

## Balance Your Bacteria And Beat Candidiasis

When we are in a state of good health, there is a balance of the 'good' or friendly bacteria and the 'bad or harmful' bacteria. If the harmful bacteria are not kept under control, this can result in many illnesses. Candida albicans (a yeast fungus) overgrowth can result in oral thrush, chronic fatigue, leaky gut syndrome, depression, irritability, short term memory loss and other skin, digestive psychological problems.

The over growth of candida can be caused by many things including:

\* Over use of broad spectrum antibiotics which wipe out all bacteria in the body, killing off the essential friendly bacteria which keep the harmful bacteria in check - if you are on a course of antibiotics, ensure you take a good brand of Vitamin B complex supplement and friendly bacteria for at least 2 weeks following the course.

\* Poor diet

\*Depressed Immune System - open to infections and infestations which is what a yeast over growth is

\*Smokers - chronic hyperplastic candidiasis is what smokers get, causing white creamy patches to form on the inside of the mouth along with lumps and nodules.

\*Diabetics - thrush thrive on the high glucose content of the saliva

\*Pregnant women and those using birth control pills - these alter the hormone balance allowing micro organisms to flourish

\*Users of steroids - these seriously depress the immune system, again allowing thrush to flourish

The three magic bullets to this candida yeast overgrowth are:

1. Boost immunity - using a good quality diet of fresh fruits, vegetable, plenty of clean water, pure but diluted juices, herbal teas like echinacea, milk thistle or chamomile.
2. Support friendly bacteria only- Help the friendly bacteria regain control of the bowel flora by increasing their numbers and don't strengthen the yeast overgrowth by feeding them with highly sugary foods and yeast products
3. Increase fibre intake - to clear the waste and toxins from the bowel, removing the troublesome mircoorganisms.

There are those who suffer severely with candidiasis, the above points will help greatly, with the addition of other natural healthcare agents like grapefruit seed extract, biotin and increased essential fatty acids.

Source: <http://www.articlecircle.com>

### About the Author

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