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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Treating Candida

By Jane Symms

Candida is a type of yeast that is always present in the human body and it is normally benign.

However, when it grows unchecked it can cause a variety of health problems throughout the body. The longer candida growth continues unfettered the more severe the problems can become. Research is now just beginning to scratch the surface on how harmful excess candida can actually be. The initial findings are stunning: candida may be the root cause of a long list of physical and emotional symptoms. Fortunately, there are many ways to treat candida.

Typically, those with candida have compromised immune systems, although this is not always the case. In recent years medical researchers have begun to realize that there might be benefits in treating healthy people who have experienced an overgrowth of candida. It appears to be a worthwhile approach that scientists and researchers are scrambling to understand.

When treating candida, it is important to remember that it is just a substance that is normally present in the body - the problems only occur when there is much more of it than there should be. Have you ever heard the expression 'too much of a good thing is no good at all'? - this saying applies directly to candida growth.

The most common form of treatment for candida is through the use of antibiotics. Since it is excess bad bacteria that allows yeast to grow which causes Candida, certain antibiotics will help destroy the overgrowth. However, antibiotics also kill good bacteria - they don't discriminate - and the use of antibiotics can have an adverse effect on the rest of the body. You can compare it to chemotherapy in a sense - chemotherapy destroys cancerous cells, however, it also destroys healthy tissue. Your body requires a healthy balance of bacteria to keep its systems running at top speed. In fact, your digestive tract in particular requires helpful bacteria to ensure proper digestive functioning.

It is common for many women to develop yeast infections while they are taking prescription antibiotics. This occurs due to the fact that the good bacteria keep yeast formation in check. Furthermore, the widespread use of antibiotics has limited their ability to fight against bacteria. Common use has allowed bacteria to adapt to particular antibiotics, potentially rendering them ineffective. Also, if you are taking antibiotics, it is extremely important to finish the entire course. Many people start feeling better

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and simply stop taking the pills. This can allow remaining bacteria to develop immunity to that specific antibiotic.

Another method of treating candida is through the employment of probiotics. Put simply, probiotics are other forms of live bacteria that are good for the body. Probiotics are available in powders, capsules, and even in some types of yogurt.

These represent the main medical treatments for candida. It is important that you ensure your body has a good balance of bacteria in order for it to function well. Sometimes candida growth can occur in healthy people and research has proven this fact. It is paramount that you do everything possible to limit candida growth as the consequences of letting it run unchecked can be extremely detrimental to your health.

Jane Symms has an interest in Candida. For further information on Candida please visit

<http://www.eliminating-candida.com/candida.html>

or

<http://www.eliminating-candida.com/blog/2006/09/05/treating-candida/>

Candida And Bloating

By Jane Symms

Candida is a condition of the digestive tract that can result in many common digestive symptoms. Bloating usually isn't considered as a major symptom when you're dealing with more urgent things like diarrhea, fatigue, thrush, cramps and fatigue, but bloating is a well-known symptom of Candida.

Candida's natural job inside the human body is to help in digestion. It helps to ferment food and in the process, it naturally produces carbon dioxide, which causes flatulence. But those that believe that Candida can grow out of control, even inside those with healthy immune systems (something modern medical science strongly believes is impossible) believe that with large amounts of Candida, come large amounts of carbon dioxide. This carbon dioxide, in turn, causes severe and sometimes painful bloating.

Candida goes on to irritate the lining of your stomach and intestines so that you aren't able to properly absorb the nutrients in your food, leading to battles of constipation or diarrhoea. Candida is believed to be the number one cause of IBS or irritable bowel syndrome. What makes Candida so controversial is that as it spreads, it's believed that the Candida spreads large amounts of toxins in the human body, therefore causing a wide range of symptoms that makes diagnosis essentially impossible.

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There are many products on the market that are made to help cure Candida, or at the very least, relieve the symptoms. Probiotics, the ingestion of `good' living bacteria to help fight the bad Candida is a common treatment. But what other options are there out there?

If the idea of swallowing pills containing bacteria freaks you out, there can be other methods of treating Candida overgrowth. The first logical step is to try to reduce the amount of Candida roaming around in your gut. This can be done by literally starving the rapidly breeding Candida to death by changing your diet to include less sugar and carbs. The Candida have a sweet tooth that loves to snack on sugar, just like most of the people it's affecting. The first and least evasive step is to simply change your diet.

Another step you can take to try to lower the number of Candida swimming around in your body is to try to limit or eliminate antibiotics from your medicine cabinet. It's believed by those that are suffering from Candida that the biggest culprit in the spread of the disease is that antibiotics are being over-prescribed and overused. The antibiotics kill many of the `good' bacteria in the digestive tract when they are taken to help treat a sickness. It's thought that this slaughter of the `good' bacteria is what gives Candida the ability to run wild through the body and make you sick. If you don't want to try probiotics, the next best thing is to simply remove the thing that could be making you sick in the first place.

Again, it can't be stressed enough that the best thing for anyone who thinks they are suffering from Candida to do is to consult with a doctor before starting any treatment regimen. The more you know about what's ailing you, the easier it will be to treat and the sooner you'll feel better.

Jane Symms has an interest in Candida. For further information on Candida please visit

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