



# YEAST INFECTION (CANDIDIASIS)

**Candida albicans** is a yeast-like fungus that normally lives on the skin and inside the body such as the mouth, throat, gut, and vagina, without causing any issues. If given the opportunity to overgrow, it can destroy intestinal tissue creating GI problems and enter the bloodstream causing further symptoms such as migraines, mood swings, migrating aches and pains, etc.



## Possible Contributing Factors

- Long-term antibiotic use or synthetic hormone replacement therapy
- Immune dysfunction (check vitamin A, vitamin D & RBC zinc)
- Hypo or hyper-adrenal function (i.e. low or high cortisol from acute or chronic stress)
- Excess refined carbohydrates (i.e. flour based products & sweeteners)
- Digestive dysfunction leading to microbiome imbalance
- Blood sugar dysregulation
- Heavy metal toxicity such as mercury
- Exposure to mold

## Lifestyle & Dietary Recommendations

- Eliminate refined & processed foods, sugar, alcohol, fruit juice, and all fermented and yeast containing foods (breads, pastries, cakes, cookies, cheese, sauerkraut, soy sauce, vinegar, etc)
- Eliminate dairy (except grassfed butter) and gluten
- Limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1 to 2 low fructose whole fruits per day
- Eliminate fried foods, hydrogenated fats/oils
- Daily grounding and anything to help relax the body (journal, meditate, deep breaths, regular massages, warm bath, petting pet, etc)
- Sleep by 10/10:30pm

## Supplement Considerations

- Single or combo formula of oregano, thyme, caprylic acid, uva-ursi, berberine, pau d'arco, garlic, undecylenic acid
- High dose lactobacillus probiotic
- Vitamin D3 with K2
- Vitamin A (contraindicated in pregnancy)
- Zinc