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FIGHTING CANDIDA EFFECTIVELY

For many years yeast-related health disorders were being treated ineffectively because the problems were unrecognised. For too long *Candida* was overlooked as a potential cause of ill health. It is now realised that *Candida* should be taken into consideration when dealing with a wide range of health problems particularly those related to food allergies and sensitivities, digestive problems, fatigue, mental and emotional health, hormonal problems and especially by those who find weight loss a struggle.

What is Candida?

Candida Albicans is a member of a subgroup of yeasts belonging to the family of fungi or mould. They live naturally in the soil and on the surface of almost all living organism. Yeast can survive on our skin surfaces, the lining of the human body (mucus membranes) and even the mucous membranes of our respiratory tract (ears, nose, and throat). For women, they also exist in the vaginal mucosa. Yeast and other micro-organism can live in harmony with each other without causing discomfort or disease. Normally the presence of candida should cause no problems, since a balance is struck between factors which favour and inhibit proliferation. However, when a disturbance of the normal level of candida on our skin or mucous membranes occurs, a range of common symptoms appear.

SYMPTOMS OF CANDIDA RELATED HEALTH PROBLEMS

These include the following:

- The white coated tongue of oral thrush.
- Oesophagitis (heartburn), abdominal discomfort or bloating, flatulence, constipation, diarrhoea or rectal itching.
- Tinea may exist on the surface of the skin.
- Unexplained persistent coughing, or sore throat.
- For some women, the discharge and itching of the vaginal area (thrush or vaginitis).
- Recurrent urinary tract infection or bladder infection.
- Irritability, mood swings, depression, headaches, confusion, fatigue, lethargy.
- Yeast-related problems often cause sugar cravings which contribute to

weight-loss resistance. Furthermore fluid retention can lead to weight fluctuations.

- Sensitivity to chemical odours and additives.

CAUSES OF YEAST OVERGROWTH

Several factors can disturb this balance in favour of candida overgrowth:

The widespread prescription of antibiotics kill off "friendly" bacteria which normally competitively suppress yeast overgrowth. The use of the birth control pill and immunosuppressant (cortisone type) medication, coupled with a prolonged diet high in simple carbohydrates have caused a dramatic change in the delicate relationship between candida and the other micro-organisms that co-exist on our skin and mucous membranes leading to disastrous effects.

All of these factors tend to suppress the organisms which normally compete with candida and thereby encourages candida to flourish.

Men and children may also develop yeast related health problems.

Men with *Candida* may be troubled with fatigue or have recurrent digestive problems or even fungal infections. They typically, though not always, crave beer, bread and sugars. Yeast-related illnesses should be suspected in children with recurrent colds, ear infections, or allergies. It is likely to occur in children with a history of thrush or persistent nappy rash.

OVERCOMING CANDIDA

Getting *Candida* under control is quite easy, however keeping it that way is the challenge and may take greater effort and discipline. The steps to effective *Candida* control are as follows:

Phase 1: Suppress yeast overgrowth

1. Modify your diet to starve the offending yeast. Avoiding foods which promote yeast overgrowth is the key. This means avoiding refined carbohydrate. A more restrictive carbohydrate diet may be required in patients with resistant strains, if so seek nutritional supervision.
2. Repopulate the bowel with the normal bacteria/flora such as *Lactobacillus acidophilus*, and *bifidus*.
3. Adequate dietary fibre is essential to enhance cleansing of the digestive tract and provide an environment for *acidophilus* to survive.
4. Digestive enzymes may be required initially where achlorhydria has been a problem.
5. It may be necessary to use specific anti-yeast medication such as Nystatin. However, beware of the "die-off" effect.

Phase 2: Stimulate the immune system

1. Avoid foods which are yeast derived.

2. Identify and avoid chemicals or other foods which you may be sensitive to.
3. Air your rooms and keep them free from damp conditions where moulds can thrive.
4. Where possible, avoid the use of antibiotics and medication which suppress the immune system. For women, who have recurrent yeast problems, it is best to avoid the contraceptive pill and use other forms of birth control. It should also be noted that women on HRT are at greater risk of Candida.
5. Especially where there is increased need or where the diet has been inadequate, a regular intake of vitamins and mineral supplements is required to restore and support the immune system (See UPDATE - The Immune System for more info.).

Support and stimulation of the immune system is the key to lasting Candida control. Unfortunately, this phase is often overlooked in many programs which attempt to deal with Candida. Phase 1 will initially suppress Candida growth, and unless patients undergo phase 2 as well, Candida can potentially repopulate to cause relapse and repeated ill health.

Supplementary Nutrients of Benefit

Digestive System - enzymes such as **Hydrozyme, DEF, vegetable enzymes, Acidophilus fibre, cyto-bifidus powder, entrodophilus capsules** are of benefit. B vitamin source called **HGF**, and antioxidants called **BACE, LM1** are effective detoxifiers. Mineral zinc and magnesium can be obtained from **Zymin** or **ZBM**. Herbal immune boost is supplied through **IMS5, echinacea complex**. For children, use **echinacea in glycerol** base which has no alcohol.

Foods of Benefit

Garlic - possess a broad spectrum anti-fungal activity. Numerous research articles demonstrate the inhibitory action of garlic (*Allium sativum*) on candida organisms.

Yogurt - live yogurt that contains *Lactobacillus* can be beneficial for long term repopulation of colonic micro-organism. To ensure live source, add a spoonful of yogurt to some warm milk that has been boiled and cooled. Keep the mixture in a yogurt maker overnight. A live culture will in turn produce yogurt. For immediate therapeutic benefits, supplementation with commercial preparations may be required. Make sure biological analysis is given showing live bacteria count per gram.

Fructooligosaccharides (FOS) - a class of natural carbohydrates exclusively used by *Lactobacillus* and *Bifidobacteria* which will help promote their growth in the digestive tract. Good sources are bananas, tomatoes, onions and garlic.

References:

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The information in this leaflet is not presented as a substitute for professional treatment. Please consult your health practitioner for specific individual health needs.