

Yeast Treatments & Preventions

As life would have it we all come in contact with germs, bacteria, parasites, etc. That is an issue we are really not in control of unless we live in a plastic bubble...we will not conquer these irritants in our life time. What we can do is be aware of what will help our bodies fight them off or prevent them from festering into something we truthfully do not want.

For example it could start off with a small infection leading to the use of an antibiotic which is taken to kill the bad bacteria, that kills off of ALL the bacteria good and bad we have in our colon. When that happens, unfortunately it leaves us open and susceptible to the growth of yeast. Once yeast has the opportunity to grow it can quickly take over the “good guys”. Once in control, the yeast wants more room to grow. Like all living organisms they like to eat and they adore sugar (glucose) in any forms. Untaken care of many serious conditions can occur.

An important part of preventing some of these annoying issues is to have a good balance of [probiotics](#) going into our everyday life. Some of the common occurrences that we just live with are as simple as constipation, diarrhea, heartburn, headaches, fatigue, sensitivities to certain foods or chemicals, rashes, psoriasis and the list does go on.

How can you support your body when dealing with microflora imbalance?

DETRIMENTAL (strive to decrease/eliminate)

- Foods high in sugar (white flour products, sweets, white pasta etc.)
- Antibiotic use without beneficial microflora support
- Birth Control Pill use without beneficial microflora support
- Alcohol/drug use,
- Dairy products
- Yeast containing foods
- Moldy foods

BENEFICIAL (Strive to increase &/or improve)

- Replenish ‘good’ bacteria daily with [Optiflora/Bifidus](#)
- [Herb-lax](#), [Alfalfa](#), [Garlic](#) and [Nutriferon](#)(an immune system support)
- 6-8 cups of purified water daily
- Fresh, raw fruits and veggies – juicing is suggested
- Consider Oil of Oregano, Grapefruit seed extract