

Julianne

I've told this story more than once here, but there are always new members, so I'm repeating it. 15-20 years ago I was diagnosed with severe candida. I had probably had it for a long time, but did nothing till the symptoms got really bad: bloating, flatulence, indigestion etc. My tongue, when examined, was really white. A naturopath prescribed a number of things to treat it, including Pau D'arco and caprylic acid. I was put on a fat-free, sugar-free diet, not even fruit was allowed.

It was costing me around \$100 for each visit (this in the (90's) including the supplements. I did improve, but symptoms came back if I ate any of the banned foods. Then I saw some naturopathy students (under supervision) who gave me a zinc test. Turned out, I was really low in zinc. If you don't have enough zinc, you don't make enough stomach acid, so food ferments instead of being properly digested. The tricky part: if you don't have enough stomach acid you can't absorb zinc! So I took zinc plus a betaine hydrochloride supp for a month, until things were in balance. I stopped the BH, but continued with the zinc, which I take to this day. The symptoms have never returned.

As many of our soils are lacking in zinc, I wonder just how common this is? A zinc test is cheap and efficient, and some pharmacies used to do them - though I doubt if your doctor has ever heard of it, or would believe it could be useful. Most doctors are incredibly ignorant about nutrition, minerals and trace elements in particular. Also, I believe most of us make less stomach acid as we grow older, which could be a common problem. At that time, I found a very useful book: 'Nutritional Medicine: Facts and Fiction' by Dr Igor Tabrizian, a West Australian doctor. Dr T has tried to educate doctors about the need for vitamins and minerals, with little success. I have lent the book to my doc and hope she reads it!

Zinc test: www.care2.com/greenliving/this-at-home-test-could-tell-if-youre-low-on..

Posted On 10/01/2016

caws

I agree. Zinc deficiency is very common especially if you are metal poisoned. Sprayed for Gypsy moth with lead arsenate & DDT as kids , greedy dentist filling shadows with amalgam [Hg] and cadmium from two secondhand smokers was plenty to cause DERANGED MINERALS. We had healthy diet in 50s & 60s but I remember my little brother at 15 was 5'4" & fainting. He had zinc deficiency. in ONE YEAR of supplementation he grew 6" !

Because of excessive antibiotics, many years of birth control pills & massive exposure to metals & pesticides I have battled Candida for decades. Crook's book helped me as did Broda Barnes book on hypothyroidism. Got more relief when I removed amalgams. Unfortunately fluoroquinolones permanently damaged my gut & even Herculean measures have not been completely successful. Nystatin is a safe drug but please buy the powder as pills are full of dye & don't break down well. Powder can be used in every orofice as well. PLEASE AVOID DIFLUCAN as this drug is full of FLUORIDE.

One last thing for women; if you have had breast implants [especially SALINE]; after THREE YEARS they ALL AUTOINFLATE with bodily fluids because the VALVES BEGIN TO LEAK. A 200cc implant can have 240 cc of fluid when removed and liquid will be amber, green,brown or even black depending on the pathogens [fungus,bacteria,virus & even parasites] growing in this warm, moist ,dark sac that sits inches from your lungs & heart. There is a 36 month EXPIRATION date on the device that the doctor never shows you.It also states to STORE AT ROOM TEMPERATURE! [NOT A 98.6 BODY] So if you replace them or they break after 10-15 years; they have been growing & seeping toxins into your body for 7-12 years. I met one woman who did not get them out fast enough after deflation & she was PARALYZED IN HER ARMS from the toxins that destroyed her nerves. If you have health issues 3 years after implants this may be the cause & explantation is a good idea. Silicone leaks from cracks; just harder to tell.

Posted On 10/02/2016

lic9684

Great insight about zinc and stomach acid! Mineral deficiencies are important for so many reasons. Zinc deficiency is often overlooked I think. Zinc carnosine is helpful in healing tissue from acid reflux.

Posted On 10/02/2016

iamblessediam

About zinc - Be aware of the 'tolerable upper limit' so as to not create a copper deficiency: [pi.oregonstate.edu/.../zinc]. Peace!

Posted On 10/02/2016

Krofter

Julianne - That makes sense. I've had white flecks under my nails for much of my life - an indication of insufficient zinc. Thirty years ago I developed IBS and had a very white tongue. I always thought that the IBS came first but after watching the video interview with Dr. Chaitow I'm now thinking that the IBS may have been the result of candida overgrowth... I had a terrible sweet tooth. Anyhoo, along with many other steps I've taken, I've been using Braggs apple cider vinegar for low stomach acid for some time now and eating lots of pumpkin seeds for zinc. I no longer have white flecks under my nails and I'm now able to keep my IBS issues under control as long as I avoid excessive amounts of carbs - especially any type of sugar - including fruit.

Posted On 10/02/2016

lic9684

Caws, Thank you for pointing out how flouride containing drugs affect iodine levels. This has been an issue with me. Found to be iodine deficient which then affected my thyroid. Drugs are bad news!

Posted On 10/02/2016

iamblessediam

lic96847 -- Any halogen after iodine - fluorine, chlorine and bromine - by order of magnitude will flood the iodine receptor based on atomic radii size. If a persons diet contains more of the smaller halogens, then iodine uptake is blocked. By reducing/eliminating intake of those smaller halogens, ones hormone and energy levels will balance out putting less strain on the thyroid. Peace!

Posted On 10/02/2016

lic9684

I didn't realize diflucan was in that category as well....like quinolones

Posted On 10/02/2016

caws

lic9684 Go to www.slweb.org and click on the FTRC link for list of 300+ drugs that are "enhanced " with fluoride. ALL have safer, cheaper, effective alternatives. Remeber F is a CUMULATIVE poison that bonds tightly with other poisons and can make them cross the brain barrier or go deep into bones. This is why the add F to drugs. They work longer, stronger, faster, deeper and cheaper [for the drug company not you]. Fluorouinolones[Cipro, Levaquin,Avelox,Factive etc] & Flagyl [metronidazole]are the only drugs I am aware of that actually alter your DNA at the point of replication hindering your ability to regrow cells as it attaches to every cell in your body.

Posted On 10/02/2016

lic9684

Thank you. I normally avoid ALL drugs. I've gone most of my 38 years without them. Maybe antibiotics 3 times ever. This past year has been a complete nightmare as I had infections that were darn near killing me followed by another problem I was given false information about. My body has suffered greatly, but I have learned soooooo much and am hopeful now that I know what I know. I'm hoping I haven't damaged my thyroid to the point where it's not correctable. My iodine was low and tsh was climbing, but it wasn't crazy high, and I've been taking thyroid cofactor supplement with iodine (potassium iodide), zinc, selenium, copper, tyrosine. I'm getting my labs redone tomorrow and hoping my tsh has not gone up any more (3.25 in July) Amazing what doctors dont tell you....I think mainly because they don't know!!!

Posted On 10/02/2016

unruhka

Yes. My naturopath found that I was also deficient in zinc and stomach acid. However, I followed the diet, took the supplements, etc., for three months and saw only a little improvement in my symptoms of fibromyalgia and chronic fatigue. A self test showed my candida to be gone, but I later realized that the presence of floaters in my water meant that I still had a small amount of overgrowth. Just a few days back on my regular, healthy diet (cooking from scratch, no processed food) and the symptoms were full force again. You know, the problem is that for any issue you put to a dozen health practitioners, you get a dozen answers. You spend tons of money and you get no result. After awhile, you just can't afford to keep trying. Moreover, my fatigue is so bad that I don't have the energy to do much, let alone plan my day for a dozen supplements, cooking from scratch, etc. I can barely go on? How can I trust any doctor or naturopath when they might just drive me further into the ground?

Posted On 04/25/2017

tammynise

Thanks for sharing your story again! It was just what I needed to hear. I'm ordering your protocol now. I just knew there was a more simple answer to my issues.

Hats off to ya' :-D

Posted On 02/20/2019

kefa55

Candida as any other fungus thrives on sugar. This means food full of carbohydrates is Heaven for Candida. We have to think of carbohydrates as sugar because this is what they are. And they are loaded with the most deceiving type of sugar called glucose. Glucose is our number one problem because this is the sugar that increases sugar absorption into the blood and this is the sugar that reduces the number of mitochondria within the cellular structure making it difficult for cells to properly process fat. Candida does not come from the outside, they are produced in the body from microsoma under the influence of the environment. It is the result of toxic acidic environment full of sugar, so when you change the environment, Candida will change the form and stop to be a health problem. Love and light

Posted On 10/01/2016

kefa55

mirandole...this of what you are speaking is the old fashion way of approach which is still based on suppressing the symptoms and not really healing the body and eliminating the fungus. Correctly you have mentioned moisture because everybody experiencing chronic health problem has lack of water in the body. They are dehydrated on circulatory and cellular level. Spices are toxic irritants that speed up metabolism and help the body to faster eliminate toxic elements and as such contribute to undermine health further in a long run. We have to understand that eating poison and antidote is always creating disaster in the body. It is better not to eat the poison. Change of the diet and hydration are the clues love.

Posted On 10/02/2016

iamblessediam

kefa55 - What are your suggestions for building a healthy gut environment?

Posted On 10/02/2016

kefa55

iamblessediam...Dr. Mercola often mentions good animal protein based diet. I just go deeper into it by eliminating all dietary carbohydrates and eating the meats as raw as possible. I have started to write a manual about nutrition where I explain in a simple language what to eat, how to eat it and why to eat certain way. It will include quantum aspect of nutrition in it as well.

Posted On 10/02/2016

iamblessediam

kefa55 -- I'll find it interesting how you'll deal with E.coli in your writing because both good/bad forms are found in all meats regardless free range or industrial farmed.

Posted On 10/02/2016

forbiddenhealing

Killing-off and knocking-down yeasts/fungi, staph, strep, etc in the gut is not necessarily a bad idea (oregano oil) while giving the immune system one break and correcting inviting conditions...Mega C/baking soda powers up immune response, protects mitochondria, mobilizes heavy metals and releases H2O2 (chief immune oxidizer)...obviously skip the "candi", correct mineral levels while detoxing metals. Apple cider vinegar is a great idea as is breath work, sea salt and sunshine... Some nature-docs say not to eat mushrooms..but fungi protect their substrates w compounds like penicillin? More O2 and improved circulation let yeasts/fungi know that you are not dead... so their time to decompose your remains has not yet come.

Posted On 10/02/2016

njlady

Hi forbidden Do you recommend a protocol for taking oregano oil? I have read 3 months on 3 months off, also 3 weeks on 3 weeks off. Any suggestions? thanks

Posted On 10/02/2016

forbiddenhealing

NJLady...Sure..as part of a comprehensive protocol involving nutrition/detox/lifestyle/emotional improvements...I like an occasional few weeks of oregano oil; occasionally..played by ear...I use hard to find pure oregano oil (try oreganoworld.com)so you can judge dosage. I take 1-7 drops on a tablespoon of honey, swished/held in mouth/swallowed. Start w 1 drop, it's a hot oil..and increase gradually.

Posted On 10/02/2016

forbiddenhealing

NJLady...Start w 1 drop, increase gradually to 5-6-7 drops...I don't do colds/flu..but follow a general protocol of a constant variety of real foods and an outdoor lifestyle. Fall is a good time to ramp up D3 as the sun sinks..and I stick with large doses of Vitamin C year-round. Keep after mineral levels; Mg, K, Se, Zn, I. Oregano oil however takes a major load off the immune system. You can also mix it up...hot peppers, turmeric and other high ORAC items.

Posted On 10/02/2016

badboy2

One of the best sources for Caprylic acid is breast milk, but the best source is colostrum, (first milk), created only in the first 72 hours after birth. Dr. Mercola has a new whey protein that has colostrum in it, (from grass fed, free range cows), along with other good nutrients for the body. This seems a great way to get a lot of the missing nutrients that is not found in many meals, while getting the day off to a good start. Coconut oil, and palm oil are also good for fighting candida, but I like saving the orangutans, so I do not use palm oil at all. Note: Greedy Palm plantations keep clear cutting and destroying the habitat of the orangutan.

Colostrum is also an immune system builder and could help children and others with immune system deficiency problems/diseases, such as asthma, etc; along with rebuilding the gut from gluten problems, (caused by wheat/grains/processed foods), and help improve the villi that line our intestines, which help absorb the nutrients from the food we eat. Without the villi, we would probably slowly starve to death. Another recent interesting medical study has shown that a lack of friendly gut bacteria can lead to diabetes. Since friendly flora helps break down the food we eat, without it, we have problems breaking down carbohydrates and other nutrients. The findings are: As the carbos build up, it creates more sugars in the gut that get into the blood stream; so you now can see the possibilities of what can happen that can very well lead to diabetes.

Posted On 09/27/2016

HanneKoplev

Concerning Candida Albicans please note what Dr. Joachim Mutter writes about it here. occup-med.biomedcentral.com/.../1745-6673-6-2

Candida Albicans can convert mercury (Hg) from ex. dental amalgam into organic mercury compounds in the human gastrointestinal tract. The organic mercury compounds methyl-mercury is absorbed with 95 %. This means that people having an overload with Candida Albicans can not excrete mercury properly. Intoxication with mercury will prevent normally excretion of other toxic substances as mercury ex. inhibits the enzymes which produces glutathione,... the most used substance to clear toxins from the body.

Posted On 10/02/2016

carolethechiropracist

All good, all true. I study dyshidrosis/pompholyx, an immune reaction to dermatophytes. I'm a podiatrist, we see more of this than MDs. In Australia, I can't prescribe Nystatin, because that is the best cure going. All the others are useful, but even the strictest diet supresses the mycelial Candida, but fails to kill it. Yeast Candida morphs into mycelial Candida via hormones, some natural like puberty, pregnancy (dyshidrosis in pregnant and post-partum women is the most common) and peri menopause. Then 'the Pill', and for men, body building steroids. Also SSRIs and MAOs seem to have that effect. A lot of people in Oz take a medication to stop smoking called Zyban (Bupropion) (Bupropion is a prescription anti-depressant medication marketed under the brand names Wellbutrin (for depression) and Zyban (for smoking cessation). Zyban does not contain nicotine and is thought to affect chemicals in the brain that are related to nicotine craving.) This also seems to morph the Candida. Here in Oz we have few CAFOs and free range lamb is the meat most commonly eaten. I see less Antibiotics as the cause, but more steroids in whatever form. www.dyshidrosis.co.uk

Posted On 10/01/2016

Brian_Australia

Zyban is a dangerous drug. I think the chemicals affect the brain by making one so dippy, fogged-up and confused that they forget they are smokers. At the same time, eating healthy foods gets chucked out the window and carbs become a craving instead of nicotine. Bread and sugar become food staples. Yeast infections then follow. Zyban is a trigger, not a cause.

Posted On 10/01/2016

premashakti

Hi....while all this is good information i don't see any talk of the biofilms that yeast and fungus produces...the above protocol is the normal but if you truly want to get rid of the biofilms which is really the only way to get rid of the yeast you must take supplements that destroy the biofilms and the above protocol is a bit out dated though partially effective.....take Candizyme and essential clove oil and essential lemon grass oil...

Posted On 09/27/2016

From my personal experience of battling with candida I have to say that first, you can have Candida, SIBO or both at the same time. The symptoms are virtually identical. But the treatment is somewhat different. And I would guess that most of the time diet and lifestyle are not the underlying cause. We all know people who can gobble an entire cake and be symptom free. Other people would be on a strict sugar free\carb free diet for months and relapse after one piece of dark chocolate. If we want to be successful at treating any gut disfunction we have to look at the underlying cause. I want to list several possible causes that are often overlooked.

1. Oxalates. Some people are sensitive to oxalates and they don't even know it. I found that out the hard way. If you can't degrade oxalates they will accumulate. Oxalates and Biotin (vitamin B7) use the same transporter proteins so excessive load of oxalates would deplete biotin, the vitamin that is responsible for keeping yeast in check. That's why supplementing with high doses of Biotin (5 mg and up) helps. If you have oxalate issues and decide to substitute nuts and seeds for grains/carbs, guess what's going to happen?
2. If you have candida and/or SIBO taking prebiotics and sometimes probiotics is like adding gasoline into the fire. If you have an overgrowth of commensal bacteria in your small intestine adding more may create inflammation because these bacteria are going to produce organic acids and gas that would irritate and further damage the gut. I would suggest you fix motility issues and eliminate bacteria overgrowth first before adding probiotics/prebiotics.
3. If you lack phosphatidylcholine, glycine or taurine needed for bile production you are going to suffer from SIBO/yeast no matter what you eat. That's something else to keep in mind. My experience with berberine was not that good. Taken in big amounts for a long period can damage your liver. It also lowers blood sugar which is not good for everyone.

lic9684

Good points. Berberine is a very strong bitter and should not be taken over long periods of time. As with any strong bitter, extended use can cause serious digestive problems. Also to help with metabolizing the toxins that are released when the yeast dies off, molybdenum and pantethine(B5) are good.

Posted On 10/02/2016

iamblessediam

Suggested read...Belly Fat Effect by Mike Mutzel. Peace!

Posted On 10/02/2016

dan15375

Please note that once you start on a yeast-free diet, your symptoms may get worse before they improve due to the die-off of the candida. Your body will have a great deal of toxins to eliminate so be sure to drink plenty of water to flush the "gunk" out your system.

Posted On 09/26/2016

Jackaroni

Charcoal capsules can also help absorb and remove some of the toxins from your body. Cheap and does no harm.

Posted On 09/27/2016

abe5680

If you have previously been used to having sugar, I would recommend coming off that slowly, which will assist with the Herxheimer reaction. I had one of these, and I had as much water as possible, vitamin C to bowel tolerance and a small amount of molybdenum & it cleared. There are some nasty toxins they release as they die off, which is what causes this reaction, but take good care if you do get one of these, because bio-toxins are some of the worst. I had wondered about the connection of candida with mitochondrial dysfunction, but I had never considered that the breathing might be related - but this does make sense to me - so I'm interested to look into this further. Great interview - thanks Dr M. Also to fellow commenters for their contributions.

Posted On 10/02/2016

rinske

1993 I went on a strict anti candida diet (also called the anti cancer diet by my Naturopath) 14 days of die off and I started to feel better - also took a cocktail of bentonite, caprilic acid and ground psyllium seeds(not the husks) It took a year, but I slowly lost the belly and my hair eyes and complexion started to shine again. Later I went off the diet and slowly gained a couple of LBS each year. Till Doc. Mercola suggested that I should eliminate all grains and sugar. In no time I lost 35 LBS - haven't had a flu since. I am 62 and never sick - sticking to healthy habits.

Posted On 10/06/2016

JessicaCoco

A very important reason for the increase in Candida is the rise of heavy metals found in our bodies. It's impossible to avoid them. They are everywhere. When we burn coal to create electricity, we get heavy metals coming out of the smoke stacks that we breathe in and that end up in our water supply. Heavy metals like lead, chromium, nickel, etc.. Another Heavy metal like mercury is also difficult to avoid as it's found in vaccines, amalgams, smoke stacks, and high fructose corn syrup. Lets also not forget aluminum and barium found in chemtrails. Heavy metals are extremely toxic to our bodies, so our bodies allow the Candida to proliferate in order to take up the heavy metal burden. Candida can't tell the difference between excess minerals and heavy metals in the blood so they absorb either one. Unless you lessen the heavy metal burden, you should never try to eliminate the Candida, because the Candida is protecting your body from being poisoned.

Posted On 09/27/2016

premathakti

Though heavy metals are a huge problem it is because of the yeast that they attach to our cells receptors. If you have yeast you cannot do anything to get rid of heavy metals. Leaky gut and yeast are connected. There are deep reasons why some of us have a bigger problem with toxic metals and it is not the yeast...

Posted On 09/27/2016

forbiddenhealing

Or is it yeasts, fungi and other pathogens are attracted to the positive charged metals studding membranes and receptors? Oral Mega C/baking soda along with chelators like chlorella and charcoal mobilize and eliminate metals...When body charge is low, ridding metals becomes impossible..Opportunistic pathogens thrive under that hypoxic downward spiral.

Posted On 10/02/2016

Almond

Caprylic acid is also awesome for bladder infections!!! For yeast infections, you must break any antibiotic cycle. It can be challenging. Also, eliminate all sugars and starches.

Posted On 10/02/2016

Almond

I think part of the ongoing problem of reinfection cycles is that doctors do not consider yeast infections a serious systemic problem that can weaken a woman and impact her overall health--and even her moods. Plus the fact that antibiotics are still dispensed like candy in many places. people who do not read food labels or people who buy processed foods are at higher risk. The best advice I can give about diet is to eat fresh or seasonal local foods and nothing that comes packaged.

A good diet for sufferers is a supper of white fish or mutton, cruciferous vegetables (lightly/barely cooked) and dark leafy (inc. beet?) greens with a wedge of lemon or stir-fried with absolute minimal (sesame?) oil. A very light diet without heavy foods or many calories. Smaller portions than normal. Simplify. No starch or sugar. No heavy dressings or condiments. Probiotic foods like sauerkraut or fermented vegetables. Light soups and miso broths. Maybe a green smoothie for breakfast. Drink lots of water and green tea as beverages. No fruit. Do this for a week and even a persistent case of yeast will come under control. Esp. look for the hidden sugars in your diet. If you work away from home, you may need to carry thermoses for soup and tea for lunch.

Posted On 10/02/2016

iamblessediam

mirandola -- Well stated! Endotoxins are gender blind folks, they are in everyone's body and always will be. The keyword is BALANCE between the beneficial and pathogen critters. Our body needs both to function correctly. It's now being discovered that there's 'cross talk' that goes on between the beneficial and pathogen critters. With proper diet and fiber intake, which takes time and isn't the quick fix road, anyone can get their gut health in order. Hippocrates got it right a long time ago: "All disease and healing BEGINS in the gut." Peace!

Posted On 10/02/2016

Julianne

Almond, I agree with mirandola. I see many men with 'beer bellies', and often wonder if they suffer from candida. It would make sense.

Posted On 10/02/2016

PerryWhite

I have been reading of strong evidence regarding the prevalence of glyphosates in our food supply. This kills good bacteria in the gut and causes havoc in the whole body. We are being assaulted from every direction by unscrupulous corporations who are bent on the destruction of the human race. Agenda 21 is here and is very, very ugly!

Posted On 10/02/2016

Bigfletch

I always thought Candida Albicans was the blonde beauty from ABBA. Back to the drawing board 😡

Posted On 10/01/2016

Brian_Australia

Confusing Agnetha Fältskog with Candida Albicans instead of, say, Christina Aguilera, is not a common mistake.

Posted On 10/01/2016

Bigfletch

Not a COMMON mistake ??? Ohh the shame of it. BTW. . Just moved to Noosa and thats no mistake



Posted On 10/01/2016

LNLNLN

Yes, there was a song popular when I was young - Oh, Oh Candida, We could make it together....

www.youtube.com/watch

Posted On 10/02/2016

Acroyali

PERFECT day on Mercola! I read through the article, read through the comments, learn a ton of new things, and get my daily dose of humor :D

Posted On 10/02/2016

Woodcarver

My friend who was dying of cancer had a severe candida infection in her mouth. The pills did nothing. I had given her some of my homemade tooth brushing powder, and this cleared up the infection in no time at all. She used it as a mouth wash. The formula is one part xylitol and one part baking soda. The xylitol should be from birch sap rather than the corn formulation. The crystals are large so I reduce them to a powder form either by pestle or in the mini blender, and that way they dissolve quickly. As a tooth powder, this is a vast improvement over toothpaste, and I have not had cavities in the fifteen years I have been using it. As a cure for thrush, it seems to work better than what Big Pharma makes.

Posted On 10/02/2016

artdmartingmail.com

That sounds all well and good, but I doubt if it's as fast acting as Turpentine. That's right, Pure Gum Spirits of Turpentine. It works fast, I know cause I used it, and continue using maintenance doses. Check out Dr. Jennifer Daniels website. Peace for everyone forever, Art.

Posted On 10/02/2016

grulla

This is new to me, so I am neither for or against, but here are some links, you all be the judge:

drjenniferdaniels.com/about-me

vinyasi.info/.../candida-cleaner_turpentine-sugar

www.extremehealthradio.com/ep-222-dr-jennifer-daniels-the-many-uses-of..

Posted On 10/02/2016

jillwozhere

For several years running, after my pap smear, I had a call from my Dr's office informing me of candida overgrowth showing in my results. No suggestions on what to do about it mind you! I simply went to the pharmacy, bought the little pill that was supposed to fix the problem, took it and assumed I'd done the job, until the following year. I had no obvious symptoms, except for the white coating on my tongue, which I didn't recognise as a symptom. By the third year I was fed up with this and used the internal cream as well as the pill. Of course I had no idea that my diet could be a factor, but when I finally started to read up on the problem and changed my diet, eliminating sugars and eating probiotic and healthy foods, I have since noticed my white tongue problem is gone, so I hope I am fixed at last.

Posted On 10/01/2016

badboy2

Statin drugs, cough medicine, antibiotics, antihistamines, etc, can and will destroy our gut bacteria, so it would be best to find a better way to heal the body naturally, with a better diet. At the top of the page in the Search box, Dr. Mercola has lots of other good articles that can help improve your health without temporary band aid fixes.

Posted On 09/27/2016

caws

One of the reasons for this is because the most often prescribed statins, antibiotics & antihistamines have FLUORIDE in them [as do most anesthesia, antipsychotics, antidepressants & chemo] Go to www.slweb.org & click on FTRC link for list. Also many cough medicines & nasal sprays contain cortisones which suppress immune system.

Posted On 10/03/2016

Barbara Charis

It would save people a lot of money, if they learned to dowse. I ask the Creator for guidance in everything I do. I have used a pendulum 36 years ...for 17 years did free nutritional consultations in order to further my knowledge and learn... Each person is unique. What is good for one may not be good for another. It's all about biochemical individuality. I checked out the useful supplements above...only the pau d'arco would be useful for me. Everybody is different.

Posted On 10/02/2016

lovevitamins

I went to several physicians who said I did not have candida even though I have a coated tongue. They were so adamant that there's no such thing as candida. At my last dental appt. the hygienist, per her observation, wrote down on my chart that my tongue was coated. I have an appt. with an alternative MD who specializes in chronic fatigue. He actually did diagnose me with thrush in 2010. At that time he was in private practice and I couldn't afford to continue to see him. But since then he has joined an office that is part of my insurance plan but you need a referral, which, fortunately I did get. I'll be going back to him in Nov. I ordered Dr. Chaitow's book and I am very much looking forward to receiving it. Like I said, the other physicians did not believe in candida. Does any one know if a coated tongue is contagious to pass on candida? Thanks.

Posted On 10/02/2016

dg92066

Grapefruit Seed Extract s the perfect way to rid the body from Candida Albicans. It's a natural antibiotic which I have used on my family for decades and it works brilliantly. There are myriad uses for GSE as nasal drops, mouthwashes, cleansers-though it must always be diluted and nevr taken straight. Substitute liquid stevia as a sweetener of choice on this regimen. As for meat consumption-I am totally against it for so many reasons I won't go into. And although dairy is typically toxic for humans from other animals, objectively, , the raw milk Feta in the Mediterranean diet does have some health benefits. Read: "The China Study" Watch" Forks Over Knives.- Dr Dave

Posted On 10/02/2016

JPW1940

Several members of my family may fall into the symptoms and categories expressed in this article. But even though I have spent a great deal of time in the last twenty years learning to take care of myself and those around me, this all seems counterintuitive, mysterious, and unspecific. Where can I get some guidance about how to learn more?

Posted On 10/02/2016

fabiolamaria

Great info. Thank you so much.

Posted On 10/02/2016

davidmiller1

Watch this video link [***2qiLC7l](#) especially for women experiencing yeast infection. This video is very helpful and interesting as well. This video will teach you how to get rid of yeast infection for only 12hours.

Posted On 05/30/2017

[steph240276](#)

I read Chaitow's book in 2001 - it was the start of my health journey and inspired me to take control to sorting out my candida problem. It took me many years to fully get on top of the problem, but the perseverance was worth it and now I am healthier than I have ever been.

Posted On 10/11/2016

[Micheleraews](#)

Univ of Md did a study and found Aloe vera juice causes severe stomach pain. I told my then 80 yo mother about it and when she stopped drinking it most of her stomach issues resolved. She bought the gal sz aloe vers juice and drsnk it bc its been touted as a healer for everything. I now only use it for cuts. Something u may want to look at further.

Posted On 10/03/2016

[meridianlink](#)

Interesting to see the connection between candida remedies and those that assist the mitochondria. We are using PQQ or Shilajit for that, because if the kidneys don't have enough active mitochondria they can't release toxins efficiently. Toxins hurt the mitchondria, particularly the nano-aluminum particles that we are all breathing these days, so you have to look at that too, and suggest a homeopathic metal releaser.

Chronic fatigue, fibro, and gut problems that look like a gluten allergy are very often mycoplasmic infections. They could certainly be due to candida, but it's too bad that the discussion was narrowed down to just candida, I wish it had been more comprehensive. The remedies are different, mycoplasma responds to medicinal mushrooms and various other things, and other microscopic pathogens that cause similar symptoms need other remedies. If you know how to muscle-test for them, you can identify the culprits and locate the matching remedies pretty easily.

Posted On 10/02/2016
