

Creation

Yeast infections and Fertility/Conception

Candida: Candida albicans is a yeast which is commonly called thrush and lives naturally in the gut, vagina and skin. It can occur if you eat an incorrect diet, high in fermentation and refined foods, have been given long-term or recurrent doses of antibiotics, have used the oral contraceptive pill or taken immuno-suppressive drugs such as cortisone or during assisted conception procedures. It is commonly seen during pregnancy due to incorrect eating habits and hormonal disturbances. Fungals and yeasts are normally controlled by other bacteria within the digestive tract but if an overgrowth occurs it can compromise reproductive outcomes. An overgrowth of Candida or in fact any fungal, bacterial or yeast makes the gut wall porous thereby reducing nutrient absorption which can lead to food imbalances, sensitivities, reduced nutrient levels and many other symptoms as well as impacting on your ability to conceive and the future health of your baby. When preparing for a baby I always advocate removal of this overgrowth to support conceptual health

Symptoms may include

Vagina, nipple, penal or anal discharge, fungal fingernails or toenails, athletes foot, white coating on the tongue, a wet white film on your body - such as within fat folds. Overgrowths can also affect cognitive function, making you feel "low", tired and lethargic. In addition you may suffer from abdominal bloating, intestinal cramps, rectal itching, altered bowel function, recurrent illness or sugar cravings. These are not all the symptoms but a generalised picture.

Naturopathic measures.

Reduce your sugar intake! Avoid if possible - this includes refined sugar, honey, maple syrup, fruit juice, dried fruit and fresh fruit.

Reduce dairy intake - cow milk is high in the milk sugar lactose and can promote fungal growth so opt for cow yoghurt or nuts milks or goats products.

Avoid mould containing foods - cheese, dried fruit, nuts and yeasty foods such as bread, cakes, biscuits. The yeasty drinks including ginger wine or wine, non alcoholic cider and all forms of alcoholic beverage must be avoided. Marmite and mushrooms should also be avoided.

Once the symptoms have reduced significantly you can begin to reintroduce these foods slowly. Increase garlic! Garlic has powerful antifungal activity. Eat at least 1 clove of fresh garlic/day and drink 3 mugs of herbal teas such as Echinacea, ginger which is safe during pregnancy, alfalfa, or ginseng daily

Drink plenty of fluid – about 1.5 litres of fluid is recommended daily but more for some people.

Ensure you have regular bowel movements. Including 2 dessertspoons of ground flaxseeds or soaked psyllium husk encourages bowel activity.

Supplements: A probiotic supplement is a must for anyone who suffers with a fungal overgrowth but correct analysis using functional testing and a supplementation programme should be advised on an individual basis by a professional nutritional therapist such as me. However, there are a number of products that are safe to use when trying for a baby or during pregnancy including some products by BioCare (Cervagyn). It is also possible to insert a probiotic into the offending area as well, although this is best at night time.

Lifestyle support:

Ensure you have quality rest and sleep.

Consider learning meditation to reduce stress.

**Creation Fertility, Nutritional Therapy, Holistic Body Therapy, Energy Healing, Meditation
Twickenham, Kingston, Richmond and surrounding areas**

07747 133170 / 0208 487 3631

contact@justineevans.co.uk creationfertility.com justineevans.co.uk

Creation

Tight trousers, Lycra track suits and exercise wear and tights are not advisable as heat promotes bacterial growth. Wear skirts and cotton knickers to help with air circulation or loose cotton underwear if you are male.

Wipe front to back when going to the toilet to prevent re-infection.

Your partner will probably need treating. Although thrush is not a sexually transmitted disease it is passed to your partner by sexual contact. Men are nearly always asymptomatic.

Avoid perfumed soaps and bath additives as these will aggravate the symptoms.

When bathing have a warm rather than hot bath. Add 3 drops of tea tree essential oil into the bath with some vinegar. The correct ratio is 1 part vinegar to 3 parts water. Alternatively you can make a vinegar compress using the ratio above and wipe the area affected.

Epsom Salts – 500 grams to a bath is a traditional remedy.

Far Infrared Therapy: Use alternate days – low heat setting to support immune health but not during pregnancy.

A course of reflexology – excellent naturopathic support for immunity and fungal overgrowths as is manual lymphatic massage

Saliva Test for Yeast: You can try this simple test at home to see if you have a potential problem:

First thing in the morning before getting up or eating, get a clear glass and fill with filtered water. Spit a glob of saliva into the glass. Check the water after 30-45 minutes.

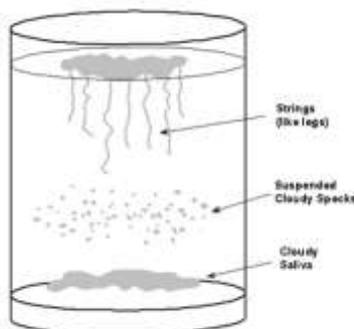
Healthy saliva will be clear, it will float on top and it will slowly dissolve into the water without any cloudiness and without sinking. There are normally some bubbles or foam present.

Yeasty/fungal saliva will have one or more characteristics that point to an overgrowth:

- Strings travelling down to the bottom of the glass
- Cloudy saliva that sinks to the bottom of the glass
- Cloudy specks suspended in the water

The more strings and cloudiness there are, and the faster it develops, the greater the yeast/fungal/Candida albicans overgrowth. Leg-like strings hanging down from the saliva on the surface or suspended specks or cloudy saliva on the bottom.

If after 1 hour, the saliva remains on the surface with no strings your yeast levels are under control.



Creation Fertility, Nutritional Therapy, Holistic Body Therapy, Energy Healing, Meditation
Twickenham, Kingston, Richmond and surrounding areas

07747 133170 / 0208 487 3631

contact@justineevans.co.uk creationfertility.com justineevans.co.uk

Creation

Test yourself weekly. As your yeast levels improve you should see the saliva floating on the surface without legs or strands sinking to the bottom.

Disclaimer: This article is meant for general information only and not construed as guidance or recommendation. It does not take into account any medication you may be taking, food sensitivities or allergies, nor any form of health issue. Naturopathic consultations and assessment are recommended on an individual basis and it is important to speak with a health professional or your GP before changing your diet.

Creation

Creation Fertility, Nutritional Therapy, Holistic Body Therapy, Energy Healing, Meditation
Twickenham, Kingston, Richmond and surrounding areas
07747 133170 / 0208 487 3631
contact@justineevans.co.uk creationfertility.com justineevans.co.uk