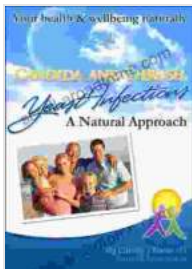


# Candida and Thrush Yeast Infections: A Natural Approach to Your Health and Wellbeing

Candida and thrush are common yeast infections that affect both men and women. Candida is a type of fungus that naturally lives in the body, but when its growth becomes excessive, it can lead to an infection. Thrush is a specific type of candida infection that occurs in the mouth or throat. While over-the-counter treatments are available, there are also natural remedies that can help manage and prevent these infections. This article explores the causes, symptoms, and natural approaches to treating and preventing candida and thrush yeast infections.



## Candida And Thrush - Yeast Infections A Natural Approach (Your Health And Wellbeing Naturally)

by Carole J Toms ND

★★★★★ 5 out of 5

Language : English  
File size : 687 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 56 pages  
Lending : Enabled



## Causes of Candida and Thrush Yeast Infections

- Weakened immune system

- Excessive use of antibiotics
- High blood sugar levels
- Hormonal imbalances
- Poor diet
- Stress

## **Symptoms of Candida and Thrush Yeast Infections**

The symptoms of candida and thrush vary depending on the location of the infection.

### **Candida Vaginal Infection**

- Vaginal itching and irritation
- Burning sensation during urination
- Thick, white, cottage cheese-like vaginal discharge

### **Oral Thrush**

- White or yellow patches on the tongue or inside the cheeks
- Difficulty swallowing
- Burning sensation in the mouth

## **Natural Remedies for Candida and Thrush Yeast Infections**

In addition to over-the-counter treatments, there are several natural remedies that have shown promise in managing and preventing candida and thrush yeast infections:

## Dietary Changes

- **Limit sugar and processed foods:** Candida feeds on sugar, so reducing your intake of these foods can help starve the infection.
- **Eat plenty of probiotics:** Probiotics are good bacteria that help keep candida in check. You can get probiotics from fermented foods like yogurt, kefir, and kombucha.
- **Include garlic in your diet:** Garlic has antifungal properties that can help fight candida.

## Essential Oils

- **Tea tree oil:** Tea tree oil has antifungal and antibacterial properties that can help eliminate candida.
- **Oregano oil:** Oregano oil is another potent antifungal essential oil.
- **Lavender oil:** Lavender oil has calming and soothing properties that can help relieve symptoms of candida and thrush.

## Herbal Remedies

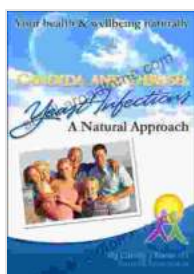
- **Pau d'arco:** Pau d'arco is an herb that has antifungal and antibacterial properties.
- **Oregon grape root:** Oregon grape root is another herb that has been shown to have antifungal activity.
- **Neem:** Neem is an Indian herb that has antifungal, antibacterial, and antiviral properties.

## Other Natural Remedies

- **Apple cider vinegar baths:** Apple cider vinegar has antifungal properties that can help soothe and relieve symptoms of candida and thrush.
- **Coconut oil:** Coconut oil has antifungal and antibacterial properties. It can be applied topically to the affected area.
- **Colloidal silver:** Colloidal silver is a natural antifungal agent that can help eliminate candida.

Candida and thrush yeast infections can be uncomfortable and embarrassing, but they can be managed and prevented with a combination of natural remedies and lifestyle changes. By following the tips outlined in this article, you can restore your health and wellbeing and live a life free from these infections.

**Disclaimer:** The information provided in this article is not intended to replace professional medical advice. If you are experiencing symptoms of a candida or thrush infection, consult with a qualified healthcare practitioner for proper diagnosis and treatment.

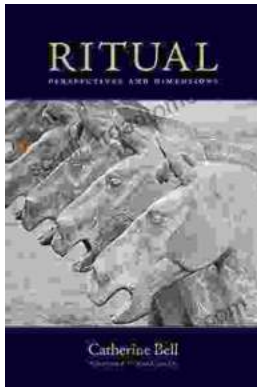


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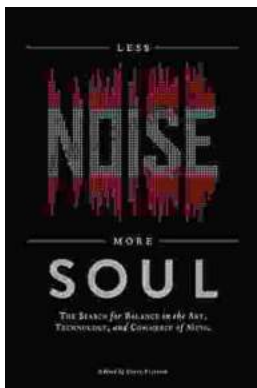
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