herbs (Pau D'Arco, Goldenseal) to help kill the Candida and immune stimulating herbs (Echinacea, Andrographis) to help your own immune system reduce the Candida population.

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For more about Laura, please see her page: www.naturalhealthfertility.com/Laura.html