



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Combating Yeast Infections

**“For yeast infections, we want to create an environment that makes it uncomfortable for dysbiotic organisms to live.”**

After 40 years of treating yeast infections, I thought it might be fun to talk about some basic concepts that go beyond just killing yeast. Because unless you deal with the underlying causes, the problem will return. You see, even though we call it a fungal infection, there are probably dysbiotic bacteria that normally wouldn't be a problem, but when the yeast secrete their immune suppressive by-products, these bacteria can grow and multiply. They weaken the body even more by secreting chemicals called cytokines. Cytokines are chemical messengers that activate a range of responses many of which center around inflammation. So, for yeast infections, we want to create an environment that makes it uncomfortable for dysbiotic organisms to

live. Which, by the way, is the environment to support the healthy bacterial flora that actually keep the yeast and bad bacteria in check.

The first thing we want to do is to stop feeding the yeast. They love sugar and refined carbohydrates, so by cutting back their food supply, we are trying to weaken them and their ability to reproduce.

The second thing is to ensure proper bile flow. Bile can become thickened with years of processed fats as well as a low-fat diet. Healthy bile normalizes gut pH. Yeast as well as other dysbiotic organisms avoid a healthy pH. So, balancing pH creates the environment for the probiotics to clean house and monitor growth. Given the right

environment, the healthy bacteria will keep the bad bugs and yeast in check. To thin bile I use organic beets and taurine as Beta-TCP. I use Beta-TCP if patients have a gall bladder. If the gallbladder has been removed, I use Beta Plus which contains ox bile.

So, steps one and two: starve yeast and limit growth. The next step is to begin the process of killing yeast. Your wellness clinician will have their favorite products that have worked for them. Personally, I've had good success using emulsified oregano oil as ADP. Due to the emulsification process, 4 tablets will coat the entire intestinal tract. The beauty of this product is that inhibits growth of other dysbiotic organisms.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Here's another piece to the yeast puzzle. One of the metabolic byproducts of a yeast infection, particularly candida, is acid aldehyde. Acid aldehyde is a normal metabolic byproduct of our metabolism as well. However, with yeast overgrowth, it cannot be broken down fast enough, and it acts like a neurotoxin and impedes the immune system. I use a product called TolerAid, which contains nutrients to support the body in its ability to detoxify and breakdown chemicals especially acid aldehyde. Dealing with the metabolic byproducts and the array of dead organisms as they are killed has caused what many people call a Herxheimer reaction. TolerAid reduces this effect dramatically.

Finally, I always add prebiotics and probiotics to support a healthy bacterial environment. You may be aware that it's very common in medicine with complex infections to use one or two antibiotics for two weeks, switch to a second type of antibiotic for two weeks, and perhaps

even a third antibiotic for two weeks. One drug might weaken the cause of infection, but it's not strong enough to knock it out. But the second drug, or combination of drugs, work on different mechanisms and can finish the job. In that light, for complex cases, your clinician may switch to different anti-fungal or probiotic products based on your symptoms.

But regardless of whether you are on a program that lasts 4, 6, or even 8 weeks, if it's a chronic yeast infection, please make sure you are following the anti-inflammatory diet your wellness clinician suggests. Think of a chronic yeast infection as a deficiency of healthy bacteria, commonly referred to as the microbiome. Good bacteria love fibrous colorful fruits and vegetables. Yeast and dysbiotic bacteria love refined carbs and sugary foods. Remember, eat foods that will rot or spoil, and eat them before they do. Foods that don't rot or spoil won't sustain life, and they open the door for a host of health problems including yeast infections.