

DIAGNOSING AND TREATING CANDIDA

I am asked so frequently about candida I could put this article under FAQ.

Some of the possible factors that contribute to candida include:

- Weak immune system
- Poor diet, high in simple sugars
- Transmitted in bodily fluids
- Antibiotics, corticosteroids or other pharmaceuticals

Candida causes symptoms in all systems and may manifest itself with one or more of the following signs:

- Sticky eyes with crusts at the corner
- Sticky mouth with sore spots anywhere on oral mucosa
- Itchy ears with or without discharge
- Skin or fingernail fungus
- Dandruff
- Digestive disturbance
- Vaginal discharge, can appear in advanced stages as cottage cheese -like
- Change in consistency of semen, stringy texture
- Jock itch
- Itchy anus
- Skin irritation under breasts
- Slow flow urine or other change in stream
- Mucous in the stool
- PMS symptoms
- Irritability
- Chronic fatigue
- Depression
- Change in sleep pattern
- Cravings for sugar

I check almost every patient for several strains of candida, fungus and yeast. Then an easy 4 week treatment program, tailored to the individual patient, can have a profound influence reducing symptoms and improving wellness.

POSSIBLE TREATMENTS

I have always used German diagnostic equipment, but more about that later. I use German homeopathy because I think it is some of the world's best and most powerful medicine.

Some of my favourite homeopathic treatments for candida come from the German companies Heel, Dr.Reckeweg, Sanum. Homeopathy is especially gentle and effective for children and sensitive individuals. I also use a variety of combination herbals with excellent success. There is rarely a time I don't incorporate a good long course of probiotics to assist in treating yeast. Sometimes I give the probiotic as a powder and it can be mixed into protein drinks, yogurt or sprinkled on other foods.

Then there is the dreaded diet! With the help of the antifungal and the probiotic, I try to make the diet as minimally restrictive as possible. But having said that, sugar of any shape or form is not in the diet. This really is do-able if you want it enough. And there is no point beating yourself up over how much of the stuff you just ate. Just try to make better choices next time you eat. Really.... You can do it.

Look at the first page, the fresh food list. It's examples of some of the fresh foods you can eat and there are way too many to list on the diet. Things you can have are fresh vegetables, fruits and meats. Grains and flour are ok. Yeast is to be avoided. This means you can have some yeast free choices such as baking powder biscuits, rice cakes, yeast free bread (available at some bakeries and health food stores). Pasta is yeast free and fine to eat on this diet.

Some authors restrict fruit, I do not, unless you are a diabetic. Just don't go overboard with the fruit, keep it to a couple of servings a day.

Other things to avoid include all packaged, processed, smoked, dried, canned and pickled foods. No fruit juice because often culls are used in making the juice. Dried foods may collect mould in the drying process. Cheeses and mushrooms are potential mould collectors and should be avoided on a yeast free diet.