

Candida Yeast Infection Treatment

Candida:

Candida is a genus of yeasts (the most important being *Candida albicans*) that can cause fungal infections (candidiasis) in humans and other animals. Candida grows in the medical laboratory as large, round, white or cream (albicans meaning whitish) colonies on agar plates. Candida is a fungus often present in the human body. It only causes problems when there is too much of it. Then infections can occur not only in the vagina but in other parts of the body as well--and in both sexes. Though there are four different types of Candida that can cause these infections, nearly 80 percent are caused by a variety called *Candida albicans*.

Causes of Candida:

The biggest cause of Candida infections is lowered immunity. This can happen when you get run down from doing too much and not getting enough rest. Or it can happen as a result of illness. Though not usual, repeated yeast infections, especially if they don't clear up with proper treatment, may sometimes be the first sign that a woman is infected with HIV, the virus that causes AIDS. Repeated yeast infections can also be caused by other, less serious, illnesses or physical and mental stress. Other causes include:

1. Use of antibiotics and some other medications, including birth control pills
2. Significant change in the diet
3. Poor nutrition
4. Diabetes
5. Pregnancy

Candida Test:

You can try this simple test to see if you have Candida: First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill with water and work up a bit of saliva, then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have Candida, you will see strings (like legs) traveling down into the water from the saliva floating on the top, or cloudy saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, you probably don't have an issue with Candida. There are medical tests you can do to determine your levels of Candida, ask your doctor to do the Comprehensive Digestive Stool Analysis and the Candisphere blood test. This test does not merely test for Candida. It measures and reports those factors that can be wrong with the digestive system that allow the Candida to grow. In this way these factors can be found and corrected. Keep in mind that it is estimated that over three quarters of the people who eat a standard diet and have been on at least one round of antibiotics in their life time has Candida and the cost of treatment is often less than the cost of the test so it makes sense to treat rather than test, especially if you are symptomatic.

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