Yeast Eradication Treatments May Help With Candida Overgrowth

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The Center for Occupational & Environmental Medicine is recommending that the community learn more about Candida. As a yeast that is linked to a variety of health issues, Candida can wreak havoc in patients when left untreated. Learn more here: https://coem.com/programs-treatments/candida-fungal-problems/.

?Everyone has some Candida albicans,? states the Center in a new article, ?because it is part of the normal flora of our intestine. It was put there to protect us, like a natural antibiotic, from pathogenic enteric organisms including Salmonella, Shigella, and Typhoid fever. Like everything in Nature, the key is balance. In our body, which is made up of around 300 trillion cells, is another body of about 300 trillion cells living within our gastrointestinal tract, made up of our microbiological or bacterial flora. This community of helpful organisms can be altered or destroyed when we take antibiotics, steroids, hormones, and an unhealthy diet rich in refined carbohydrates and sugars.?

The presence of yeast in the human body can cause problems, sometimes lots of problems. And, as is frequently true of so many medicinal conditions, symptoms can vary widely from one person to the next. One person harboring higher than normal levels of yeast may be completely asymptomatic. Another may suffer

chronic fatigue, or experience strange rashes, have joint or muscle pain, or abdominal pain and/or bloating, or persistent diarrhea, or headaches.

Professionals who suspect Candida?s involvement in a patient?s symptoms will look for it in a number of locations, including the inside of the patient?s mouth and even their stool and vaginal secretions. Similarly, the article says a urine analysis can reveal the metabolites produced by yeast (which stand out because they are not naturally produced by the human body). This process, known as Organic Acid Analysis, is often one of the early steps used to diagnose the problem, and this is also why the Center provides test kits to concerned patients.

Because yeasts are not always easy to detect, it may be helpful and necessary to use more than one kind of test to uncover a yeast problem. In addition to the urine Organic Acids Test some specialty labs offer a number of very sophisticated stool tests that can be very helpful in (a) identifying the offending yeast culprit(s) populating the GI tract, and (b) guiding elective treatment strategies. There is even a lab that offers a specially designed nasal swab, which can be particularly helpful when dealing with chronic and otherwise difficult to treat sinus issues.

While evidence of Candida may be found here, the Center points out that everyone should know where it originates: the gastrointestinal tract. Also known as the GI tract, or the digestive tract, this area of the body is the focus of a great deal of new research since its link to many illnesses is becoming more clear as time goes on. A great deal of work has to be done to determine the exact manner by which this occurs, but it is already known that the right balance of gut flora will support the body?s natural immunity.

Antibiotics, therefore, can have a strong impact on this balance as they are unable to discriminate between harmful and helpful microorganisms in the gut. In fact, the article highlights a troubling fact: an antibiotic may alter the flora of a patient?s gut for an extended period (measured in years).

The article states, ?Candida has at least 90 antigenic foci on its outer membrane, which cross react with multiple tissues of the body in what we call autoimmunity. This is especially true for ovarian and thyroid tissues. Autoimmunity is the mechanism by which many of man?s enigmatic diseases are caused. We may be especially vulnerable to disruption of our endocrine glands? function through this process of autoimmunity.?

While this is unfortunately considered controversial by some providers, the Center believes there is evidence to show therapeutic trials with anti-fungal drugs may reveal the source of a patient?s problems if their symptoms consequently improve to a noticeable extent. An improvement, the Center explains, would highlight the fact that yeast is likely to be the cause of their issues, and this means more targeted treatments may then be enacted. Along with others around the nation, the Center for Occupational & Environmental

Medicine is working hard to make this treatment easier for patients to access.

?Although treating Candida is important, preventing it is just as important,? adds the article. ?If taking antibiotics is a major cause, then how do you prevent an overgrowth of Candida if you are prescribed an antibiotic? Using large and generous doses of a well-balanced probiotic with your antibiotic is one way. Taking the anti-fungal drug Nystatin with the antibiotic is another way, but again you need a physician who understands the importance of preventing yeast overgrowth and is willing to work with you.?

What works for one person may or may not work for another. There is no magical, one-size-fits-all ?recipe? that works for everyone. Working with a knowledgable and experienced functional and integrative physician can make all the difference in the world in tailoring an optimal treatment protocol just for you.

While other providers may be unwilling to consider yeast as a cause for a patient?s discomfort or chronic issues, the Center is always ready to hear them out and investigate the source in full. They invite concerned parties to get in touch today to learn more. Read further here: https://coem.com/blog/yeast-eradication-5/.

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