

# ***Tequesta Family Practice***

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## **Candidiasis: Complementary/Alternative Medicine**

### QUICK REVIEW

- Prolonged antibiotic use is believed to be the most important factor in the development of chronic Candidiasis.

A physician knowledgeable about yeast-related illness can help in diagnosis, treating, and monitoring chronic Candidiasis.

- A comprehensive approach is more effective in treating chronic Candidiasis than simply trying to kill the Candida with a drug or a natural anti-Candida agent.

- Recurrent or chronic infections, including chronic Candidiasis, are characterized by a depressed immune system.

- Restoring proper immune function is one of the key goals in the treatment of chronic Candidiasis.

- The most effective natural anti-Candida compounds are enteric-coated volatile oil preparations.

### TREATMENT SUMMARY

Following is a comprehensive step approach to the successful elimination of chronic Candidiasis.

#### Step 1: Identify and Address Predisposing Factors

- Eliminate the use of antibiotics, steroids, immune-suppressing drug and birth control pills (unless there is absolute medical necessity)

- Identify any lack of digestive secret

- Follow the specific recommendation if the identifiable predisposing factor is dietary factors, impaired immunity, impaired liver function, or an undiagnosed disease state

#### Step 2: Follow the Candida-Control Diet

- Eliminate refined and simple sugar

- Eliminate milk and other dairy products, yeast or mold, including alcoholic beverages, cheeses, dried fruits, melons, and peanuts

- Eliminate all known or suspected food allergens

#### Step 3: Provide Nutritional Support

- Take a high-potency multiple vitamin and mineral formula

- Take additional antioxidants

- Take 1 tablespoon of flaxseed oil daily

#### Step 4: Support Immune Function

- Promote a positive mental attitude
- Deal with stress by using positive coping techniques (see the chapter STRESS MANAGEMENT)
- Avoid alcohol, sugar, smoking, and elevated cholesterol levels, which can impair immune function
- Get plenty of rest and good sleep
- Support thymus gland function (take thymus extract: 750 mg of crude polypeptide fractions daily)

#### Step 5: Promote Detoxification and Elimination

- Take 3-5 grams of water-soluble fiber such as guar gum, psyllium seed, or pectin, at night
- If necessary, take lipotropic factor and silymarin to enhance liver function

#### Step 6: Take Probiotics

- Dosage- 1-10 billion viable *Lactobacillus acidophilus* and *Bifidobacterium bifidum* cells per day

#### Step 7: Use Appropriate Anti-yeast Therapy

- Ideally, use the recommended nutritional and/or herbal supplements to help control against yeast overgrowth and promote a healthy bacterial flora
- If necessary, use a prescription anti-yeast drug appropriately

These simple steps should take care chronic Candidiasis in most cases. If you follow these guidelines and don't have significant improvement or complete resolution, further evaluation is necessary determine if chronic Candidiasis is an underlying factor. Repeat stool cultures and antigen level tests are often help in this goal. If the organism has not be eradicated, stronger prescription antibiotics can be used along with the other general recommendations.