

# Natural Help 4...

# Yeast Infection



## What is a Yeast Infection?

**Candidiasis is the most common type of yeast infection** and is caused by a type of fungus called Candida. This organism commonly penetrates and affects areas of the body such as the mouth, around dentures, under the breasts, the vagina, groin area, nail beds, and beneath other skin folds.

Yeast infections are more common in cases of poor hygiene, weakened immune systems, following antibiotic and steroid use, as well as hormonal changes during pregnancy, menstruation, and menopause.

**Women are more prone to yeast infections**, and three out of four women are affected during their lifetime by vaginal yeast infections. Men also may also develop a yeast infection, but it is less common. It is not primarily a sexually transmitted condition, but the infection *can* be transmitted between partners.

**Yeast infection symptoms that recur relentlessly should receive medical attention**, while others may be treated with over-the-counter drugs. A wide range of treatment options which include conventional and homeopathic therapies can alleviate symptoms and ensure less pain, discomfort, and embarrassment. There are also many **natural cures for yeast infections that do not have the negative sides effects** commonly associated with conventional medicine.

## How is a Yeast Infection Diagnosed?

The **diagnosis of a vaginal yeast infection** will usually be determined by the following:

- A vaginal examination
- Samples of discharge will be examined under microscope

For chronic infections, the discharge may be cultured to determine what else may be present. A more serious condition such as **chlamydia or gonorrhea can easily be mistaken for a yeast infection**, so it is best to have yeast infection symptoms checked out by a medical practitioner, especially if the infection does not respond well to treatment.

## What are the Symptoms of a Yeast Infection?

The symptoms and signs of a yeast infection include:



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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Thick, white vaginal discharge (looks like cottage cheese) that is odorless
- Vaginal itching
- Irritated genital skin
- Burning and pain during urination or sexual intercourse

Yeast infections can become widespread throughout the body (known as systemic candidiasis), and can then result in a variety of generalized symptoms, including fatigue, headaches, depression, aches and pains, digestive disturbances, and increased vulnerability to opportunistic infections.

## What are the Causes of Yeast Infections?

A yeast infection is caused by the **overgrowth of a fungus known as Candida albicans**. Candida albicans is normally found in all people, but the levels are usually kept in check by the body.

There are **many things that can create an imbalance** leading to Candida overgrowth and infection.

## Factors Contributing to Candida Overgrowth

- Use of antibiotics
- Use of steroids
- Hormonal changes during pregnancy, menstruation, and menopause
- People with weakened immune systems because of cancer, steroid treatment, or conditions such as AIDS
- Use of contraceptives such as birth control pills
- Poor hygiene methods, such as not washing the vaginal area, or not wiping from front to back after using the toilet
- Wearing tight trousers or jeans
- Exposing the vaginal area to moisture such as a wet bathing suit

## Help for Yeast Infections

Vaginal yeast infections may cause intermittent or recurring infections. If not treated immediately, **yeast infections can become a serious condition**. However, with the correct approach, yeast infection symptoms will respond well to treatment.

### Conventional Treatment Options

- Over-the-counter medication such as creams and suppositories
- Prescription creams and suppositories
- Prescription oral medications

These conventional treatment options **will only work successfully if preventative mechanisms are put into place** such as eating a well-balanced diet, practicing good hygiene and safe sex, and cleansing the body's system (see some useful tips on holistic treatment and prevention below).

### Natural Cures for Yeast Infections



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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.

There are **effective natural cures for yeast infections available** that can help to soothe the discomfort and frustration of a [yeast infection](#), **resolving the infection without the use of prescriptions and OTC drugs**. These remedies are 100% safe, non-addictive, and non-invasive. They contain ingredients such as Cymbopogon citratus (Lemon grass), Calendula officinalis, and Tabebuia impetiginosa (Pau d'arco bark). All have **antibacterial and antifungal properties** that effectively remove toxins and help to support the overall natural maintenance systems in the body. Consult a homeopath, herbalist, or naturopath for advice on the remedy that suits your symptoms.

## Some Useful Tips for Women on Prevention

These precautionary measures will **help to avoid and prevent yeast infections** from recurring.

- Eat a well-balanced diet, rich in vegetables, protein, and grain
- Include yogurt into your diet, as it contains live cultures of lactobacillus acidophilus
- Limit your intake of sugar, as increased sugar levels cause yeast to grow faster
- Avoid refined and processed foods
- Take nutritional supplements such as acidophilus
- Avoid the scented variety of soaps, deodorant, talc, tampons, sanitary pads, panty liners, or toilet paper
- Wipe yourself from front to back when visiting the toilet
- Change your tampons and sanitary towels frequently when you are menstruating
- Wear cotton underwear
- Wash and dry your vagina area thoroughly before getting dressed, as moisture encourages the growth of yeast
- Avoid sharing washcloths and towels
- Vaginal douches increase the risk of [yeast infection](#)
- Avoid wearing jeans or trousers that are tight at the crotch
- Avoid wearing underwear or pajama pants to bed and allow the vagina to be exposed to air
- Avoid sex if it feels painful, or use a lubricating gel during sex
- Switch to non-hormonal contraceptives if medications such as birth control pills are causing recurrent [yeast infections](#)
- Avoid unnecessary use of antibiotics, as they also cause [yeast infections](#)
- When antibiotic use is unavoidable, combine antibiotics with probiotics to reduce the risk of [yeast infection](#)
- Avoid the use of fabric softeners

## 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 medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which

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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 on by conventional doctors, especially by those who did 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.

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, which 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 and that, 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



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equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – 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. These include 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 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.

## **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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.

6) We offer an unconditional [One Year Money Back Guarantee](#).

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.

[Learn more about Candidate](#)

**Immunity Plus™**: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

Read the testimonials for these quality products [here!](#)

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