

## Vaginal Candida

Trevor A. Wing MBRCF FRCHM, MBACC, BSc, MSc, DMed

### Overview

Vaginal candida is also referred to as a vaginal yeast infection or thrush is an overgrowth of normal fungus inhabiting the vagina. Candida can also be found in the mouth, throat and gastrointestinal tract. Excess development may result from certain types of life style and can be an indicator of compromised immune status. Classified as fungus, these yeast organisms are free of chlorophyll and therefore cannot by photosynthesis make their own food from sunlight; hence they depend on their host for nourishment. They use oxygen for metabolism. Yeasts such as Candida are often secondary invaders in other infections. Traditional beliefs hold that those most susceptible to Candida infections are infants (thrush), women (vaginitis), persons who have undergone extended antibiotic therapy or used birth control pills, and postoperative patients,

### Possible Causes

The use of Antibiotics

Birth Control Pills

Cortisone

High Sugar & or fat in the diet

Yeast in the diet

Insufficient supply of nutrients

A genetic deficiency of Immunoglobulin A

Drugs or stress induced immune depression and related diseases

Hypothyroidism - this is a condition that is common, as a low body temperature permits easier and faster growth of candida

### Conventional Medicine Treatment

Candida is treated by either oral or vaginal anti-fungal medicines.

## Natural Medicine Treatment

Candida overgrowth occurs during stressful periods or states of lowered immune potential, and is a common parameter associated with food and chemical hypersensitivities, as well as many other common illnesses. Doses of 500 mg of biotin may be taken two or three times a day. A high fibre diet is helpful to increase the transit time of metabolic toxins produced by the organism, and nutritional supplements are very important to bolster the immune capacities. High potency vaginal pessary probiotics are a very effective naturopathic treatment.

## Self Help

Don't use bubble baths, perfumed soaps or vaginal deodorants

Wear cotton underwear whenever possible

Wear skirts and dresses rather than tight jeans, or lycra leggings

Avoid wearing tights

## Our Female Healthcare Philosophy

At the Women's Natural Health Clinic, we specialise in providing comprehensive natural reproductive, gynaecological, obstetric and general healthcare for females from adolescence to post-menopause. Our approach is to integrate techniques in both oriental and western medical diagnosis to formulate a naturally oriented treatment plan combining acupuncture, herbal medicine, nutritional therapy, exercise and lifestyle. Each treatment plan is tailored specifically to each individual woman maximizing results.

Please email us at [enquiries@naturalgynae.com](mailto:enquiries@naturalgynae.com) with questions, we are more than happy to provide any information via email that will assist you in deciding which treatment approach would be best for you

For more information, contact details and appointments click here [www.naturalgynae.com](http://www.naturalgynae.com)