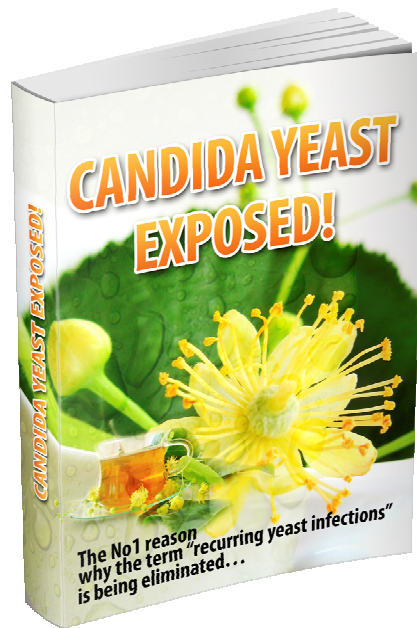


# CANDIDA YEAST EXPOSED!



By Martha G. Brown

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## Introduction



Today, many women suffer from “vaginitis”. This term applies to any type of inflammation or infection found in the vagina. There are various other conditions that fall under this category, which includes bacterial vaginosis, trichomoniasis and non-infectious vaginitis.

The most common one, however, for most women is vaginitis, which is caused by a yeast infection. Yeast infection is the most common form of vaginitis and so we are going to investigate it more and analyze it in this book.

In this book, you will discover:

- **Exactly what yeast infection really is;**
- **Why it happens mostly to women, but is also present in men**
- **Why it is so often difficult to stop it from recurring – this is something that you absolutely have to know;**
- **The things that you can do to prevent the condition from occurring in the first place; and**
- **How to treat the condition when it does happen**

This book is not written to replace or resemble a medical-textbook.

On the contrary, it is intended to be a clear-cut, no-nonsense guide to yeast infection. It will be the most practical hands-on guide to what you can do and what you should not do if you contract this kind of infection.

It is estimated that three out of every four women will suffer vaginitis caused by a yeast infection. The chances of this happening are very high and so every woman needs to be equipped with this information to know exactly how to handle this condition.

It is also covering general yeast infection issues that affect men and babies, such as skin rash, penile and oral yeast infections.

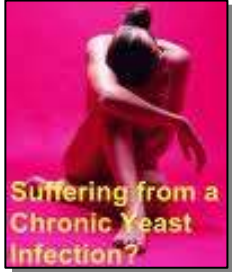
By reading this book and learning what causes the condition and what you can do to prevent it, you can reduce or perhaps even remove the chances of a yeast infection becoming an embarrassing, itchy or even painful part of you life.

It is better to prevent any medical condition than having to find a cure for it after it has already set in. The information that you will pick up from reading this book is absolutely essential for every yeast infection sufferer, despite their age or where they are from.

“To successfully fight your enemies, you first have to understand them... “

## Must-Know Facts

### What is yeast?



Yeast is a fungus, so it is a close cousin of mushrooms, toadstools, truffles and puffballs. According to current scientific research, over 100,000 different types of fungus have already been identified, but some estimates suggest that as many as 1.5 million different strains of fungi could exist.

Fungi are not plants, because they lack the chlorophyll that is a primary characteristic of plants. Another factor that distinguishes fungi from plants is their inability to make their own food.

They inhabit climates that range anywhere from cool to tropical, and can be found even in the air that we breathe every day. Fungi will most commonly be found in moist environments, so that they thrive in leftover foods and fruit materials, damp, windfall leaves, soil, manure, brackish water and any other similar environment where nourishment is readily available.

Many fungi are 'good' as far as man is concerned. For example, in addition to mushrooms and truffles, without fungus we would have no bread or beer, because it is the yeast that is added to the bread or beer making process that turns it into what it eventually becomes. Without fungus, the world would be one enormous landfill site, because it is fungus that breaks down trash and thereby returns it to the constituent parts that are eventually returned to the soil. So, fungi have many characteristics for which we should be grateful.

That is not however always true...

## The extent of fungus



While this may sound unpleasant to you, it is a fact that almost from the moment all of us were born we all are living in a primordial soup of micro-organisms such as bacteria, fungi and yeast. These microbes live on your skin, in your mouth, nose and digestive tract so that every part of you both externally and internally is filled with microbes.

It is estimated that among these micro-organisms that live on and in you throughout your life, there are several hundred different types of yeasts. Fortunately, only a very small handful of these yeast cultures are potentially harmful, with the primary cause of yeast infections being one particular strain known as *Candida Albicans*.

This is yeast that lives in the mouth, throat, nose, intestines and all over the skin of most normal human being. It is also considered to be a normal part of the internal lining of the bowel, and in its normal state actually helps to ensure that regular, normal bowel movements are maintained.

*Candida Albicans* first attaches itself to newborn babies either during or very shortly after birth, but it remains essentially harmless even to a baby as long as that baby has an immune system that is strong enough to keep the growth of the yeast culture in check. By the age of six months, around 90% of babies will test positive for the presence of *Candida Albicans*. This is the reason why babies whose immune systems are somehow weakened are often prone to oral thrush in the first few months of their lives.

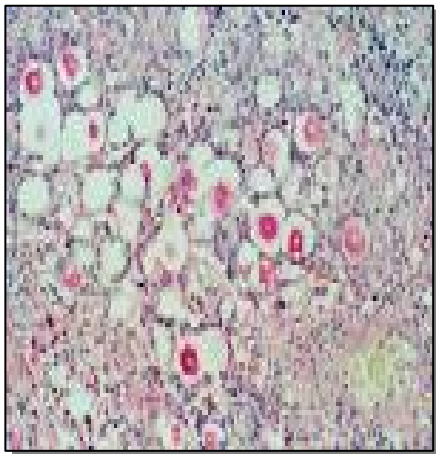


By the time we are adults, almost every person plays host to Candida Albicans. However, for the vast majority of the time, this is not going to cause any kind of problem at all, any more than any other of the millions of microbes on your body will do. This is because for most of the time, there is a balance between all of these different strains of microbes, and as long as this balance is maintained, you will remain healthy and infection free.

For example, there are other bacteria on your skin that fight against Candida Albicans for the same food sources, and consequently this keeps the Candida cell growth in check. It is only when this balance is interrupted that the conditions will continue and cause a yeast infection to set in.

## Yeast Infection Occurrence – A general overview

Yeast infections that occur as a result of Candida Albicans are generally referred to by the group name, 'Candidiasis,' and can take many different forms. However, the etymology of how such an infection develops is always closely similar, irrespective of the particular part of the body that is under attack. As a general rule, Candida Albicans is yeast which exists in a single cell form. In this form, it remains essentially harmless.



However, all fungi are on a constant watch for sources of nutrition, and once such a nutritional source is located, many millions of these single cell Candida yeast organisms will gravitate towards that source of nutrition. When they do so, they become a mold, and it is at this point where the risk of a yeast infection has begun to develop.

In order to absorb nutrition, fungi have the same ability as animals to secrete hydrolytic enzymes as a way of turning previously indigestible solid matter into food that the fungi can feed on. Consequently, when any individual Candida yeast cell identifies a suitable source of food, the whole colony of Candida cells – millions of them – begins to mobilize so that every individual cell can absorb the maximum amount of nutrition from that food source.

So, what does all this tell you about yeast infections in general, and vaginitis in particular?

What it should indicate is that Candida Albicans can only attack and infect your body when conditions are suitable for it to do so. For example, there are millions of Candida cells on your skin, every one of which is looking for a suitable source of nutrition. However, as long as your skin is clean, dry and unbroken, no such opportunity is going to occur for the yeast culture to start feeding from you. As a result, you will remain free of infection.

If conditions are not so good, then there are a myriad of different situations where the Candida cells can begin to attack. For example, if your skin is cut or has some kind of abrasion or lesion, then that provides a 'window of opportunity' for the Candida Albicans cells to cluster together into mold culture, and begin to infect your body.

### **Your natural defenses**

As indicated, your body has natural defense mechanisms that will, under normal circumstances, protect you against any form of Candidiasis infection. In order for yeast to successfully invade and infect your body, there has to be a 'doorway' or 'gateway' through which they can enter.

A simple example of exactly such a 'gateway' would be a cut or abrasion on your skin as we alluded to before. However, millions of people all over the world suffer skin cuts and abrasions every day – children, for example, fall over and hurt their knees a lot – and yet the majority of them do not suffer yeast infections, or indeed any kind of infection at all. This immediately indicates that the 'doorway' argument of itself is not sufficient to explain yeast infections.



The second consideration is that your skin is covered with many millions of microbes and bacteria, and not all of them are *Candida Albicans* cells. In fact, many of the bacteria on your skin are in direct conflict with *Candida* for every source of nutrition, and these so-called 'good' bacteria are more often than not stronger than the yeast cells.

In these circumstances, although there is a doorway to a new source of nutrition, it is these 'good' (non-infectious) bacteria cells that appropriate this particular source of food for themselves and, consequently, results in causing no infection.

Your body also produces antibodies, and while these antibodies are not capable of attacking the *Candida* cells, they do provide assistance to the 'good' bacteria on your skin that helps them to do so.

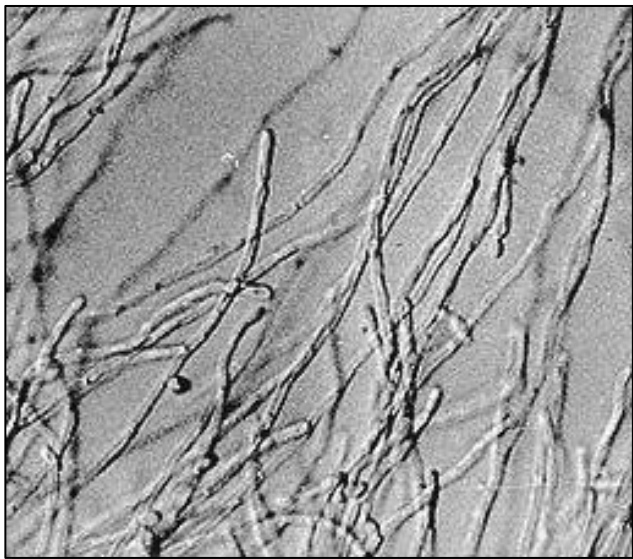
Finally, if your body's immune system is in tiptop condition, then that single fact significantly reduces the chances of a yeast infection taking a hold. This is an extremely important point to remember, because any immune system weakness is generally considered to be a very significant factor in deciding why some people are more prone to yeast infections than others.

However, as you can see, your body has several different ways of defending itself against all forms of infection including *Candidiasis*, and this is why in the vast majority of situations, infection is unlikely to set in.

## How does yeast mold get its nutrition?

While it is a single yeast cell, *Candida Albicans* is going to cause no problems whatsoever, but as soon as a suitable source of nutrition is found, then millions of such cells will cluster together in order to absorb as much nutrition from that food source as possible.

Fungi do not have stomachs in the way that animals do. In contrast, all fungi live within their food and absorb the nutrition from it using what are known as hyphae (hypha in the singular).



Simply described, these are branch or root-like extensions that allows the fungus to sink into the food source in order to be able to absorb as much nutrition from it as possible. This is a common characteristic of all fungi, which is why when you pick a mushroom or find a truffle, you might notice that it has root-like extensions of something looking like cobweb that is sunk deep into the source of nutrition on which it is living.

If you are unfamiliar with this concept, you can see an example of these edible puffballs that have sunk hyphae into the trunk of a decaying tree. The bad news is that this is exactly what happens when you have yeast infection anywhere on your body!

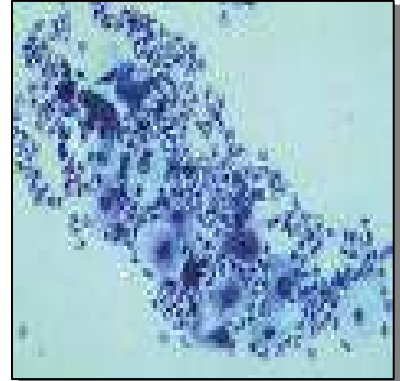
The yeast mold burrows hyphae down into your skin in between your skin cells and then proceeds to apply the hydrolytic enzymes which it needs to secrete to turn your skin matter and the serum in your blood into a substance which will nourish the yeast mold cells so that they can thrive and proliferate. These hyphae will burrow as deep as they can in order to absorb as much nutrition as they are able to find, and will continue to do so for as long as they are allowed to continue with their invasive behavior.

I am certain that having some foreign organism burrowing down underneath your skin is an unpleasant one, but the critical thing to understand from this is that yeast infection does not take place only on the surface of your skin.

No matter what kind of yeast infection you have contracted, and without any reference to the part of your body that is infected, the same thing always applies. Under any patch of infected skin, there are yeast cells burrowing away, and it is your job to prevent them doing so as quickly and as effectively as you can.

## Your Existing Yeast Infection

As a general rule, yeast infections tend to occur in areas of the body where general conditions are most favorable for yeast and mold to develop. As we have already seen, fungus 'prefers' moist conditions in which to develop and grow, so it is those parts of the body where moisture is commonly found that are most likely to be susceptible to yeast infection attacks.



Consequently, it is the following parts of the body that are most susceptible to a yeast infection outbreak:

- Mouth and/or throat;
- Genital area;
- Armpits;
- Anal area;
- Nasal cavity;
- Around the finger and toenails;
- Navel;
- Area between the toes

Additionally, the digestive tract is also full of Candida Albicans cells making it possible to suffer an internal yeast infection. However, because this only tends to happen in people whose immune systems are already seriously weakened by other medical conditions such as HIV or the adverse effects of chemotherapy. In those cases, having such an infection will prove to be fatal in 75% of those who are infected.

There are people in certain occupations that are more likely to suffer specific types of yeast infection because of the day-to-day requirements of their job. For example, it is common for those who work in the kitchen areas of restaurants to suffer yeast infections around the hands and nails far more than other people, because these individuals are likely to have their hands in water for a considerable part of every working day.

People in certain age groups become more susceptible to specific types of yeast infections. For example, most babies will, at some point, suffer from diaper rash, which is yet another form of yeast infection brought on by warm, moist conditions where bacteria (from bodily waste products) are far more recurring than normal.

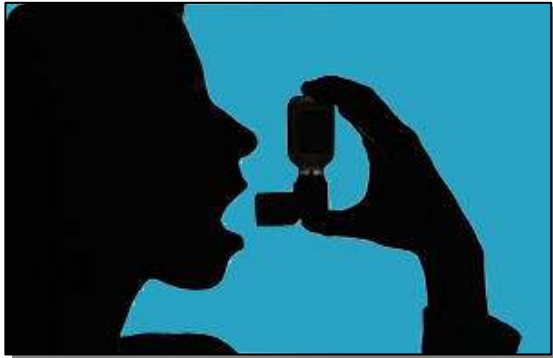
### **Is there a Connection between Asthma and Thrush ?**

Whatever most of us think about yeast infections, we typically consider vaginal yeast infections that many women get on a regular basis.

Although this is a common area where yeast tends to grow, it may happen in any number of areas in our body, including on the skin and in the mouth. Thrush is a common type of yeast infection which occurs inside of the oral cavity but what is it that causes us to have a problem in this area when other people don't?

It might actually be because you are also suffering from another problem, asthma.





One of the main reasons why people get thrush is because they do have asthma and they use an oral inhaler on a regular basis. These inhalers contain a lot of different chemicals, including steroids and whenever they are taken regularly, they promote the overgrowth of yeast. This yeast is typically present in our mouth and in other areas of our body but it is usually kept under control by healthy bacteria that also exists there. Because of the steroids that are in the inhaler, the healthy bacteria are reduced and we typically get an overgrowth of yeast which is difficult to control.

Unfortunately, those of us that use inhalers regularly may not have an option of not using them as a result of our asthma. We may be able to reduce the amount that we are using them, however, by avoiding things that typically cause us to use them in the first place.

There is also something else that you may be able to do that can reduce your asthma to almost nothing within a week. This same cure has also how many people to overcome yeast infections in various areas of their body.

Believe it or not, it is as simple as drinking water regularly. Many of us are dehydrated and because of the dehydration that we have been experiencing, perhaps for years, our body is sending us signals to do something about it. These signals include asthma, yeast infections and a number of other maladies that we may be experiencing. By simply increasing our water intake and drinking eight to 10 glasses of water every day, we may be able to help

ourselves immensely with these problems. Give it a try and see if your condition doesn't improve within a week's time.

### **Is the Pill to Blame for Your Yeast Infection?**

The pill has really helped us in a number of different ways and for some of us, it gives us a freedom that we did not have before. Unfortunately, it is still a pharmaceutical method of controlling something that is natural within our bodies. It may also be to blame for a lot of problems in our bodies, including yeast infections. Here is a little bit about how birth control can affect your body and whether it is to blame for the yeast infections that you have been experiencing. You might find this to be rather eye-opening.



Although the pill does make it convenient for us to live our lives as we like, it may actually be causing a problem because of reducing our immunity to a certain extent.

Did you know that antibiotics, when they are taken for an extended period of time typically leave an individual unable to fight off a yeast infection? The reason why that is the case is because antibiotics are rather non-discriminate whenever they are destroying bacteria in our body. Along with the bad bacteria that are causing problems for us, they will destroy the good bacteria that fight off harmful invaders to our body, such as yeast. The birth control pill does something similar.

Although the pill does not kill bacteria in our body, it may reduce it to a certain extent and lower our ability to fight off everything from colds to yeast spores. That is why many people who start taking the pill immediately start getting yeast infections as a result.

Because the pill serves such a useful purpose for many of us, it is almost something that we tend to put up with, even though it would be nice not to have it at all.

If you must take the pill and you are suffering from yeast infections as a result, you should try to cure the problem naturally instead of running out to the drug store and buying a cream.

Simply keeping your bodies in the best shape possible, eating the right foods and getting exercise on a daily basis is going to help you in this area. You should also be eating yogurt every day as it helps to promote the growth of healthy bacteria in our bodies. Apple cider vinegar will do the same thing and a clove of garlic on a daily basis helps as well.

All of these things add up to improving your overall health and helping you to avoid yeast infections, but we will get to more of that later on.

### **Yeast Infection Test**

A yeast infection test is the best way to confirm whether or not you have this disease. In fact, there are many types of these you can take but the first step is to first see a doctor.

Once you are in the clinic, the doctor will ask you some questions. These include what symptoms are you feeling, for how long have you experienced it and what medications are you currently taking. You have to be honest about everything especially if this has happened before. If this is the first time, and you have had previous infection history, then there is a good chance it will happen again.

But perhaps the most basic test will be for the doctor to take a sample and then wait for the results to come out. There are two kinds.

The first is called the vaginal culture which is usually taken during a wet mount test. If you happen to have more than the usual amount of yeast down there then you have yeast infection. The doctor may also do a blood test because yeast infections are sometimes caused by diabetes or another health related problem.

Some doctors also conduct a pelvic examination because an inflammation of the skin of the vulva which is within the vagina and on the cervix. What the doctor is looking for here is if it is dry or if there are white plaques on the vaginal wall.

If the tests have confirmed that you have yeast infection, it is time for the doctor to figure out the type of treatment to be administered.

So what happens then?

If this has happened for the first time, your doctor can prescribe something to make it go away after 7 days. If however this has happened again, you can try to use tablets, creams or suppositories depending on the recommendation of your physician.

Studies show that having yeast infection makes you more susceptible to contracting HIV as vaginal irritation may allow the easier package of this fatal virus into the bloodstream. Although this does not happen often, women who experience it and are resistant to treatment should already be checked for other causes because the doctor has already ruled out the overuse of antibiotics which happens to be one of the causes of this disease.

The entire time that you are being treated for yeast infection, make sure that you do not engage in any sexual contact because you could also infect your sexual partner with this problem. You can still spread the disease even if your partner is wearing a condom and you applied cream already because the oil based creams damage it as this is only made from latex.

The yeast infection test is the best way for doctors to tell if you have this problem or not even if you already show these symptoms. You might think that this is unnecessary and a waste of time but your doctors has to follow certain procedures so they will be able to recommend some kind of a treatment for your condition.

But, there is an efficient alternative to all the medical treatments that have failed so many times.

Now, I just want to make one thing sure:

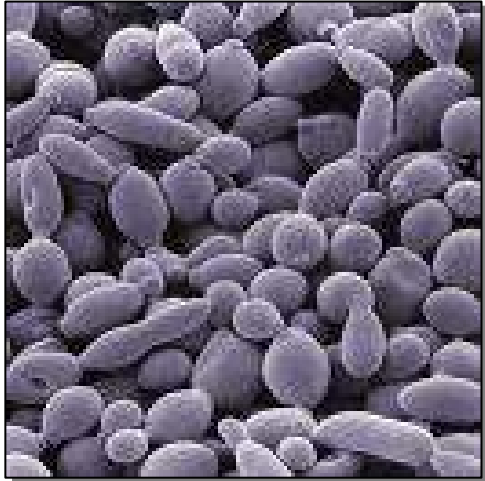
I am not discouraging you from seeking professional medical help.

If you think you should get it – then get it!

I will show you a way how you can naturally treat and cure your yeast infection without the help of medications and chemicals, and these methods have helped so many people with different severity infection stages all around the world.

I strongly believe this will help you too. However, you have to make sure to follow the rules, otherwise it just might not be that efficient.

## Initial Summary



We have established that almost from the moment you were born, your skin and the inside of your digestive tract is home to millions of microorganisms and amongst them are the Candida Albicans yeast cells that are responsible for causing yeast infections.

You already know that these yeast cells are completely harmless 99.9% of the time, and it is only when specific bodily conditions favor it that these cells will proliferate and cause an infection.

It has been highlighted that, because there are certain conditions which favor the growth of fungi, it is those areas of your body where these conditions are most likely to exist that are most prone to yeast infection attack.

Yeast infections are infections confined specifically to the skin or mucous-like membrane, caused in human beings by a genus of fungi called Candida. It appears in laboratory-cultured agar plates as large, round colonies colored white, cream or whitish-gray.

One of its most famous (or rather infamous) species is Candida Albicans, though it must be noted that Candida Albicans is not the only species that causes yeast infections in human beings.

Candida Albicans lives peacefully with other flora in the human body, its growth kept in check by a certain bacteria. It makes its home inside the dark, warm, wet areas of the body. This is why yeast infections are found in areas

such as the ears, the mouth, the blood, the gastrointestinal or “gut” area – and yes, the area “down there.” However, it also likes human skin, particularly warm, wet sections which like skin folds and armpits.

Candidiasis is also called “yeast infection” is because Candida Albicans’ normal form is that of single oval yeast cells. When in yeast form, it duplicates itself through budding. This means the cells create genetic clones of themselves through bulbs that “grow” out of them. These bulbs stay attached to the parent cells for a while before letting go.

So what actually causes yeast infection?

First, the human body’s temperature must be at a specific level and the pH levels must be balanced, two of the conditions necessary for Candida Albicans and its partner bacteria to grow without disturbing other flora. But when the temperature and pH levels change, these bacteria die. This leaves the Candida Albicans cells free to change into fungi and to replicate with no control.

Candida Albicans fungi mark their territories during this population boom by causing any of these sensations: burning, itching, soreness, or tingling. Sometimes, two of these sensations can be felt at once. It’s a bad idea to scratch the irritated areas, since this act would only compound the overgrowth of the fungi.

Other signs include fatigue, drowsiness, muscle aches, pain or swelling in the joints, dizziness, fluid retention, tissue swelling, loss of balance, lack of

coordination, lack of concentration, poor memory, mood swings, depression, anxiety, irritability, and cravings for sugars, carbohydrates and alcohol.

But these are also common symptoms for other sicknesses, so they must be taken into consideration along with more reliable indicators.

The overgrowth also causes specific side-effects in afflicted areas. To name a few, yeast infections create white-or cream-colored patches inside the mouth, reaching as far as the soft palate. They cause digestion problems and make even bowel movement difficult. Afflicted penises have patchy sores near the head or on the foreskin.

Yeast infections can cause serious, sometimes even fatal, diseases.

This is particularly true for sufferers with weakened or underdeveloped immune systems, diabetes, the human immunodeficiency virus (HIV) and the acquired immunodeficiency syndrome (AIDS). However, sufferers can be permanently cured through immediate and proper diagnosis and medication.

With all of these basic 'yeast infection 101' facts established, it is now time to start looking at the specifics of what is probably the most common form of yeast infection known as vaginitis.



## What is vaginitis?

### General overview



The term vaginitis relates to several different medical conditions; the common factor being that all of these conditions cause inflammation of the vagina and vulva. However, for most women, the very word vaginitis equates to 'yeast infection', which is the reason that this is the way you will find this word used throughout this book.

As will probably be evident by now, such an infection is generally caused by an over-proliferation of *Candida Albicans* cells. The reasons for this will be explored in more detail later in this book.

### Possible symptoms

A wide range of symptoms results including:

- A discharge that can range in color and consistency from being thin and colorless to white or yellow and lumpy with the consistency of ricotta cheese. Sometimes this discharge might have an odor similar to that of the yeast that is used for baking bread, whilst at other times, it will be completely odorless.

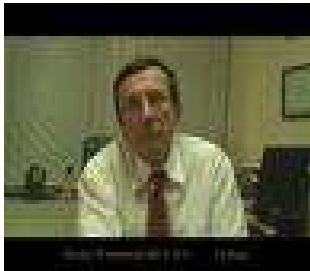
- Swollen or inflamed vaginal area and vulva, with a clearly defined infected area.
- Generally, the infected area will be itchy or painful, and while this infected area is likely to be angry, raised and red, the edges of it are likely to be very easily demarcated from the surrounding skin.
- Light vaginal bleeding may also be noted, especially if the skin of the infected areas becomes broken.
- Pain both during and following sexual intercourse.
- Urination that is both painful and far more regular than usual.

### **However, beware...**

These are symptoms that can possibly pinpoint vaginitis. However, you should remember that there are several types of infections that can be grouped together under this heading, and so you cannot clearly be certain that these symptoms are a clear indicator of a yeast infection.

Do not jump to conclusions if you have any kind of vaginal problem that suggests that it *might* be yeast infection. Most importantly, do not fall for the notion that you will often see propounded on many websites that all you need to do if you *suspect* that you have a yeast infection is to seek suitable over-the-counter treatments. It is never that cut and dry.

You have to look at so many different things to guide you as discussed in this book.



Firstly, assuming that you are not a qualified medical professional, you may have completely misdiagnosed your condition, and therefore it is inevitable that the over-the-counter treatment you purchase will be the wrong one.

Secondly, even if your ‘informed guess’ is correct, and you really have contracted a yeast infection, there are so many over-the-counter treatments available, and the chances of you choosing the one that is most suited to your particular requirements are very slim.

Finally, with self diagnosis followed by using over-the-counter drugs, you will find that many of these treatments will be anti-fungal creams and ointments. Remember that the way that a yeast infection works is by burrowing hyphae as far under your skin as possible. It is important to note that applying an antifungal cream or lotion that will only work on the surface or just below is only likely to have a very limited positive effect at best.

This is one of the reasons that some women have a vaginitis problem that seems to continue to reoccur, no matter what they try to do to get rid of the problem. Simply applying over-the-counter antifungal creams to the affected area can only have a fairly peripheral surface effect, and does not address the root cause of the problem.

Consequently, while these antifungal treatments will ostensibly get rid of the infection, the fungus cells that were responsible for the problem are still in place ingesting nourishment somewhere far beneath the surface of your skin.

From this brief analysis of using over-the-counter treatments, it should become obvious the reason why so many women have a chronic vaginitis problem which never seems to completely go away. The kind of over-the-counter treatments that people commonly use do not have the ability to penetrate deeply enough under the skin to eradicate the root cause of the yeast infection. It is almost inevitable that the problem will return again, and probably do so sooner rather than later.

The alternative to purchasing and using over-the-counter treatments is to visit your friendly neighborhood medical practitioner to seek their advice and an appropriate medical solution for your condition, but as you will read later, this is not always the best solution.

## **What to do with a yeast infection**

First things first, don't panic.

After you discover that you have a yeast infection, the first thing that should come to your mind is what to do with a yeast infection and not go all out hysterical and begin pointing fingers or blaming yourself about it. There will be no benefit from being out of your mind. All you need is to proceed calmly, assess your situation, consult your doctor to get the proper diagnosis, and administer the recommended treatment. Yeast infection is treatable so relax.



Okay, that being out of the way, we now proceed to what other things you need to do after confirming that you have yeast infection.

The infection occurs when there is an abnormal growth of fungi and yeast in your vaginal area. You need to understand that yeast prefer the surfaces of bodies since it is warm and moist especially in areas like down there. Now, yeast has been found to be present in at least 20% to 50% of women. However, their presence does not mean they will result to immediate infections.

It is the overgrowth of the yeast that would possible cause an infection and for it to spread in the vaginal area.

Making certain that one has a yeast infection is a great thing to do. Your doctor will confirm this with you. Once confirmed, he will be able to advise you on the most efficient treatment available.

Why do we have to consult a doctor, when all the time you are saying we can cure ourselves without a doctor?

One of the main concerns is the fact that allied yeast infection shows some similarities with sexually transmitted diseases. Applying some medications



after performing do-it-yourself diagnosis is not always recommended. You might end up worsening your current situation.

Aside from the vaginal area, yeast infections also occur in the underarms, in babies' mouth, in babies' diaper areas, and for adults even in the areas under

the breast or underneath the folds of skin. You should know that yeast infection could spread throughout the body. Fortunately, these cases are very rare.

Nevertheless, take note that yeast infection when left untreated could result to a more complex condition, one which would no longer respond to normal treatments. This is of course a big bother.

Asking your doctor for the right medication would in many cases greatly help you to get rid of the infection. If it does – great!

Your infection is not severe and it is not chronic.

However, in cases where nothing helps, and you just can't get rid of it, you should turn to natural home remedies and proper health care. Some basic health care that you should adopt include not wearing wet underwear for long periods of time, avoidance of tight jeans and pants, and not using those hygiene products like feminine sprays and deodorant pads.

A number of over the counter medicines are now available which claims to eliminate yeast infections. There are medicines that can be taken orally or creams that are to be applied on the affected area. These commercially available products offer schemes like a seven-day infection free treatment. Some offers relief in just three days. Most of them are effective, but they just treat the symptoms of your infection, not the root cause.

However, be aware that abuse of these antifungal medications can lead to the fungi becoming resistant to the medicine. This is the reason why it is better to have the infection studied closely in medical laboratories to get a more accurate diagnosis. It is not worth buying all those medicines and then finding out later that you spent all your time and money on an infection that you did not have in the first place.

## Pregnancy and yeast infection



Almost all women at some point of their lives will experience some problems with their bodies, specifically in their private areas. Vaginal infection is a pretty common occurrence among women most especially yeast infection. Furthermore pregnancy and yeast infection seems to be always in tandem. More pregnant women get infected by yeast due to several reasons, some of which may be too hard for you to control.

Yeast infection is also referred to as Monilial Vaginitis or vaginal Candidiasis. The fungi *Candida* seems to be the main culprit in spreading out the disease. More specifically, the fungus *Candida Albicans* causes for most part the infection in women's vagina area. However, do be aware that *Candida* is already present in a woman's body. The fungus occurs naturally and should not be a cause for alarm.

The food you eat, your personal hygiene and the even the lifestyle you live all can affect the growth of the fungus in your vaginal area. If you eat too much sugar and carbohydrates, the fungus has a lot better chance of surviving and growing eventually causing the full development of the yeast infection. High sugar levels in the blood and body feeds the *Candida* fungus more.

For pregnant women, the usual cause of infection would be the changing estrogen levels during pregnancy. As the estrogen level goes high during the months of being pregnant, the body also produces high levels of glycogen. Now glycogen will make the area more susceptible to yeast growth. According to

experts and a few studies done, glycogen might cause the yeast to grow faster and even allow the fungus to stick on the walls of the vagina.

Taking antibiotics will also help the growth of the fungus. If you have been taking antibiotic pills for a long time, the harmful bacteria will be killed but it may also affect the beneficial bacteria that grow in the vagina area causing the fungus to overpower the helpful microorganisms. Once the fungus has taken over the area, the body will tend to react too it resulting to an infection.

Among the signs that you should look out for would include itchiness, irritation, burning sensation, soreness and redness of the vagina and the surrounding area. These at least are the early symptoms of the infection. Once it progresses, you might observe the discharge of an odorless, white, creamy chess-like liquid. Also, I do not know how often you do it especially now that you're pregnant, but be wary with the sex. The infection might cause some pain during sexual intercourse so it would be better to put things off for a while.

The good thing and I know you mothers are already itching to know; yeast infection does not have any negative effects on the baby inside the womb. The infection will not affect the development of the baby as well.

Another good thing is that treating yeast infection cases in pregnant women is the same with the treatments available to normal cases.

It is said that fifteen percent of all pregnant women will experience yeast infection during their pregnancy. But do not be alarm, that's bad for the baby so don't. Pregnancy and yeast infection might be hard to separate.

But the thing is – yeast infection can be treated.



## Steps to prevent Vaginitis



There is a popular belief that during the course of their lives, 75% of women are more than likely to suffer a vaginal yeast infection. After you have suffered vaginitis once, it becomes considerably more likely that you will do so again, particularly if you treat the condition on a peripheral level, rather than attacking the root cause of your yeast infection.

Every woman that has suffered from regular attacks of yeast infection must have had it happen to them initially where they sought medical help to get rid of the problem. It must have caused them a lot of misery especially when it occurred again. Not knowing what to do, they may have done the same thing they did before; only to be disappointed when the infection comes back again.

A lot of women still do not understand that yeast infections thrive in moist conditions and that their initial action to reduce its likelihood is to do whatever can be done to limit moisture around the vaginal areas. For example, make sure that after every bath, shower or visit to the bathroom, you are completely dry and use a baby-powder style powder to keep yourself dry for as long as possible.

We will consider other specific areas of your life that you should think about in this respect over the following sections.

Sometimes, the solution to a problem is so simple that we tend to overlook it. Although pills and creams may make us feel better for a little while, one of the main problems that these pharmaceutical methods have is that they don't

really get to the root of the problem. Instead of solving what is going wrong with our body, they really only help to cover over the symptoms so that we tend to ignore what is actually going on.

This is the case whenever it comes to yeast infections. It is so easy to go out and buy some cream at the drugstore which will take care of that yeast infection that most people just tend to do that. Unfortunately, it does little for us and it may actually have an adverse side effect where each successive yeast infection becomes stronger, eventually resulting in a super infection which is impossible to treat. It's really a shame because it is possible for you to fight off a yeast infection with some very common foods, such as garlic.

People have been eating garlic for thousands of years for its healing properties. Although some people tend to avoid garlic and because of the social affects that it may have on them, it can actually be quite good for you. Eating a clove of garlic every day, especially one that is all natural can have amazing effects on your health that are very easy for you to identify. It may also help to bring your body into a balance for it is able to fight off the yeast on its own, simply because yeast hates garlic and cannot reside in the same area with it.

If you are dealing with a vaginal yeast infection, you may actually be able to give yourself a little bit of immediate relief by inserting a garlic tab directly into the vagina. You would need to make sure that it is all natural because you would not want to irritate this sensitive area with chemicals. Most people experience immediate relief from the itching and burning of a yeast infection whenever they do this. Over the course of time, it also helps to remove the yeast infection from our body naturally.

## **Effect of Hydrogen Peroxide**

Whether you believe it or not, the use of hydrogen peroxide for yeast infection treatment has been proven to be true and quite effective. Vaginal yeast infection is among the more common conditions that women experience. In fact, according to statistics, about 75% of all women will be affected by the infection at some point. It may already be considered as an ordinary condition so doesn't be alarmed. You're not the only one who has the infection and certainly you will not be the last one.

Vaginal yeast infection is highly treatable so you don't have to be overly concern. There are already a number of commercially available drugs which are quite effective in treating yeast infection. Home remedies also are quite good if you know what you're doing. Hydrogen peroxide in particular is an easy home made solution to your yeast infection problems.

Just like *Candida Albicans* hydrogen peroxide is already present in the vaginal areas. It's already there working its best in putting the yeast infectious microorganism at bay. However, due to certain conditions, the environment in the area becomes suddenly favorable to the growth of *Candida*. Hydrogen peroxide generally helps eliminate bacteria and fungal infections. It is a natural enemy of *Candida* and thus can be utilized fully as a treatment procedure for the infection.

Since our body produces only very little hydrogen peroxide, you can help by purchasing commercially available ones in the local supermarket or in your neighborhood pharmacy. What you can do is mix a teaspoon of ordinary 3% hydrogen peroxide to a cup of water and put it on the affected areas. Because hydrogen peroxide is produced naturally by the body, the chemical does not harm your vagina or the general health of your body.

What makes hydrogen peroxide very effective against Candida is the fact that peroxides breaks down into water and oxygen upon application. The oxygen helps the chemical application kill the fungal yeast infection. You need to be careful, however, when creating your own mix of hydrogen peroxide treatment solution. Too much hydrogen peroxide in the solution can cause a burning sensation in the affected areas. This burning sensation may likely to occur especially if the area has been inflamed or the infection is already quite serious.

A teaspoon of hydrogen peroxide on a cup of water seems to be an okay and safe mix. So far no bad reactions or complaints have been noted against this mixture of hydrogen peroxide and water for treating yeast infection.

You need to understand, however, using the mixture of hydrogen peroxide and water is not meant to be a sole treatment solution for yeast infection. Natural remedies like this one is more effective when combined with other forms of treatment like proper diet and the use of other treatment techniques like the use of garlic paste, yogurt, and cider vinegar and water mix.

Other times, the condition might have reached an already critical stage that hydrogen peroxide for yeast infection treatment is no longer advisable. In that case, you need to consult a doctor and employ several other methods of treatment to cure your yeast infections.

## Things to consider and avoid

### Your clothing

The fact that yeast needs moist conditions to thrive should indicate that anything you can do to keep specific areas of your body clean, cool and dry is likely to put a stop to the development of yeast mold. Consequently, you should give a great deal of thought to what you wear each day. For example, wearing unbleached cotton underwear is



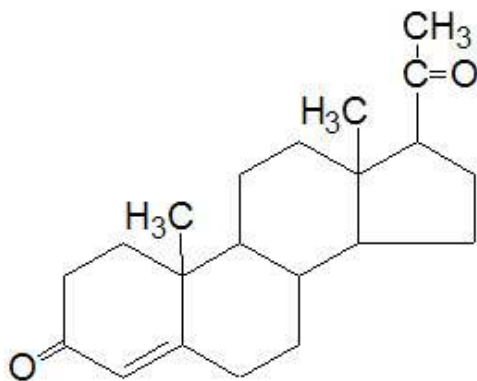
far more favorable to conditions that will frustrate the yeast, because these materials allow your body to breathe and reduce the amount of natural perspiration simultaneously.

Avoid wearing plastic-based man-made fibers immediately next to the skin, with nylon underwear or pantyhose being absolutely not recommended. If you wear trousers or jeans, make sure that they are loose fitting, because tight clothing that is worn for any length of time will induce exactly the right 'warm and sweaty' conditions that the yeast cells thrive on to multiply and grow.

Whenever possible, wear clothing that is loose and comfortable, such as kaftan style all-in-one robes around the house, and getting rid of underwear entirely is a great way of ensuring that you stay cool and dry.

## Hormone awareness

Many women want to know why it is that yeast infections in the genital area are far more common in women than they are in men. This is not to say that men never suffer a similar condition, but the reason is believed to relate to the female sex hormone, progesterone.



Progesterone is a level of hormone which is significantly elevated during the second half of the menstrual cycle, as well as during the menopause and pregnancy. Consequently, at all of these times, it is far more likely that you will suffer a yeast infection, but because progesterone is present at all times, women are naturally far more prone to yeast infections.

The reason that progesterone makes yeast infections more likely is because it increases the production of glycogen in and around the vaginal tissues. Glycogen is a natural starch that is converted into sugar easily, and as you will discover later, this provides an ideal breeding ground for yeast.

## Avoid Processed Foods

Some of us may have regular yeast infections that are easy to cure whenever we eat the right kind of foods or perhaps use something natural, such as yogurt. There may be times, however, when the yeast infection is embedded deep within our body as a result of Candida. For those of us that

understand what Candida is, we realize that they can cause a number of different problems and it is one of the more difficult things for us to cure

naturally. That is why it is absolutely necessary for you to do everything in your power to get rid of it, as well as to keep it from getting more of a foothold at the same time.



We live in a world that is full of things that are not good for us, and most of us realize that. Believe it or not, one of the worst offenders for causing us to have Candida is processed foods. These things simply do not exist in nature and 100 years ago, absolutely nobody ate any of the processed things that now line the shelves of the grocery stores.

If you want to be able to get rid of Candida and perhaps free yourself from the problems that it has been causing, the first thing that you need to do is to drop processed foods from your diet altogether.

I'm not saying that it is going to be easy for you to do this and as a matter of fact, it may be one of the more difficult things that you have ever done. It is easy for us to grab something that is processed but it is not as easy for us to eat something that is in its pure state. In order for us to be able to get rid of a Candida problem, however, we are going to have to switch over to an almost all raw food diet for a period of time. Even whenever we are eating raw food, however, it is important that we don't overdo fruit because it contains sugar that can actually feed the Candida in our body.

One other thing that you should make sure that you are doing is keeping yourself hydrated regularly and keeping your body in an alkaline state. Candida can not grow outside of an acidic environment, so make sure you are not giving it an environment in which it can live.

## **Beware of irritating chemicals!**



There are literally dozens of ways or places that are potentially irritating and where even harmful chemicals can come into contact with your skin and all of these represent a yeast infection danger because they can weaken the skin. For example, the detergent that you use to wash your clothes may contain chemicals that are likely to irritate your skin.

Even if these chemicals have no inherent danger, everyone is different, and some people are allergic to certain chemical materials with which 98% of the population has no problems whatsoever.

So just to be on the safe side if you are allergic, every time you wash your underwear, boil it for five or ten minutes immediately afterwards in order to purge the residue of detergent and/or chemicals. You will sometimes see websites that recommend that you ask your medical physician for a suppository as your primary treatment for vaginitis. While this may be effective for some people, it is likely that such a medical aid is going to contain antifungal drugs or chemicals, and once again, you do not know what your own personal reaction to these chemicals is likely to be.

This is not necessarily saying that you should not try such a treatment, but if you do so, you should be aware that there are potential side-effects or even an allergic reaction that you might suffer as a result of doing so.



**Stop reading this book now** and head off to the bathroom to read the labels on all of the soap and detergent products that you use to wash your body every day. Is every one of the materials that you use to clean the most sensitive areas of your body 100% natural and entirely chemical free? The answer to this question will help you to determine whether these are a contributing factor to your yeast infections.



Check the soap that you use on a daily basis, as well as bubble-baths, shower gels and any other related cleaning materials. If they are not all completely chemical free, then you should change to a more suitable brand that is entirely natural.

Do you douche regularly? If so, are you absolutely certain that you know exactly what you are using to do so? If not, make an effort to find out as quickly as possible, and then make any necessary changes to reduce the risk of applying potentially harmful chemicals in the one area of your body where you really do not want to do so. Basically, the simple rule is that you should never use anything that could possibly be infused with potentially harmful chemicals anywhere near your vaginal area.

### **Stop eating sugar**

Believe it or not, yeast is not really the enemy. Although it may seem like it is to those of us who are suffering from yeast infections, in actuality he serves a very useful purpose. After all, we would not have bread and even beer would not exist without yeast



being present. Unfortunately, however, it can cause problems in our body that are definitely unwelcome and if we are suffering from a yeast infection, it is difficult to think about the benefits of yeast in our lives.

One of the main problems that cause yeast infections in individuals is the fact that our bodies get thrown out of balance and it is unable to keep the yeast from growing to unnatural levels. It is easy enough for us to be able to correct that problem because we can do so by hydrating ourselves regularly or eating the right kind of foods, such as yogurt and apple cider vinegar. You might be surprised, however, with the fact that we are actually feeding the yeast infection in many cases by the foods that we are eating. Instead of thinking about what type of food you should need in order to get rid of the yeast infection, why not try thinking about some of the foods that you are eating which might be irritating the matter.

One of the worst offenders as far as foods are concerned is sugar. Many of us enjoy eating sugar and we get it in so many different forms that it is difficult for us to even realize when we are consuming it in the first place. The simple fact of the matter is, yeast loves sugar and it thrives on it. If we are eating sugar regularly, we are simply feeding the yeast infection. Remove it from our diet and we remove a lot of the ability of the yeast infection to grow.

Another thing that you may be eating which could be causing yeast infections is processed foods. These are the mainstream of many of our diets but a lot of the things that are contained within processed foods also help to feed yeast infections. Start to eat a more natural diet which includes plenty of fruits and vegetables and you will begin to see some of your yeast infections disappear as a result.

## **Your Sexual practices**

As mentioned before, men are also susceptible to yeast infection as woman are even though it might not be just as much. Indeed, men (especially those who are uncircumcised) can suffer yeast infections in the genital area, and it is possible for this infection to be passed back and forth between two sexual partners. Consequently, if you have any reason to suspect that your partner has an infection, you should both practice having safe sex by using condoms at all times.



Having said this, there are certain condoms that appear to be equally likely to exacerbate the infection problem, so you should be very careful to read the labels before buying.

## **Pre-existing medical conditions**

There are some pre-existing medical conditions that will increase your susceptibility to Candiiasis because there are diseases that affect the chemical balances within your body in such a way that they increase your vulnerability to yeast infections. A primary example would be uncontrolled or badly controlled diabetes. As most people are aware, diabetes is a very serious medical condition in which blood sugar levels play a significant role, and as you will discover, sugar is in turn a very significant factor in all yeast infection scenarios, including vaginitis.

**Lifestyle considerations**

Never make the mistake of underestimating the importance of the life that you lead when it comes to your health and establishing why you might be more or less prone to yeast infections than other people.

The fact is that everything you do each day can increase or decrease your level of susceptibility when it comes to infections and this applies no more and no less to yeast infections than it does to any other kind of medical ailment. How you choose to live your life can have a very direct bearing on your all-round state of health and wellness, and that will in turn have a significant effect on your ability to resist.

What you have to appreciate is the fact that vaginitis itself is a symptom of something going wrong in your life on a far more fundamental level. You should take a totally 'holistic' whole-body approach to the problem, and change your life in whatever ways are necessary to reduce your vulnerability. Failure to address your problems in this way is another reason why a yeast infection problem could return to haunt you.

While taking medicines and applying creams or lotions might get rid of the problem on a temporary basis, unless you make the necessary 'grass roots' fundamental lifestyle changes that are necessary to help you to build up your resistance levels, you are never going to be able to get rid of your yeast infection permanently.

## **The Perfect Diet to Kill Your Yeast Infection**



Far too many of us suffer from yeast infections and unfortunately, it can be difficult to get rid of them once they start cropping up. One of the main reasons why this is the case is because we tend to treat them with pharmaceutical methods instead of attacking the source of the problem naturally.

Creams that we buy at the drugstore are not really going to cure the yeast infection; they are simply going to reduce the number of spores until we are no longer uncomfortable. What they leave behind, however, is a stronger strain of yeast which will eventually take hold again and be more difficult to get rid of.

If you are experiencing your first yeast infection or if you have been getting them regularly for a very long time, there is a way for you to be able to cure it naturally through your diet. Here is the perfect diet for you to be eating in order for you to cure your yeast infection. It may not be easy for you to eat like this but if you do so for long enough, your body will eventually reach a balance in which it is able to fight off these infections naturally.

What I'm talking about is a raw food diet, one full of various types of fruits and vegetables. This is one of the best ways for us to be able to eat and if we are able to successfully stay on the diet, we will notice major differences in the way that we feel and the way that we look. It is also something that is able to take care of yeast infection because it brings our body back into a natural balance that is necessary for it to do so.

Something else that you're going to want to do along with eating raw fruits and vegetables is to make sure that you are staying hydrated. You should be drinking half of your body weight in ounces of water every day along with taking some sea salt so that it stays in your body long enough to hydrate you.

If you do these two things in conjunction with each other, you would be surprised with how quickly your health will turn for the better and the yeast infections will fade away into your memory.

### **Can Exercise Cure Your Yeast Infection?**



Dealing with a yeast infection can be quite difficult and it seems that once we have one yeast infection, another one is soon to follow. The reason why this is often the case is because our bodies get out of balance and they are unable to fight off that yeast that is naturally present. If we use some kind of method in order to overcome the yeast infection, it typically recurs whenever we stop using it. The reason why this is the case is because we often fail to bring our body back into balance so that it is able to fight off any more yeast that may be present.

Most people tend to try to bring their body into balance by eating the right things and by supplementing their diet with vitamins and herbs. Although this certainly is a good idea and it can help in many ways to restore that balance there is something else that is necessary for you to really enjoy radiant health.

You need to make sure that you are exercising every day or at least several days out of the week. Exercise is not something that we typically enjoy so here are some things that you can do to help restore the balance in your body through exercise.

The first thing that you need to understand is that it is really not necessary for you to sweat it out at the gym for a couple of hours a day in order to bring your body back into balance. As a matter of fact, doing the wrong type of exercise may actually promote a yeast infection in some ways by allowing moisture to be present on our body through sweat for long periods of time. It is a better idea if you do slow cardiovascular exercise, such as walking and this is something that all of us can do.

Walking was not typically meant to be a form of exercise, it was originally meant as a way for us to be able to get from one place to another. Very few of us walk anywhere anymore so we need to make sure that we are doing this regularly through a systematic exercise program. Try walking for at least a half hour every day for a month. You would be surprised with how much of an impact this will have on your overall health and perhaps even your yeast infections.

### **A weakened immune system and stress**



One of the primary defenses that you have against yeast infections is a strong and resilient immune system. If for any reason your immune system is weakened or not performing as well as it should do, then that naturally makes you more predisposed to infections.

Yeast infections are far more capable of wreaking havoc within your body if your immune system is weaker than it should be. Many medical conditions and the treatments that are used to remedy those conditions weaken your immune system as a natural side-effect. For example, anyone who suffers from HIV, leukemia or any other virulent form of cancer is going to find that both the medical condition itself weakens their immune system and that the treatment that is used to remedy that condition makes the situation even worse.

However, your immune system can be weakened for many other reasons, including far less threatening situations or circumstances associated with your daily lifestyle.

For instance, if you are unable to eat a sensible and well balanced diet due to your day-to-day working situation, then it is likely that the lack of sufficient and appropriate nutrients will weaken your immune system to at least some degree. Despite the fact that *Candida Albicans* has been with you almost from the day you were born, your immune system still considers it to be a foreign invader, and it is therefore constantly fighting against yeast.

This becomes more considerably difficult to effectively do and if your immune system is already weak, it is also now becoming apparent that the yeast overgrowth which is an indicator of infection, forces your immune system to work harder to maintain control of your body balance, which is a primary purpose of your immune system in the first place.

It is now believed by some leading professionals that every time you suffer another bout of yeast infection, you are further weakening your immune system by making it work harder to fight off that infection. Your immune



system gradually gets 'more tired' and becomes weaker; making it less capable of fighting off future infectious attacks.

Many women go through periods in their life when for one reason or another they become more anemic than they would normally be. This is likely to cause a weakening of your ability to fight against infection. Irrespective of the reason why you believe your immune system may be weak, it is advisable to get some medical tests done to establish the reason for your condition.



Another thing that can have an adverse effect on your internal chemical balances and your immune system are the levels of stress that you have to put up with on a daily basis. No matter how well you deal with stress, it will adversely affect the chemical balances of your body, which makes you more at risk for infection and illnesses. Stress can have a very negative effect on your digestive system, and from there, the malaise can spread throughout your body.

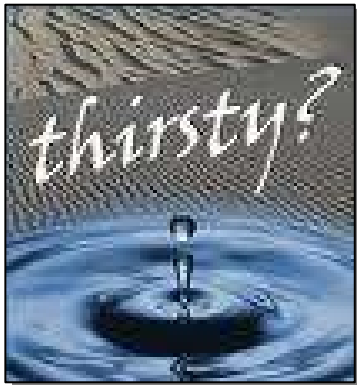
This is a widely recognized physiological phenomenon and one that can cause many symptoms, all of which indicate that 'things are not right' in a very general way. For instance, you may feel listless, always tired and unable to concentrate for any length of time.

In this type of situation, your defenselessness to vaginitis is significantly increased simply because you do not have the means to fight the infection on either a conscious or unconscious level.

## Unique treatments at a glance

### Using Hydrogen and Oxygen from Water

What if I were to tell you that the way for you to cure your yeast infection and to get rid of a lot of other melodies that we may be experiencing is as simple as drinking a glass of water? You might be surprised to learn that one of the main reasons why we have yeast infections and many other ailments are because we are dehydrated. As a matter of fact, many of us have been walking around dehydrated for the majority of our lives and the fact that we are having problems with our body is simply a way of it trying to tell us to drink more water.



In order to clear up your yeast infection, you are going to need to fully hydrate your body and to keep it hydrated for an extended period of time. The way that you do it is actually quite simple to understand but putting it into practice is something that many of us find difficult. The reason why this is the case is because we tend to drink far too much coffee, sugary drinks and tea instead of simply drinking a glass of water. In order to get yourself hydrated, you need to drink half of your body weight converted ounces of water every day. For a 200 pound man, that would be 100 ounces of water.

You are also going to need to take a little bit of salt with the water. Although many doctors will tell you that salt is the enemy, in actuality it is something that brings balance to our bodies. What is the first thing that they give you

whenever you are severely injured? It is a bag of saline or salt water. Taking too much salt without drinking water is harmful to your body the same as drinking too much water without taking salt. The salt simply allows the water to stay in your body long enough for it to do its job and hydrate you.

Once you are fully hydrated, you will begin to notice many different things happening to your body. One of the nice things about it, however, is the fact that a balance is going to be brought back to your internal system that will help you to fight off any yeast infections that you may have naturally. That will make any effort that you have to put into it well worth your while.

### **Using Yogurt as a Topical Yeast Infection Treatment**

When most of us think about yeast, we think about the process of creating bread or maybe even beer. The fact is, yeast is present in the world around us and it is also present in our body at all times. It is thought that, in a healthy individual, about 50% of the time they are carrying some yeast spores with them. For the most part, the yeast is kept in check by healthy bacteria that exist in the body. Whenever the body gets out of balance, however, the yeast becomes an unfriendly invader and it grows to the point where infection occurs.



One of the main problems with people having yeast infections is the fact that they try to cure them with a pharmaceutical cream. At one time, you needed a prescription in order to use these creams but now, they are available over the counter at the local drugstore. These pharmaceutical cures do not cure you at all; they simply reduce the amount of yeast that is in your body to acceptable levels.

What they leave behind, however, is a stronger strain of yeast spores that eventually grow into another infection which is more difficult to remove.

If you have a problem with recurring yeast infections because of this scenario, you should try using a natural food in order to cure the problem. Believe it or not, yogurt is able to cure the problem and it is not always necessary for you to eat it in order for you to receive the benefits. As a matter of fact, it is better for you to apply the yogurt directly to the area which contains a yeast infection if it is currently active.

Make sure that you are using an all-natural yogurt, not one that is full of preservatives and sugar. If possible, grow your own cultures as this will provide you with the most benefit. In the case of the vaginal yeast infection, you can spread a little bit of the yogurt on the area but it may also be beneficial if you dip a tampon directly into the yogurt and insert it for about 20 minutes.

Be careful not to leave the yogurt on for too long or it may actually become an irritant. This will provide you with almost immediate relief and will bring your body back into a balance where it can naturally fight the yeast that has invaded it.

### **A Simple Pill That Can Eliminate Yeast Problems**

Some of us take pills every day. In some cases, they are natural pills that include various vitamins and herbs which helped to keep our body in the balance. At other times, they may be pharmaceutical pills that we would take for one reason or another. There is a pill that you should make sure that you are taking every day in order to keep your body in balance and to make sure that you don't end up with too many yeast infections.

It is a probiotic and it helps us in amazing ways.

It is thought by many naturalists that almost all diseases start in the digestive system, in particular the colon. Unfortunately, it is very easy for this part of our body to get out of balance and whenever it happens, a number of different infections and diseases can easily take hold. In order to keep our digestive tract working properly, we need to encourage the growth of proper bacteria and to make sure that the flora and fauna are there in the proper numbers. The easiest way for you to be able to do this is to take a simple probiotic every morning.

What a probiotic can do for you is to help to keep infections away in a number of different unique ways. First of all, it brings the balance back to our body and promotes the growth of good bacteria which will keep the existing yeast in your body in check. Secondly, it will take care of the problem from the root of the condition instead of simply treating the symptom that you're experiencing of the overgrowth of yeast.

It may seem like a simple thing, taking a pill like this every day.

The benefits that you get from it, however, are amazing and will be evident shortly after you begin taking it. There is also a warning that goes along with this because many of the pills that you may currently be taking could actually be promoting yeast infections. This includes things like the birth control pill, which tends to reduce our immune system to a certain extent. Antibiotics also kill the good bacteria in our body along with killing the bad.

If at all possible, you should avoid these types of pills and continue checking your probiotic every day.

## Home Remedies



Those who have the infection usually suffer a great deal of itching, redness, and irritation. The use of medicines, either commercially available or the use that are home made or alternative medications are pretty much sought after by women who suffer with the infection. There are still a number of techniques where people can use to have an immediate relief from the accompanying conditions of the infection.

You will never know what can be very useful in your kitchen. Just a little flick of your hand, your basic ingredients and seasonings may become an effective medical kit which can remedy injuries like simple cuts and get rid of infections like yeast infections.

The microorganisms *Candida Albicans*, causes yeast infections. But don't be surprised to know that home remedies for yeast infection can be very effective in getting rid of these microorganisms.

Although a number of products are commercially available to help soothe the discomfort brought by yeast infection, you might find these products a little expensive or buying them would be quite inconvenient or you need the remedy this instant. Also, there might be a chance that the fungi develop a resistance to commercially available medicines.

Some of the home remedies that have been recommended include the use of *calcareo carbonica* to help with the itching and burning sensations felt before and after menstruation; *kali bichromicum* to remedy a very uncomfortable discharge with itching and burning; *natrum muriaticum*; *pulsatilla*; *sepia*; and *sulphur*.

A not so smelly alternative as garlic would be the use of honey. However, the smell may not be as strong as garlic but the stickiness of honey would be quite uncomfortable. Nevertheless, according to testimonials applying honey on the affected regions helps alleviate the various symptoms of the infection. You apply honey and leave it for about 30 minutes before rinsing with warm water.

Another good antibacterial and antifungal remedy would be vinegar. Vinegar mixed in warm water is said to be quite effective. You need to soak the area for at least 20 minutes though to see and feel some effects. Cider vinegar is said to be more effective.

Now, do understand that the various techniques mentioned are ideal for infections that can be considered less serious and mild. For conditions that are more severe, a combination of various treatment techniques would be a more effective method of curing the disease.

The best option would be to undergo a full treatment procedure. But at the same time, applying some quick relief solutions for yeast infection to, at least, get immediate reprieve from the itchiness and irritation.

**Enemy number one**

Earlier in this report, I highlighted the fact that using over-the-counter treatments for vaginal yeast infections will often be ineffective at best, and could even be harmful in a worst-case scenario.

The most sensible advice would be to visit your medical practitioner. However, before you do so, there is something that you must know about the advice that your doctor is likely to give you before you go to visit him or her. The first thing that you might have to do when seeking the advice of your medical practitioner for a vaginal yeast infection problem is to set aside any notion that you have to believe everything that qualified medical professionals say.

While I have no doubt that in most situations, you should listen to what your medical practitioner tells you, in some cases, it may prove to be the exception to the rule. Your friendly neighborhood medical practitioner is an extremely busy person, and there is so much pressure on them to properly diagnose every symptom. The doctors can only properly diagnose a problem depending on the information that they receive from the patient. If the patient is not aware of what these symptoms are, they will be unable to effectively inform the doctor about what they are going through.



Medical professionals, nowadays have less and less time available to spend enough time with each individual patient that they have to see. Given this fact, it is almost unbelievable that most doctors get almost every decision that they ever make completely on-the-button correct, but the fact is, they still do!



One example is the number of increase in overweight people in almost every developed Western country that is placing a massive strain on the ability and resources of medical services throughout the world to cope with a torrent of what are (at heart) self-induced medical problems.

When it comes to treating yeast infections, however, it is still relatively common for medical practitioners to prescribe antibiotics as the primary treatment resource. It is now widely understood that, rather than improving the situation, antibiotics are far more likely to worsen it. In addition, it becomes considerably more likely that any future yeast infections that might have happened without antibiotics become almost completely inevitable because of them.

Modern broad spectrum antibiotics are effective for killing germs and bacteria. However, they are not without their downsides. If you have to take antibiotics for anything for a long period of time, then your system does develop a degree of reliance on those antibiotics. Consequently, your own natural ability to resist diseases and infections is reduced, and once the additional 'protective layer' that is provided by these antibiotics is removed, you are naturally more prone to future infections.

In short, if you have previously been taking antibiotic for any other medical condition, your natural immune system is now slightly weaker than it was previously, and you are therefore more likely to contract a yeast infection.

If your medical practitioner diagnosed a yeast infection and prescribed antibiotics as the primary treatment for your condition, the antibiotic that you are taking will undoubtedly be an effective bacteria killer. Unfortunately, antibiotics are powerful rather than smart, and they do not have the ability to distinguish between good bacteria and the bad kind. Consequently, if you take antibiotics to treat your vaginitis, they will kill all bacteria indiscriminately.

This includes the good bacteria that will normally keep Candida Albicans in check. You now have a situation where Candida can rampage your body without a great deal of resistance after you stop taking the antibiotics in question, making it almost inevitable that your yeast infection problem will return within a very short period of time.

Evidence of this can be seen from the fact that it is normally extremely difficult to prepare a yeast culture from the skin of a healthy person who has not taken antibiotics. However, within only 48 hours of starting to take tetracycline (a commonly prescribed antibiotic), it becomes easy to prepare such a culture from almost anyone.

So, it is now pretty widely accepted that, as far as yeast infections are concerned, antibiotics are probably 'Public Enemy Number 1', and that it is the widespread societal exposure to antibiotics that has made each of us more liable to yeast infections.

Unfortunately, the problem is not as easy to tackle as it might first appear. Although antibiotics do not kill viruses or viral infections (they only exterminate bacteria), it is extremely common for antibiotics to be prescribed for even the most general viral conditions such as colds and flu.

Consequently, it might be natural to assume that stopping the acceptance of antibiotics for conditions such as these might over time reverse the situation. This would be true despite one particularly insidious and little known factor, which is the fact that it is not only human beings who are widely and commonly administered antibiotics.

It also happens with domesticated animals, particularly those on farms, because those animals represent the livelihood of the farmer in question, and

the farmer is likely to do everything possible to keep them as healthy as they can so that they get the best prices when they are sold. Unless you are consuming a diet that is based on organically reared animals and farming practices, then you are probably inadvertently consuming foodstuffs such as meat, poultry, dairy produce and eggs that carry residues of animal antibiotics within them!

Consequently, unless you are sticking to a strictly organic diet, you are under constant attack from antibiotic drugs even when you are not aware that it is happening.

You can make a conscious decision to stop accepting broad spectrum antibiotics for every medical condition that you ever suffer, but removing antibiotic laden foods from your diet is going to be considerably more difficult unless you switch to organic foods only.

This is not, however, the only important dietary consideration that you have to take into account.

## The critical importance of diet



As a more general rule, it is absolutely necessary to take into account every individual aspect of your own personal diet and nutrition. This is important because every individual is different, and people's nutritional requirements will also differ from individual to individual.

Furthermore, it seems likely that while chemical balance in the body is an important element of maintaining a strong immune system, it is probably more important in some people than in others. With these requisites in place, however, there are certain changes that you should consider making to your overall daily diet that it is believed could play a significant role in reducing your propensity to yeast infections.

### 4 Foods That Fight Yeast Infections

You might be surprised to learn that there are some foods which can help you to combat these type of problems naturally. This is especially crucial for those of us that suffer from recurring yeast infections because we have unwisely used pharmaceutical cures that don't really give us a cure at all. Here are four different types of foods that you can use to fight yeast in your body and to get it under control.



**Yogurt** - One of the most important foods that you can eat if you have a problem with yeast infections is yogurt. You need to make sure that you aren't simply

eating the type of yogurt that is available at most grocery stores, which may actually have the opposite effect for you. Yeast loves sugar and if you are eating or using yogurt with sugar in it, you are not going to be doing yourself any good. Use natural yogurt or perhaps even make your own and eat it every day. If you have a yeast infection now, you can also apply it directly to the area or perhaps dip a tampon in it and insert it for 20 minutes or so. It will help to promote good bacteria growth in your body that will naturally combat the yeast.

**Apple Cider Vinegar** - This is one of those foods that you can use on a regular basis in order to improve your health overall. It should not be used topically in the case of a yeast infection but you should be drinking about two tablespoons every day in a large glass of water. Don't try to take it directly, always mix it in water. This will not only help you with your yeast infection, it will help you to feel better overall. Would you be surprised to learn that a yeast infection can actually come from a number of different types of yeast? Although the yeast is inside of us at all times, there are times whenever it grows to the extent where it becomes a real problem. This is not because the yeast itself is a problem but it is because there is an imbalance in our body and it is no longer able to fight it off naturally.

There are plenty of natural cures that are available for yeast infections, one of the most popular being Apple cider vinegar. Before you go off trying to use Apple cider vinegar in a way that it is not intended, you should note that in order for it to work well you need to drink it every day. Some people have a difficult time doing this but it is not necessary for you to take a spoonful of it straight. What you need to do is to mix it in with a little bit of



water so that you do not have such a strong vinegar taste whatever you're drinking it.

One of the reasons why apple cider vinegar works so well is because it helps to bring our body back into a balance that it is no doubt lacking. Not only is apple cider vinegar good for curing Candida infections, it is also great for keeping us in overall good health. Some people that have been taking apple cider vinegar for years swear by the results and they rarely ever get sick, let alone having a yeast infection. When you are able to balance your body in this way, surprisingly good things can happen.

Although it may seem like a simple cure, you would be surprised with how well a natural yeast infection cure like apple cider vinegar works. Once you begin to see the health benefits that come from drinking a little bit of this liquid every day, you will make it a part of your life long health regime. Not only will it help to keep the yeast infections from recurring again, it will make you feel great overall. It's certainly a part of your natural health that you should not ignore.



**Garlic** - All-natural garlic patents should be used whenever you have a problem with yeast infections. You should eat garlic every day but if you have a vaginal yeast infection, inserting a tab of garlic can provide you with some instant relief.

Yeast infections tend to make us itch and they can burn quite a bit, especially if they happen in the vaginal area. Although there are a lot of ways for you to be able to cure your yeast infection naturally, something that is often overlooked by people is the use of garlic.

Garlic has been used for thousands of years because of its natural medicinal properties. Some people even make sure that they eat at least one clove of garlic every day in order to improve their health. Although this may improve your health in some way or another, it may also be keeping people away because garlic can be rather pungent whenever we eat it regularly. You might be surprised to learn that it is not always necessary for you to eat the garlic in order for it to be able to handle a yeast infection that you are experiencing.

One of the best ways for you to use garlic in order to treat a yeast infection naturally is to insert it directly into the area where the yeast exists. Typically, we are talking about a vaginal yeast infection in this case and although it may seem a little bit odd, putting a garlic tab into the vagina can actually provide you with almost immediate relief. Doing it regularly may be able to reverse the yeast infection and to get rid of it. Why? Because yeast hates garlic and it is unable to grow in an environment where garlic is present.

If you are going to do this, you want to make sure that you are using natural garlic tabs and not a commercial type of garlic that may actually be processed in some way or another. It would also not hurt for you to begin eating a little bit of garlic every day in order to promote good health and a balance in your body that will help to keep the yeast infection from recurring. Although there are a lot of different natural yeast infection cures that are available, this is one that certainly should not be overlooked.

**Water** - Although it is not really a food, you should make sure that you are drinking eight to 10 glasses of pure water every day. Dehydration is a major cause of yeast infections and you need to reverse the process in order to cure the problem from the inside out.

Over the following few pages, I will therefore detail and analyze many of the foods that are likely to increase or decrease your susceptibility to yeast infections, with the ‘bad guys’ listed first:

**Sugar:** If you reduce the amount of sugar in your daily diet, then you will significantly reduce your vulnerability to yeast infections at the same time. Yeast feeds on sugars, which is why, for example, people who suffer from badly controlled diabetes are far more likely to suffer yeast infections than others. As a result of the diabetes’s inability to control their condition, their blood is far richer in sugar than that of other people, and that sugar provides exactly the sustenance the yeast needs to thrive.

Nowadays, the diet of most people who live in the developed countries of the West is dominated by sugar rich products, to the extent that the sugar consumption of the average US citizen has more than doubled over the last 20 years (and is the almost concurrent growth of obesity over the same period any coincidence?). With the amount of sugar intake that the average person consumes nowadays, it is absolutely physically impossible for anyone other than an Olympic quality athlete to use all of the energy that is being provided by that daily intake. At the same time, your body is constantly working overtime to find every possible way of using the excess sugars that you feed into it, and one of the ways that it does so is to feed a proportion of those extra sugars into your bloodstream.



Consequently, there is now a far higher percentage of sugar in the blood serum of the average Western citizen than there was even as recently as 10 years ago, which means that you are providing a far more plentiful food supply for any yeast that manages to successfully invade your body. As an example of the attraction that sugar has for yeast cells, you have to think no further than the process of



brewing beer. This whole process relies on the fact that the brewer's yeast will feed on the natural sugars in the other ingredients involved in the process (e.g. malt, hops and barley) and turn that sugar into alcohol as a result of the process.

This does not only apply to commercially produced, purified sugars or the products that use them in the manufacturing process either. It is a rule that can be applied to all sugars including natural sugars such as those contained in fruit juice, honey, molasses, maple syrup, dextrose, fructose, corn syrup and so on.

All of these simple carbohydrates are exactly the kind of materials that yeast most wants to feast on. By reducing the amount of carbohydrates that you take in as an integral part of your every day diet, you will significantly reduce the likelihood of suffering any form of yeast infection.

There is another significant benefit to reducing the amount of sugar you consume. By doing so, you are likely to reduce your weight over the medium to longer period of time, and that will automatically lend itself to you becoming fitter, healthier and stronger. The healthier you are, the better you are going to be able to resist future infections (enjoying your life considerably more at the same time). Therefore, reducing the amount of sugar you eat or take in drinks every day is going to produce many additional health benefits, as well as reducing your inclination to getting yeast infections.

**Processed Foods** - Anything that is processed is not going to necessarily be good for your body. If you really want to get rid of a yeast infection that you are experiencing, you need to get back to the basics of eating, including plenty of raw fruits and vegetables.

**Pasta** - Even though many of us enjoy eating pasta regularly, you should avoid eating it whenever you are experiencing a yeast infection. Most of the pasta that we eat is made from refined flour and water. This refined flour can cause problems in our body, including feeding the yeast infection that we are experiencing.

**Mushrooms** - Even though not all of us eat mushrooms, it is certainly high up on the list of things that we should not be eating if we have a yeast infection. Make sure you avoid them and you will have better success with getting rid of the infection.

**Alkaline foods** - you should make sure that your body is alkaline because yeast thrives in an acidic environment. Many of the foods that are currently available at the market that people tend to eat are highly acidic and not only do this cause yeast infections, it causes a number of different diseases. Get a list of foods which are alkaline in nature and begin eating those foods on a regular basis. You should begin to see a difference within a short period of time.

### **Can Raw Food Cure Your Yeast Problems?**



I'm going to let you in on a secret that can not only cure your yeast problems; it may actually cure a lot of other problems that you are experiencing. What I'm talking about is switching over to a raw food diet or becoming as raw as you possibly can. Here are a few tips on how this can help you to be able to overcome your yeast infection and how you can begin implementing it in your life without too much difficulty.

First of all, you should know that it is not going to be easy for you to switch over to this type of a diet, especially if you have been eating regular food for a long period of time. Many of us, however, who are frustrated over recurring yeast infections, would be willing to try anything in order to overcome them. Switching over to a raw food diet has more to do with adding food into your daily diet than it does with taking it away. Instead of doing everything at one time, begin adding some raw food into each and every meal and you will soon find that it is crowding out the bad foods that you are eating.

The reason why raw food is so good for yeast infections is because it helps to bring our body back into a natural balance that it is probably missing. After all, most yeast infections occur as a result of a lack of good bacteria in our body. Raw food will help your body to be healthy from the inside out and it will naturally be able to fight these yeast infections, each time one starts to occur. It will also help us to be balanced as far as our pH is concerned and if we are in a healthy, alkaline state then yeast infections will not be able to grow.



It is going to take some determination on your part in order to switch over to this type of diet. You may not be able to go 100% raw and that is fine, as long as you are eating the majority of your food in a raw state. There are also some cooked foods which are alkaline in nature and if you must eat something that is cooked, make sure that it is one of these types of foods. Once you begin to see your yeast infections disappear, it will make any effort that you have to put into it well worth your while.

## Eating Yogurt for Yeast



Regardless of what goes wrong with our body, there is going to be something in nature that can take care of it for us. For some things, it may take a very long time of constant natural treatments in order to take care of the problem but there are ailments that we suffer from which may go away fairly quickly once we begin doing something natural to help it. A good example of this is if we have yeast infections. There is a type of food that we can eat which can actually help us to overcome the yeast infection that we are experiencing.

As I have mentioned many times so far, you need to understand that in order to get yeast infection, your body needs to be out of balance in some way or another. Typically, this occurs as a result of the natural bacteria that are present in our body being stifled and reduced. This bacterium typically keeps yeast from growing to the point where it becomes a problem. Since yeast is present in the environment all around us, it is important for our body to be able to fight it off and to keep it from growing. Many times, this imbalance comes about as a result of prolonged sickness or antibiotic use.

In order for us to treat the yeast infection naturally, we need to regain the balance in our body that was lost. One of the easiest ways for us to be able to do this is by eating yogurt every day. This is not only a good idea if we currently have a yeast infection but it is also something that you should consider doing if you are in between yeast infections. You should avoid the store-bought yogurt that typically lines the shelves of almost every grocery store. Although it does contain some yogurt cultures to a certain extent, it also

contains something that is going to feed the yeast that is thriving within your body. The sugar that is added to store-bought yogurt is going to counteract any good effects that eating the yogurt are going to have for you. That is why you should avoid this type of product at all cost.

I find that there are several different types of natural yogurt that are available at many health food stores. These are an excellent choice, especially if they are cultured from soy milk or some other type of product as their base. It is also possible for you to make your own yogurt and this is an excellent choice as well. The real key is that you want the natural cultures to be able to replace some of them bacteria that may be missing from your body and encourage it to re-grow again. This will allow the balance to return that is now missing inside of you.

One of the best ways for you to use yogurt in order to cure a yeast infection is to eat it every day. It will encourage intestinal flora that will help to bring your body into a natural balance and to improve your overall health. It is also possible for you to use it topically, either putting it on a tampon and inserting it or spreading it on the area where the yeast infection is occurring. One word of warning, however, you want to make sure that you don't leave the yogurt on too long or it may become an irritant as well. All natural yogurts that is free of sugar will help to build up the natural bacteria in your body so that it can successfully fight off any yeast infections that you are experiencing naturally.

Something else that you might want to consider is putting the yogurt directly on the area where the yeast infection is occurring. In the case of the vaginal yeast infection, you should put a little bit on the outside and then insert a tampon with yogurt on it directly into the vagina. Make sure that you don't keep it there for too long or else it may actually become an irritant. Many women have found almost immediate relief by doing this and see a drastic reduction in the amount of yeast infections that they experience.

**Yeast products or baked foods:** By ingesting yeast rich foodstuffs and drinks, you are naturally increasing the yeast levels inside your body. This is not necessarily going to be any problem for you as long as you are fit and healthy with a strong, resilient immune system.

However, when you are suffering from or susceptible to a yeast infection, products such as beer, wine, leavened bread, brewers yeast, pizzas, soy sauce, pastries and cakes all provide 'back-up troops' to the Candida Albicans that are already present in your system, and this extra support is not really something that you want to provide.

**'Mold'-based and fermented foods:** These foods fall into a similar category to the one above, in that by consuming foods like cheese, mustard, vinegar and any other condiments that are based on vinegar (with the exception of apple cider vinegar), you are providing extra ammunition for the Candida infection in your body to expand still further. Once again, these kinds of foods will do you no harm whatsoever when you are completely fit and healthy, but if you are susceptible to yeast infections, it is probably best to avoid them wherever possible.

**Dairy products:** One of the primary ingredients of milk is lactose, and your body is going to treat this as it would any other sugar. Consequently, you should not consume any products made with milk, such as ice cream and full milk yoghurt at the same time as starting to take your coffee or tea without milk. If you



you must drink milk, try to switch to soy milk. We have now taken a close look at the many kinds of foodstuffs that you should reduce or even remove from your diet completely if you want to reduce your susceptibility to yeast infections in the future. It is therefore reasonable to ask, what foodstuffs should you eat?

The following list will give you a few ideas of foods that are not likely to provide any direct sustenance to *Candida Albicans*, and also foods that you should consider because they have a positive effect in helping you fight against yeast infections.

**Foods that you can eat without any risk of ‘feeding’ your yeast infection include these:**

- Wherever possible, try to eat ‘staple’ gluten free foods such as rice or corn instead of foodstuffs that contain gluten like wheat and barley. The idea that some people are gluten resistant is gaining more widespread acceptance, and it also appears likely that the same people may carry a slightly higher risk of suffering from yeast infections.
- We have already established that many non-organic meat products are likely to be high in antibiotic chemicals. Consequently, it is preferable to eat non-meat based protein alternatives such as tofu, or failing that, at least make sure that all of the meat-based products you eat (including poultry) are completely organically reared.
- Whole grains such as brown rice offer a very healthy option when you are looking for alternatives that will not exacerbate your susceptibility to yeast infections.
- Raw green vegetables are perfect for inclusion in your new healthy diet. They contain many of the vital trace elements and vitamins that you need, but none of the potentially harmful sugars that you will find in some fruits, for example. If you cannot take your vegetables raw, try steaming them.
- Some oily fish are high in essential fatty acids, and provide a tasty and highly nutritional alternative to meat products. Mackerel, herring and tuna would all fall into this category. In addition to these foodstuffs that provide no additional nutrition to the *Candida Albicans* that are causing your infection, there are a handful of natural substances that have antifungal qualities that you can take

advantage of as a first step towards attacking your yeast infection 'from the inside'.

For example, the active ingredient in garlic known as allicin is an acknowledged antifungal agent. However, because allicin (which is the substance that gives garlic its pungent smell) is destroyed by cooking, you are going to reap the highest anti-yeast infection benefits by eating it raw.



It is believed that the smell of garlic can hang around on your breath for up to three days – and therefore, a far more practical and sensible alternative might be to seek a local source of garlic pills or capsules. There is also one trick that I used and I highly recommend you use: swallow garlic tabs like you would swallow a pill with a glass of water.

Another naturally occurring substance that is known to have strong antifungal qualities is tea tree oil, but while this substance is fine for using externally, it has still not been proved to be completely safe for ingestion, and you should not therefore be tempted to consume it.

On the other hand, it is now established that caprylic acid (which, despite its slightly scary sounding name is in fact a medium chain fatty acid that is naturally found in coconut and palm oil) is now widely accepted as an effective treatment for Candidiasis on a general level. Again, it would make sense to try to find caprylic acid locally before turning to the internet to search for suppliers who can deliver. But of course, if you don't have enough time you can always order coconut oil products online from a secure provider like [Amazon](#).



As an alternative, take *Lactobacillus acidophilus* in a capsule or powder form twice a day to get rid of an existing vaginitis problem, or once a day to help keep future infections at bay. This is the most common form of 'good' bacteria (most commonly, this is the active ingredient in live yoghurts), and therefore taking a regular dosage of *Lactobacillus* will help to boost your body's natural defenses against future yeast infections.

Other foodstuffs that are believed to help stave off yeast infections include:

- Onions;
- Almonds;
- Seaweed;
- Aloe Vera;
- Cayenne pepper;
- Cumin;
- Limes and lemons;
- Broccoli, cabbage, cauliflower and sprouts;
- Apple cider vinegar.

Many of these foods have a certain multi-dimensional 'medical condition fighting' character, in that they provide benefits on several different levels, all of which can help to combat yeast infections amongst other problems. For example, broccoli is rich in vitamin C, but it is also a vegetable that is rich in what are known as phytochemicals.

These are the natural chemical substances that are present in many individual foodstuffs which can enhance the benefits of eating them. The fact is there are some foodstuffs which are known to have an inhibiting effect on the growth of yeast cells. Consequently, eating such a food on its own it is going to provide a significant boost to your body's ability to fight the worst effects of yeast infection.

However, recent research has begun to indicate that it is combinations of different phytochemicals contained in different foodstuffs that produce the best results. For example, it seems likely that while the phytochemicals in garlic (Allicin) and those to be found in broccoli (sulforaphane) have powerful antifungal qualities on their own, these effects are multiplied many times over when the two foodstuffs are taken simultaneously.

However, this idea of various different foods that contain different phytochemicals working better in combination than they do in isolation is a relatively new one, and so far, it has been difficult to establish 'pairings' that work well in all cases (although the previous example seems to be one that is 'best of the bunch' so far).

This would appear to come back to the notion that every individual is different, and therefore their nutritional requirements are different as well. Another phytochemical that has been proven to have strong antifungal qualities is lycopene, which is the red pigment that gives ripe tomatoes their color which can also be found in pink grapefruit, red oranges and watermelon.

Apricots, cherries, strawberries and cinnamon all contain coumarin, while apples, bilberries and prunes contain ursolic acid. Both of these phytochemicals are believed to have antifungal qualities and therefore including them in your diet (but not too many – remember the sugar) will undoubtedly help to reduce the chances of suffering yeast infections in the future.

You can also supplement your diet with vitamins that will help to boost your immune system, but do ensure that the vitamins you are taking on board are completely yeast free. A mixture of vitamins B1, B2, B3 and B6, together with vitamins A, C and E would be effective, and in each case, follow the recommended daily dose.

## Some things are deadly for Candida



From our previous discussion, there is absolutely no doubt that taking antibiotics to treat a yeast infection has some significant downsides. There is also no doubt that antibiotics are deadly as far as *Candida Albicans* is concerned. Fortunately, so is caprylic acid, which has far less debilitating side-effects.

Nevertheless, when you suffer from persistent chronic vaginal yeast infections, you have to tackle that problem in two different ways.

First, you tackle the problem systematically by trying to reduce the overgrowth of *Candida Albicans* cells throughout your body. You would do this by making the lifestyle changes already suggested. One primary way is to adjust your diet as highlighted in the previous section, and by taking [caprylic acid capsules](#) or tablets by mouth.

The second method of treatment for your vaginitis would be topical, (i.e. by applying external treatments to the infected area) but we will come back to this the moment. When you take caprylic acid, it is possible that, depending upon the severity of the *Candida Albicans* overgrowth and the amount of caprylic acid taken, you could kill millions of *Candida* cells in a very short period of time.

When this happens, these dying cells will release toxins into your body, and depending upon the number of the cells, your body simply might not be able to expel the dying cells and their toxins quick enough. In this case, it is not uncommon to suffer what is known as a Herxheimer reaction, or a 'die off'.

Generally speaking, such a reaction is likely to last for no more than a few hours, but it can carry on for a few days if you try to treat your condition too quickly. This 'die off' period is not dangerous, but it can be unpleasant, with bloating, dizziness and nausea all being common symptoms.

If you suffer such a reaction, the answer is simple. Take your medication slow and steady, and if you feel any of these symptoms coming on, stop for 24 hours because within that period of time. This will cause the reaction to almost certainly pass.

You can then start taking the caprylic acid once again, but obviously, do not be quite so hasty this time around!

## Topical vaginal yeast infection treatments

- Wipe the vaginal area with [garlic oil](#) or [tea tree oil](#) several times a day.
- Alternatively or additionally, put a few drops of either garlic oil or tea tree oil on a tampon, and insert it into the vagina for 20 minutes. Do this twice a day. You could also do the same and leave it in overnight.
- Do not eat garlic oil or tea tree oil!
- You can either insert a complete clove of garlic into the vagina, or put a couple of cloves into a soft muslin bag, and insert that instead. Leave for 20 to 30 minutes as necessary.
- Crush a clove of garlic and use the resulting paste to spread around the outside of the vagina. This may sting a little, but unless there is a serious burning sensation, all that is happening is the natural antifungal qualities of the garlic doing its job, so it's not something to worry about!
- Try running a warm bath, and adding a cup full of Apple cider vinegar to the water before soaking in it for 20 to 30 minutes.
- Buy organic yoghurt with active live cultures, and insert some into the vagina three times a day. You can also use this yoghurt as a 'lotion' that you can rub on the outside to bring immediate relief.

## Other areas to consider



The first cure is prevention via proper hygiene. Yeast infection spreads primarily through carelessness, whether by exposure to a sufferer, to *Candida Albicans*, or to chemicals which trigger yeast infection. Hence, no lending of personal belongings and properly dispose any expired products.

The second cure is living a healthy lifestyle. Minimize drinking alcoholic beverages and tap water.

Because stress is a trigger, set aside time for relaxation and sleep.

But what if you did not know these preventive measures? The next cure, then, is to avoid ingesting drugs of any kind. Antibiotics kill the bacteria that monitor the growth of *Candida Albicans*. Other medicines to avoid include birth control medication, immuno-suppressants and steroids.

One effective cure is a strictly regimented diet as determined by your doctor. The standard *Candida* diet forbids affected individuals from eating the following:

- \* Sugars, to the point that even fruit may not be allowed;
- \* Food with high yeast and mold content, like cheeses, dried fruit, melons and peanuts;
- \* Milk, dairy products, and food with high lactose content (this means that you cannot eat yoghurt, but you can use it to alleviate the effects of yeast infection in other ways).

This diet allows only the following:

- \* Herbal teas;
- \* All vegetables;
- \* Sources of protein (meat is allowed, as are fish, poultry and legumes, although soy and soy products are known to have side effects);
- \* Whole grains like millet, brown rice, and oatmeal without sugar;
- \* If possible, apples, blueberries, cherries, other berries, and pears.

Reading food labels is an absolute must for the cure to take effect. Sticking to this diet even after the symptoms disappear not only boosts immunity, but also curbs the *Candida Albicans* population boom by reintroducing friendly bacteria.

One way to relieve yeast infection is to apply natural antifungal agents like garlic paste, extra-virgin coconut oil and diluted tea tree oil directly on the skin. [Grape seed extract](#) and tannins from tea and condiments fight chronic infections excellently.



Women with vaginal yeast infection may find relief in a few drops of diluted tea tree oil or a dollop of yoghurt. Application should be done at least twice a day through inserting a tampon with either oil or yoghurt into the vagina. This remedy must be continued one day after the symptoms disappear.

Ingesting licorice helps sufferers of endocrine yeast infection by stimulating hormones without causing side effects. This sweet also can counteract the estrogen loss endured by women with vaginal yeast infection through the release of estrogen-like friendly steroids.

Another great cure is taking in electrolyte-heavy drinks.

To make your own, squeeze in half a lemon (full of essential minerals) in a glass of filtered water, then add 1/4 teaspoon of Celtic sea salt (with 84 minerals). Drink it six times during the day, with three of those six times during meals.

Cleansing your colon naturally washes out the toxins made by Candida Albicans and also makes the digestive system receptive to friendly bacteria. Recipes may vary, but they usually involve a mixture of garlic or garlic extract, cayenne peppers, apple cider or apple cider vinegar, and the spicy oregano oil.

So there you have the ten best cures for yeast infection. Take note that these are not the only cures available, but these are the ones which have been proven to work time and again. They have helped me, and they will certainly help you.



## **Conclusion & Overview**

Vaginal yeast infection or vaginitis is not something that you would wish on anyone. Not only is such a condition likely to be extremely unpleasant, but it can also be highly embarrassing and often painful as well.

Nevertheless, it is a condition that is suffered by millions of women all over the world every year, and perhaps the biggest problem that most of those women are likely to have when their worst nightmare comes true is that those that they turn to for help may not prove to be a great deal of help at all.

This severe and uncomfortable situation where it itches very bad, irritation is apparent, and redness in the area is highly noticeable identifies the culprit as *Candida Albicans*. This microorganism is always present in damp areas in our body. Initially, when everything's normal, *Candida* does not do anything to us. The normal balance between good and bad bacteria is usually maintained by our body. However, triggered by outside stimulus, this balance is destroyed leaving the organism *Candida* free to grow and populate. This overgrowth of microorganisms results to irritation and redness. Itchiness will of course be among the symptoms of the infection.

Why is it more common to women? Even though men have the potential of becoming infected as well, there are several factors in women which increase the risks of being infected. According to some studies, it is estimated that 25% to 50% of women have in their bodies the microorganisms that caused the infection. However, due to the presence of other bacteria, the amount of *Candida* in specific areas remains tolerable to the body. It is when this balance of microorganisms becomes disrupted that causes the excessive growth of the *Candida* which is followed by an infection of the affected area.

As the population of Candida grows, so do the infected areas. Stopping the various symptoms associated with yeast infection means addressing the various symptoms, factors, and situations one by one. The cause of the excessive growth of the yeast in that area can be associated with drinking antibiotics. Antibiotics disrupt the presence of other microorganisms that control the population of Candida. This is why yogurt is a recommended application for people with yeast infections. The microorganisms present in yogurt help restore the balance between microorganisms.

Women also have a greater risk of being diagnosed of having yeast infection, it is due to the estrogen level in women. This is the reason why women who take estrogen-containing birth control pills and those who are pregnant are more susceptible to yeast infections. Women at this stage or those who share the same objectives have very erratic hormonal balance which affects the population of Candida.

Other possible causes of yeast infections include detergents, fabric softeners, feminine and hygiene sprays, and forms of contraceptives like foams or jellies. Getting older might also trigger the growth of the bacteria especially if you are already undergoing menopause. In menopause, the estrogen levels drop which results to the thinning of the vaginal wall making it more susceptible to different kinds of organisms which could lead to various infections, including yeast. An increase in vaginal itching might result to a decrease in the membrane of the outer wall in the vagina which will eventually increase vaginal itching even more.

Stress is also considered one of the factors that can worsen the situation.

Yeast infection attacks mostly women due to the already mentioned conditions. Knowing these conditions and situations may be a good thing to help prevent the infection to develop or spread.

As we established very early in this book, there is no way that you can solve a vaginal yeast infection problem **permanently** with antifungal lotions and creams. The very nature of fungi and the way that they burrow down into your flesh to find food, dictates that such lotions and creams are never going to be able to permeate deeply enough under your skin to wipe out the root cause of the infection. As a consequence, even if an antifungal cream that you have obtained over-the-counter or by prescription does get rid of your infection, it is extremely unlikely that it has done so thoroughly, which makes it equally likely that the infection is going to return as soon as the antifungal effects have worn off.

I am also certain that you now understand why antibiotics can do more harm than good, and that applies whether you are taking them as a specific treatment for your yeast infection or for any other reason. Antibiotics naturally increase your reliance on their ability to cure all of your medical ailments and that reduces your body's ability to stand up for itself. Add this to the fact that antibiotics kill all bacteria, good or bad, completely indiscriminately, and that they are creeping into your life hidden and unbidden in the foods that you eat, and you begin to appreciate the enormity of the antibiotics problem.

There are times whenever we need to take antibiotics and unfortunately, it is usually whenever we are very sick. For years, doctors have been prescribing antibiotics anytime somebody had a sniffle and this has caused a lot of problems for individuals as a result. The reason why this is the case is because antibiotics are not very discriminate when it comes to the type of

bacteria that they kill. Yes, they do get rid of the bacteria that are causing our problems in many cases but they also kill any good bacteria along with it.



One of the reasons why we have yeast infections is because of antibiotic use. They reduce our immune system to the extent where we are unable to fight off yeast that is naturally present in our bodies at all times. Once this yeast begins to grow, it soon gets a foothold and it is difficult to remove from its place. Unfortunately, many people try to get rid of the yeast by using a pharmaceutical cure and this simply throws them into a downward spiral. With each new yeast infection, the strain is stronger and it is more and more difficult for you to get rid of it by the same means. Eventually, it turns into what is called a super infection which is impossible to cure by a drugstore potion.

If at all possible, you should avoid taking antibiotics because it is more than likely that you are going to suffer from yeast infections as a result. If you are currently taking antibiotics and your doctor agrees to it, you may want to stop taking them and try to take care of whatever problem you have naturally. There are times, however, whenever we may not be able to stop taking antibiotics because of a life-threatening situation that we have.

What do we do then?

If we must take antibiotics regularly, we need to make sure that we keep our body in as good of condition as we possibly can. Although we cannot build up bacteria in our body whenever we are taking antibiotics, we can't help it to fight off yeast infections by eating the right foods, drinking plenty of water and getting exercise on a daily basis. By improving our health as much as possible, we may not only be able to get rid of the yeast infections but we may reduce our dependency on antibiotics as well.



As I already mentioned earlier, one of the reasons why we have yeast infections is because parts of our body provide an ideal environment for it to grow. For example, the female vagina is the perfect breeding ground for yeast because of the temperature and the moisture that is usually present. It is important for us to make sure that we are taking care of this part of our body and also that we don't allow it to become more fertile ground because of the clothes that we are wearing. After all, our clothing can have a large impact on any yeast infections that we are experiencing.

If you want to be able to avoid yeast infections to the best of your ability, you need to make sure that you're not wearing clothing that is too tight fitting. The reason why this is the case is because tight fitting clothing will not allow the infected area of your body to breathe. As a result, yeast will be able to get a foothold and once it does, it will not be long before you're suffering from yet another yeast infection. If you wear tight fitting clothing you may actually be promoting additional moisture and therefore, additional yeast infections. The same is also true on other areas of your body as yeast infections can also occur in places such as under the breasts and in the folds of skin.

You should also make sure that the underwear that you are wearing allows this area of your body to breathe as well. It is best if you wear underwear that has a cotton crotch, both so that it is able to absorb some of the moisture that is present and also so it allows some fresh air into the area.

Pantyhose should also be avoided if you're suffering from a yeast infection. These are notorious for causing yeast infections, both because they are tight and because they don't breathe properly. If you absolutely must wear pantyhose regularly because of work, opt for the type that only goes up on your

legs so far so that you can wear the proper type of underwear in order to reduce and perhaps even get rid of your yeast infections altogether.



Although the clothing that you wear is not going to have the ultimate control over your yeast infections, it will affect it to a certain extent. If you're suffering from a yeast infection currently, make sure that you give the area the opportunity to breathe and you will have a much easier time overcoming it naturally. You would probably be surprised with how much of a difference these small changes in your clothing will make.

There are a lot of different symptoms that may occur as a result of the vaginal yeast infection that we are experiencing. Itching, burning and an unpleasant odor are included in those symptoms. In order to combat the problem, we often want to get rid of the outward signs that we may be experiencing, such as unpleasant vaginal odor even before we are interested in getting rid of the itching and burning that it may be causing. There are a number of different products on the market which can help with this problem but some caution needs to be taken.

Feminine deodorants, although they do help to get rid of the odor to a certain extent are a product that we must absolutely avoid if we have yeast infections.

The same is also true of any of the douches that are on the market. The reason why this is the case is because they contain chemicals that actually become an irritant whenever we have a yeast infection. Instead of helping ourselves to overcome the problem, they may actually be making it worse by making us more uncomfortable in the process.

Instead of using feminine deodorants or douching, you might want to consider using a little bit of garlic to overcome the problem. Inserting an all natural garlic tab into the vagina not only gives you almost immediate relief from the uncomfortable feelings that you may be experiencing, it also helps to reduce the odor in the area to a large extent. You might also want to try some all natural yogurt as it has much the same effect. It is just another way of using something that is available in nature to overcome the problem that we are experiencing.

The correct approach to getting rid of your vaginitis once and for all is to address your problem on two levels.

The first 'level' is a whole body, holistic one. You must appreciate that your vulnerability to yeast infections is a result of the lifestyle that you lead, the foods that you eat (or don't eat), and the chemical imbalances that probably exist in your body because of your diet and the stress of your daily lifestyle, and so on. As a result of all of these things, your immune system and natural resistance to infection and diseases have been depleted, so you need to start taking the necessary steps that you have just read about to start maintaining the balance as soon as possible.

You also need to do three different things. You need to eat the right foods, drink plenty of water and get some exercise on a daily basis. You might be surprised to learn that exercise is such an important part of this effort but what it does is to help balance our body and to make it healthy from the inside out. You can walk, run, bike or lift weights, it really doesn't matter. As long as you're getting exercise every day your body is going to be healthier as a result.

There are undoubtedly certain aspects of being a woman that you can do nothing about. For example, you can do little or nothing to control the variations in progesterone that make you more susceptible to yeast infections at certain times than at others.

Aside from the vaginal area, yeast infections also occur in the underarms, in babies' mouth, in babies' diaper areas, and for adults even in the areas under the breast or underneath the folds of skin. You should know that yeast infection could spread throughout the body. Fortunately, these cases are very rare. Nevertheless, take note that yeast infection when left untreated could result to a more complex condition, one which would no longer respond to normal treatments.



A number of over the counter medicines are now available which claims to eliminate yeast infections. There are medicines that can be taken orally or creams that are to be applied on the affected area. These commercially available products offer schemes like a seven-day infection free treatment. Some offers relief in just three days. Many of them work right away.

But be aware... All these treatments may get you instant relief, but as you already know they treat just the symptoms.

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The question what to do with a yeast infection should have been answered by now.

Nevertheless, making the lifestyle changes that you have read of in this book will naturally reduce your susceptibility to yeast infections in the future.



On a second level, you have seen that there are various natural treatments that can be applied to any vaginal yeast infection that you are suffering at the moment that will help to bring both immediate relief and a reduction in the severity of your present condition.

My final recommendation is to try not to experience vaginal yeast infections by isolating yourself and being ashamed. There is nothing to be ashamed of. In the majority of cases, such infections happen as a result of a combination of circumstances, some of which are specifically related to your vaginal area, but many of which are not.

Such an infection happens because of the life you lead, and in order to remedy the situation on a permanent basis, you must therefore address the problem in the same way.

## Here is what I want you to do now

I want you to think about everything that you have read so far in this book.

Then ask yourself:

### **Am I really ready to get rid of my yeast infection?**

By now you know that it's not going to be easy...

If the answer to the above question is YES, then you have to promise yourself that you will change your life NOW and **stick to the new rules** as long as it takes to get your health back! Print them out and put them somewhere where you will see them all the time. These are the methods that have helped me and many others to cure different kinds of yeast infections. They may seem simple when you just read them, but to hold on to them and follow it all the time, day after day...not so easy, but you have to do it!

No matter what yeast infection you are experiencing, is it vaginal, penile, oral thrush, skin rashes, itches... there are some **general rules for all sufferers:**

- let's start by going to the bathroom right now and get rid of all the soaps, shampoos, douching gels, and if your infection is oral throw away your toothpaste! The next couple of weeks you have to wash yourself in PURE WATER. No soap, no perfumes...just water. If you suffer from yeast infections in your mouth brush your teeth without toothpaste.
- don't apply any kind of skin lotion or creams, if your skin is very dry you should use olive oil or coconut oil and apply it only to the dry skin areas
- starting tomorrow you will have to exercise every day, a half hour – hour of walking will be enough for starters. But remember – every day. No exceptions. If you already do some kind of exercise, great.

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- make sure you drink at least 10 glasses of pure water a day. More is better. Forget about coffee, tea, sweet juices, alcohol... Once you get better you will drink coffee again, don't worry.
  - every morning you have to drink apple cider vinegar. Take two teaspoons and dissolve them in a glass of water and drink it instead of coffee or tea. You will get used to the taste after few days. Drink this again before you go to sleep
  - eat at least three tabs of garlic three times a day. To avoid troubles with the garlic smell you can swallow the whole garlic tabs like pills. Imagine them as pills that you have to take three times a day – that's 9 garlic tabs every day! If you can stand more, take more!
  - again: drink water! Even when you are not thirsty. All the time.
  - don't eat sugar! Your yeast infection is growing on sugar. Forget about chocolate, cakes, cookies, sweet juices, Coca Cola, Fanta...
  - avoid meat in your meals, and eat as much raw food as you can. Refer to this book for recommended types of food. This step is crucial and the whole healing process depends on it.
  - eat as much pure natural yogurt as you can every day
  - take care of your clothing the way I have described. Wear only loose cotton underwear and clothes
  - get caprylic acid capsules and probiotic pills and take one every day
  - drink water!
  - avoid sex while you suffer from vaginal or penile yeast infections
  
  - Stop taking antibiotics right now! If you use any kind of antibiotics for a serious health condition consult your doctor and ask if there is some kind of supplementary treatment for a couple of weeks
  
  - Stop taking birth control pills and look for some other birth control method, use condoms all the time

These are general rules and whatever your infection is you should stick to them.

## **HAVE DISCIPLINE!**

### **Vaginal Yeast infections:**

(applies also to penile yeast infections)

- Don't use soap, shampoo, feminine deodorants, perfumed tampons or perfumed or colored women towels
- Apply natural yogurt to the affected areas, leave it on the skin surface for half an hour. You can do it two – three times a day and then wash away with water
- Dip a tampon in yogurt and insert it for about 20 minutes
- Squeeze a few garlic tabs and apply the garlic paste to the area
- Use garlic oil or tea tree oil on the affected area
- Keep your vaginal area clean and dry

You will usually find relief very quickly by applying these methods. They are safe and natural and can be repeated as many times as you can.

### **Skin yeast infection:**

- Make sure the infected skin areas are dry
- Do not scratch the infected skin areas!
- Don't use soap, shampoo, douching gels on the infected area, only pure water

- Use a water solution of 3% hydrogen peroxide – **one** tablespoon of 3% hydrogen peroxide dissolved in a glass of water, and apply it to the affected areas at least two times a day
- Apply yogurt to the affected skin areas, leave it 20 minutes, and wash away with water. Repeat whenever you can, the more, the better, at least two – three times a day.
- Apply squeezed garlic paste to the infected areas of skin, but don't mix yogurt and garlic! The natural antibiotics from garlic will lower the population of "good" bacteria from the yogurt. In a day or two you will see what works better for your infection and then do this more often than the other recommended treatments.
- After you clean the treated area apply coconut oil

### **Oral yeast infections:**

- Do not use toothpaste or breath sprays.
- Dissolve apple cider vinegar in water and wash your teeth and mouth with it
- Do not eat candies or chew chewing gums
- When you eat garlic chew it, you will survive the smell!
- When you drink yogurt, keep it in your mouth a few minutes so the "good" bacteria have enough time to attack the yeast

By applying these methods I managed to cure my 7 years long yeast infection suffer, both vaginal and skin infections.

When I first started with combining these methods I have found relief immediately, in less than a few days.

By changing my lifestyle, nutrition habits and getting rid of some really bad habits I can now say that I am yeast free for more than a year now.

I truly believe that this can work for you too.

Just stick to it, and don't give up!

If you ever need any help or advice, feel free to shoot me an e mail, I will try to respond to all your questions as soon as possible.

The e-mail is:

[support@candidayeastexposed.com](mailto:support@candidayeastexposed.com)

Thank you very much for taking your time for reading this book!

Yours sincerely,

Martha G. Brown