

# Natural Help 4...

# Candidiasis



## What is Candidiasis (Vaginal Thrush)?

**Candidiasis** is also **often referred to as [thrush](#)**, and is a **yeast infection** belonging to a group of fungi containing more than 20 species. The most common type of yeast is *Candida albicans*, which often affects women in the form of **[vaginal thrush](#)**.

It can normally be found in our bodies, **living harmlessly in our digestive system** and in the vaginal area of women without causing any symptoms.

## Diagnosing Candidiasis (Vaginal Thrush)

**Symptoms of these [fungal infections](#)** can be recognized by skin rashes or pimples, a thick, whitish vaginal discharge accompanied by itching and burning, or a painful rash and redness on the underside of the penis. Sores or cuts may even surface on the lips, cheeks or tongue. Individuals may be more prone to problems like Athletes' Foot or Jock Itch.

**When the condition is severe**, symptoms such as fatigue, depression, anxiety, headaches, digestive problems, and frequent infections may also occur; therefore conventional or natural treatment of **[vaginal thrush](#)** or candida is necessary.

## What Causes Candidiasis (Vaginal Thrush)?

A candida **infection or overgrowth usually occurs** when the skin is damaged in **warm, moist body areas**. It can also happen when a person has a weakened immune system, or sometimes as a result of an unhealthy diet. When there is an overgrowth of yeast, other parts of the body become infected.

Candida overgrowth tends to occur as a result of antibiotic use, hormonal changes during pregnancy or menopause, illness, or stress. Areas of the body that are often affected include the mouth, vagina, groin, nail beds, or skin folds. However, **[candidiasis](#) may become systemic if left untreated** and will then **affect a wide range of body functions**.

## Help for Candidiasis (Vaginal Thrush)

Most episodes of localized **[candidiasis](#)** are treatable with medicated ointments, suppositories, or mouthwash. More severe infections may be treated with oral anti-fungal medications, especially where the person may have a more serious condition such as HIV or diabetes. There are also many **[natural treatments for vaginal thrush](#)**, **[candidiasis](#)**, and other **[fungal infections](#)**, which include the use of

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herbal and homeopathic remedies.

## Natural Remedies

**Natural treatment for vaginal thrush has proven to be effective** as well for **relieving the pain and discomfort** of **candidiasis** and for **controlling candida overgrowth**. There are many herbs with anti-fungal properties which may be used topically or internally to deal with the problem.

These include herbs such as *Cymbopogon citratus* (Lemon grass), *Calendula officinalis*, and *Tabebuia impetiginosa* (Pau d'arco bark), especially chosen for their healing and anti-fungal properties. Apart from treating the fungal overgrowth itself, **herbal remedies can also help to improve immune system strength**, thereby helping to protect the body against future attacks. Herbal and homeopathic treatments are not only safe and effective to use, but also non-addictive without any side effects.

## Effective Ways to Prevent Candidiasis and Common Fungal Infections

- Eat yogurt with live bacteria
- Practice good oral health by brushing and flossing teeth daily
- Wash and dry the vaginal or groin areas before dressing
- Maintain good hygiene practices when using the bathroom
- Increase your intake of garlic because of its anti-fungal properties
- Avoid excessive antibiotic use
- Avoid eating sweetened and refined foods

## 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 or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic 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, 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 upon by conventional doctors, especially by those who do 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.



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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.

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. This 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. 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 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**, including 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

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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.

Candidate can also **promote overall systemic health**. In addition to its natural 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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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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