

# Natural Help 4...

# Candida



## What is Candida?

**Candida**, also known as **Candida albicans**, is a **type of yeast** which is classified in the same group as fungus, mold and mildew. Thriving in a dark, moist environment, it can be **found naturally in the body**, particularly in the mouth, digestive tract, vagina, or skin folds.

Other areas of the body that may be affected by **Candida** are the ears, dental cavities, groin, under the breasts or nails. When in correct systemic balance, **Candida is not a harmful organism** and will not cause troublesome symptoms. Prevention is important, as **treatment for Candida albicans** can be unsuccessful and infections can become recurrent.

## Diagnosing Candida

The **symptoms of Candida overgrowth** are chronic fatigue, abdominal bloating, constipation, diarrhea, skin infections, headaches, menstrual cycle disturbances, and even cognitive difficulties or depression. **Candida affects both men and women**, but is more common in babies and people with weak immune systems.

## Common Conditions Related to Candida

- **Oral Thrush** - A mouth infection caused by **Candida** that manifests with white sores or spots around the lips, on the tongue, gums, and inside the cheeks
- **Esophagitis** - **Candida** that spreads to the esophagus from the mouth
- **Skin candidiasis** - A diaper rash that is common in babies
- **Vaginal yeast infection** - A white, curd-like discharge occurs along with itching and severe burning while urinating or during sex
- **Deep candidiasis** - **Candida** spreads through the bloodstream to the entire body which causes fever, shock, and multiple organ failure

## What Causes Candida?

The most predominant type of yeast is **Candida Albicans**. **An overgrowth of yeast occurs when the immune system becomes suppressed** and toxins produced by the yeast can enter the blood stream through the colon wall, infecting other parts of the body.

This condition can be triggered by a number of factors such as antibiotic and steroid use, birth control pills, hormonal changes during pregnancy, menstruation or menopause, allergies, poor hygiene, stress, a poor diet, or chemical poisoning.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

# Help for Candida

**Treatment for Candida albicans** includes conventional over-the-counter medication or prescription medication such as topical creams, anti-fungal drugs, probiotics, or oral drugs.

Complementary and alternative therapies include acupuncture, immunotherapy, or increasing vitamin intake to **alleviate symptoms of Candida overgrowth**. A more natural approach would include herbal and homeopathic treatments to relieve underlying symptoms but also to **help maintain overall health and well-being**, while adding a **boost to the immune system**. Herbal and homeopathic remedies are 100% safe, effective, and non addictive – with no side effects.

Some examples include **Cymbopogon citratus** (Lemon grass) and **Calendula officinalis** and **Tabebuia impetiginosa** (Pau d'arco bark), both which have anti-bacterial and anti-fungal properties, **effectively removing toxins** and helping to **support systematic functioning** of the body.

An herbalist or homeopath will be able to offer advice on the best treatment for Candida albicans suited to your symptoms. For treatment to be fully successful, a healthy diet and certain lifestyle adjustments should be taken into consideration to **prevent future symptoms of Candida overgrowth**.

## Candida Prevention


There are various ways to prevent Candida infections, including the following tips:

- Eat a low carbohydrate diet
- Avoid foods and beverages that contain sugar, yeast, alcohol, or dairy products
- Keep your skin cool and dry
- Avoid frequent use of antibiotics
- Practice good hygiene by washing and drying your vaginal or groin area, and dry well in-between toes and other skin folds
- Wipe the vaginal area from front to back after using the toilet
- Avoid use of irritants such as perfume, bath oils, or talc on the vaginal area
- Change soiled and wet diapers immediately to avoid Candida rash
- Wear cotton underwear and avoid wearing tight trousers or jeans

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago,



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**Michele Carelse, Clinical  
Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of

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inferior (and sometimes even unsafe) remedies onto the market and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Candidate**: Promotes digestive tract health and candida balance maintenance.

Candidate is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Candidate has been used for many years to safely promote **balanced and healthy levels of pH and bacteria in the body**, thereby assisting the body in its natural ability to maintain routine levels of Candida and prevent overgrowth.

By supporting pH levels and promoting healthy probiotic growth, Candidate can help to control the levels of systemic Candida and thereby assist with the **prevention of common yeast infections**.

Candidate contains a selection of herbs known for their ability to promote the growth of healthy probiotic flora in the digestive tract and to maintain routine acid and alkaline conditions in the body.

In combination with a healthy lifestyle and diet which excludes excess sugar, wheat, stimulants, artificial preservatives and colorants, Candidate supports the healthy ability of the body to **fight excess yeast and fungal growth and balance pH levels**, thereby assisting in keeping Candida levels under natural control.

Candidate supports good hygiene practices and can support intestinal health and functioning, making all the difference without the risk of serious side effects.

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yeast-regulating properties, it contains natural ingredients well-known for their ability to soothe the digestive tract, while supporting liver health and promoting a competent immune system.

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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