



Fact Sheet

Candida Albicans

(Vaginal Yeast Infection - Thrush)

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Candida Albicans is a normal fungus inhabiting the mouth, throat, gastrointestinal tract and vagina. Excess development may result from certain types of life style and can be an indicator of immune status. Classified as fungus, these yeast organisms are free of chlorophyll and therefore cannot by photosynthesis make their own food from sunlight; hence they depend on their host for nourishment. They use oxygen for metabolism. Yeasts such as Candida are often secondary invaders in other infections. Traditional beliefs hold that those most susceptible to Candida infections are infants (thrush), women (vaginits), persons who have undergone extended antibiotic therapy or used birth control pills, and postoperative patients. (1)

CAUSES OF/OR CONTRIBUTORS TO GROWTH IN THE BODY

- The use of Antibiotics
- Birth Control Pills
- Cortisone
- Sugar & fat in the diet
- Yeast in the diet
- Insufficient supply of nutrients
- A genetic deficiency of Ig A (Immunoglobulin A)
- Drugs or stress induced immune depression and related diseases
- Hypothyroidism - this is a condition that is fairly common, as a low body temperature permits easier and faster growth of candida albicans

Signs and symptoms are: Bloating, Cystitis, Anal itching, Vaginal itching, Hives, Acne, Hay fever

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Treatment

Candida overgrowth occurs during stressful periods or states of lowered immune potential, and is a common and fundamental parameter associated with food and chemical hypersensitivities, as well as many other common illnesses. Diet should exclude all simple carbohydrates and should emphasize a low carbohydrate diet to discourage overgrowth of the yeast organisms. It is also important to ensure propagation of desirable intestinal flora by using oral supplements of Lactobacillus Acidophilus (which can be readily supplied by including yogurt in one's daily food intake); also advisable is the use of Biotin to prevent conversion of the yeast form of Candida to its more virulent fungal form. Doses of 500 mg of biotin may be taken two or three times a day. A high fibre diet is helpful to increase the transit time of metabolic toxins produced by the organism, and nutritional supplements are very important to bolster the immune capacities. Many patients with Candida infections that are difficult to treat exhibit food and chemical hypersensitivities; they should avoid toxic chemicals and should follow a regime of food rotation and other life-style control measures.

Dietary Program

- Avoid simple carbohydrate - especially any forms of sugar or refined flour
- Reduce total carbohydrate dietary intake
- Emphasize lean meats and vegetables
- Strict avoidance of yeast containing foods or yeast derived foods such as cheese, vinegar, dried foods, alcohol, mushrooms, bread products.
- Avoid fruit juices or very sweet fruits

Nutritional Supplements

- Multi-Vitamin + Minerals Vitamin A 30,000 to 45,000 I.U.
- Beta Carotene - 50,000 to 75,000 I.U.
- B Complex - 2 to 4 times RDA.
- Natural Vitamin E - 800 to 1200 I.U.
- Vitamin C - 1,500 to 5,000 mg.
- Biotin - 500 mg. 2 to 3 times per day.
- Garlic capsules - 3 daily taken between meals.
- GLA - from Borage Oil - 2 capsules daily. Wholly Immune™ is highly recommended as a source of all the vitamins, minerals, antioxidants, and if taken would include all the above nutrients plus many more.
- Acidophilus - 1 to 3 capsules with each meal. Keep refrigerated once you have opened the bottle, and keep the cap tightly closed. When exposed to air at room temperature potency is lost very rapidly. You may use Kyodophilus which appears able to retain its potency at room temperature. Or you may go to your local dairy or health food store and get some liquid acidophilus from the refrigerated section. If you are taking liquid acidophilus take a tablespoon with each meal.

Self Help

- Don't use bubble baths, perfumed soaps or vaginal deodorants
- Wear cotton underwear whenever possible
- Wear skirts and dresses rather than tight jeans, or lycra leggings
- Avoid tights
- Follow dietary and supplement advice above

Our Female Healthcare Philosophy

At the Women's Natural Health Practice we specialise in providing comprehensive natural, reproductive, gynaecological, obstetric and general healthcare for females from adolescence to post-menopause. Our approach is to integrate techniques in both oriental and western medical diagnosis in order to formulate a naturally oriented treatment plan combining acupuncture, herbal medicine, nutritional therapy, exercise and lifestyle. Each treatment plan is tailored specifically to each individual woman maximising results.

Please email us at enquiries@naturalgynae.com with questions, we are more than happy to provide any information via email that will assist you in deciding which treatment approach would be best for you

For more information, contact details and appointments click here www.naturalgynae.com