



## Candida albicans: dietary, nutritional and lifestyle advice

Candida albicans is a common yeast that grows in the gastrointestinal tract of every person. Occasionally, the environment in the gut changes and an overgrowth of this yeast can occur.

### **Common causes of Candida overgrowth includes:**

- antibiotics
- corticosteroids
- contraceptive pill
- poor diet
- stress

### **Symptoms of Candida overgrowth include:**

- chronic fatigue
- decreased libido
- thrush
- bloating/gas/intestinal cramping
- rectal itching/altered bowel function
- bladder infections
- menstrual complaints
- depression/irritability/inability to concentrate
- allergies/chemical sensitivities/low immune function

Successful treatment of chronic Candida overgrowth requires correct food choices and persistence on your behalf. Herbal and nutritional medicine can greatly aid treatment and prevent recurrence.

### **Dietary Advice:**

**Increase in diet:** Yoghurt (try acidophilus powder if avoiding dairy products), fish, chicken, vegetables, whole grains, seeds, lemons, garlic (1 clove/day), cabbage, brussel sprouts, asparagus

**Decrease in diet:** Fruit juices/dried fruit, refined flours and sugars, alcohol, cheese, breads, vinegar, soy sauce, mushrooms, vegemite, ice cream, pickles, tomato sauce, smoked meats

## **Nutritional Advice:**

**Supplements:** Mix one drop of peppermint, tea-tree or lavender essential oil with slippery elm powder and water or juice/ daily until condition clears.

Acidophilus fiber/powder 1-2 dessert-spoons/day

Slippery Elm Bark powder for gut mucosal integrity

Co-enzyme Q-10

Digestive enzymes—Hydrozyme 1-2 tablets with meal.

**Vitamins:** Vit A (beta-carotene), Vit. C, Vit. B-complete (plenty of B-6,12, biotin and folate help maintain candida in non-invasive form) , Vit. E. Zinc, potassium sorbate and biotin can directly kill excess yeasts and fungi in the gastrointestinal tracts and vagina.

**Minerals:** Magnesium, Check Fe (iron) levels 10-18mg/day or Heme 100 3/day. Potassium sorbate 30-70mg/day can have anti-fungal activity.

**Amino Acids:** Glutamine Complex 3-4/day can improve leaky gut syndrome. N-acetyl cysteine, lipoic acid and glutathionine can neutralise excess nitric oxide (NO) which increases leaky gut.

**Essential Fatty Acids/Oils:** Flaxseed oil, olive oil(1dessert-spoon/day), omega-3 supplement.

**Chinese Herbs:** Wan Dai Tang (Ending Vaginal Discharge Decoction)

Yi Huang Tang (Change Yellow Decoction)

Bu Xue Tiao Jing Pian (Tonifying Blood and Regulating Menses Tablet)

Nei Bu Wan (Inner Tonification Pill)

Qian Jin Zhi Dai Wan (Thousand Gold Pieces Stopping Leucorrhoea Pill)

Zuo Gui Wan (Restoring the Left (Kidney) Pill)

Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron and Rehmannia Combination)

Mie Di Zhi Yang Tang (Killing Trichomonas and Stopping Itching Decoction)

Long Dan Xie Gan Tang (Gentiana Draining the Liver Decoction)

Xiao Yao San (Free and Easy Wanderer Powder)

**Western Herbs:** Pau d'arco tree-bark (or Taheebo) for 3 months.

Black walnut, Chinese wormwood, barberry, gentian, cat's claw, black elder, yarrow, cinnamon oil and oregano oil can all have antimicrobial effects. Metagenics produce some excellent formulas utilising these herbs for systemic and gastrointestinal microbial control.

## **Lifestyle Advice:**

**Exercise:** Walk at least 20 mins /day in fresh air and peaceful surroundings.

**Taiji/Qigong:** Deep breathing exercises into Tan Tian (3" below navel) expand on inbreath.

**Meditation:** Clear beautiful thoughts or nothing at all. Positive reinforcement—you will be healed.