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Menopause, Andropause And Other Hormone Imbalances
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Thrush: Cause And Cure

By Charlene J. Nuble

Candida Albicans is one of the many organism living in the human body. These organisms live in about 80 percent of the human population. Thrush can be present in different parts of the human body including the colon, vagina, stomach, throat, mouth and rectum. Candida Albicans does not pose any health problems under normal conditions but an overgrowth of the said bacteria can cause a condition called Thrush or candidiasis.

Thrush is not a serious problem but if left untreated it can cause major discomfort. In some instances, thrush can also lead to a much serious condition. This is why anyone who thinks that they are suffering from thrush must immediately seek medical advice. Thrush, especially if it is persistent, must never be ignored.

So how do you know if you are suffering from thrush? One of the telltale sign is having white creamy patches in the mouth. Red spots on the roof of the mouth, throat, gums and on the tongue are also clear indications of Thrush. A person suffering from Thrush may also see crusts forming on the corners of his or her mouth. Difficulties in swallowing, nausea and chest pains are some of the other signs of having Thrush.

The most common telltale sign of Thrush among women is a vaginal discharge that resembles cottage cheese. This discharge is often accompanied by burning and itching of the vaginal area. The lips of the vagina can also swell and become red and tender to the touch.

Thrush can usually be detected by a doctor by examining your throat and mouth. In some cases, the doctor may need to check your stomach and throat by using an x-ray machine or an endoscope to check whether you have actually have thrush or not. Sometimes though, a visual examination by the physician is sufficient diagnosis.

Majority of Thrush sufferers are women. It is estimated that a whopping 75 percent of all women in the world will experience having Thrush at least once in their lives.

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Can Thrush be prevented? Of course it can. Every women must remember that a normal amount of yeast is necessary for good vaginal health. That is why it is not advisable to result to primary prevention of the formation of yeast. Yeast infection like Thrush feeds on sugar. This is a very helpful information among Trish sufferers. And because Thrush feeds on sugar, limiting sugar intake was found by most Thrush sufferers to be very effective.

A low sugar diet can also prevent the recurrence of Candida Albicans overgrowth. The affected area must also be allowed to breathe so it is highly advisable to wear cotton undergarments, pants and skirts and loose fitting pants and skirts.

If Thrush infection is persistent, then it is highly advisable that the sufferer seek the advice of a medical expert. Self treatment through over the counter medication is also not recommended since some medicines especially antibiotics can worsen the Thrush infection. Always ask the advice of a doctor before undergoing any kind of medical treatment.

It is also wise to seek the counsel of other individual who are suffering or who has recovered from a Thrush infection. The insight and advice that they will provide will be valuable in your own road to recovery. The Internet is a very good place to find individuals who are suffering or who has recovered from Thrush.

Note: This article may be freely reproduced as long as the AUTHOR'S resource box at the bottom of this article is included and and all links must be Active/Linkable with no syntax changes.

Charlene J. Nuble 2006. For answers to All your frequently asked questions about thrush, please go to:

<http://thrush.candidaanswers.com/>

The Truth About Thrush

By Heather Colman

Thrush is a fungal mouth infection that is caused by yeast, also known as Candida fungus. Even though every person has a small about of yeast in their bodies, most people have the ability to naturally combat the yeast with helpful microorganisms and bacteria in their bodies. Thrush is considered a common occurrence in infants and younger children. However, it is important to know that adults and those who have a suppressed immune system can find they have thrush as well.

What causes Thrush?

There are specific illnesses and medications that can lead to thrush, some medications can cause occurrences as well. Specific medications can cause thrush because it will offset the balance your body harbors naturally of bacteria and organisms known to fight yeast. Such medications could include antibiotics, birth control, and corticosteroids. If a person is infected with some sort of illness, they too can experience a thrush infection. Some illnesses and conditions that are linked to thrush include dry

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mouth, cancer, pregnancy, HIV, and diabetes. Other reasons that can lead to thrush include ill-fitting dentures, a breast feeding mother and smoking.

How will I know if I have Thrush?

If you notice, literally overnight, the presence of white bumps along your tongue, cheeks, tonsils, gums, or roof of your mouth you can just about be sure you have thrush. You can usually compare their appearance to that of cottage cheese and they can be extremely painful. If the thrush is severe, it may spread beyond the mouth and into the esophagus. If this occurs, you could experience some difficulty or pain in swallowing and a fever if it spreads further than the esophagus.

What is the Cure for Thrush?

Once you have visited your doctor and had thrush properly diagnosed through any one of the many tests he or she could perform, he or she will likely prescribe medications to help in curing thrush. Antifungal medication is available in many forms. These can include pills, liquids, or lozenges. What caused the thrush and how old you are will help determine the type of treatment your doctor recommends. Typically the treatment will last anywhere from ten to fourteen days.

It is important that you always take good care of your body and your mouth in order to prevent the occurrence of thrush. Brushing twice daily and flossing once daily will help reduce your risks of thrush. Also be sure to see your dentist on a regular basis. This is especially true if you are a person who wears dentures or you have diabetes.

Disclaimer – The information presented here should not be interpreted as or substituted for medical advice. Please seek professional medical advice for more information on thrush.

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<http://www.thrush-notes.info/sitemap.html>

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