

Candida Overgrowth – How to Rid Yourself of It!



candida overgrowth? The top things that cause candida overgrowth include: eating a high sugar or high carbohydrate (converts into sugars in the body) diet, consuming alcohol, oral contraceptives (birth control pill), stress and antibiotics to name a few.

How do I know I have candida? One quick way to see if your candida levels are on the high side is by looking at your tongue. If you have a candida overgrowth there will be a white coating on the tongue. How bad of a candida overgrowth will depend on how thick or opaque the layer present on the tongue is. Other symptoms that are indicative of a candida overgrowth include: fatigue, depression, digestive disturbances (gas, bloating, constipation, and diarrhea), Cognitive function (concentration, focus, ADD,

ADHD, etc.), Skin eruptions (Psoriasis, Eczema), and Infections (Vaginal, Bladder and Kidney).

What can I do if I have candida? Cutting out refined sugars and limiting carbohydrates is important so that you're not feeding the candida, but this can take up to 3-6 months just doing this strictly by diet. Some Homeopathic Remedies to help get a candida overgrowth under control are:

Candida Albicans- This is a homeopathic remedy prepared from the strain of yeast/candida that is naturally occurring in the body and is taken to help keep the candida overgrowth under control. This is suggested for the person whose candida overgrowth is caused due to a dose of antibiotics in which all the healthy bacteria that usually keep the candida overgrowth

under control are killed off. This helps with itching, burning, thrush and severe cases of systemic yeast.

Cantharis- This remedy is characterized by burning and not as much itching is present. This is more often used for Bladder (UTI) infections or kidney infections. A strong urgency to urinate will be present but very little will pass when they try.

Sepia- This is a fantastic remedy for people who are stressed and overwhelmed. They have tendencies towards yeast infections that are characterized by minimal to moderate burning but an insatiable itch that is worse at night. Vaginal discharge is usually present in a white to yellowish colour and varies in texture from creamy to cottage cheese.

Sulphur- This remedy is incredibly useful where the itching and burning are both

equally intense and affected areas are very red. Scratching the itch ameliorates only temporarily and a strong rotten egg like odour is present. Burning is so strong that it is characterized by sticking the feet out from under the covers at night to cool them down. Tendencies towards diarrhea is present and a yellowish vaginal discharge.

All of the above mentioned homeopathic remedies are safe for people of all ages and do not counter indicate any medications. Feel free to stop by any time at One Stop Naturals for more help in eliminating candida!

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Did you know that candida is actually beneficial and needed in our bodies? Candida is a form of yeast naturally occurring in mucous membranes such as the throat, intestine and vagina which actually aids in digestion and the absorption of nutrients.

So why do we always hear of candida as the culprit? The reason being is this; candida, although needed, is very much like everything else in our bodies, a fine balancing act. Now-a-days it is very easy to throw our candida levels into hyper drive causing candida overgrowth. But what causes a

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