

Candida Yeast Factors...

excerpts from these sites and others: [http://www.candidasupport.org/resources/saliva-test/...](http://www.candidasupport.org/resources/saliva-test/)

What Is Candida?

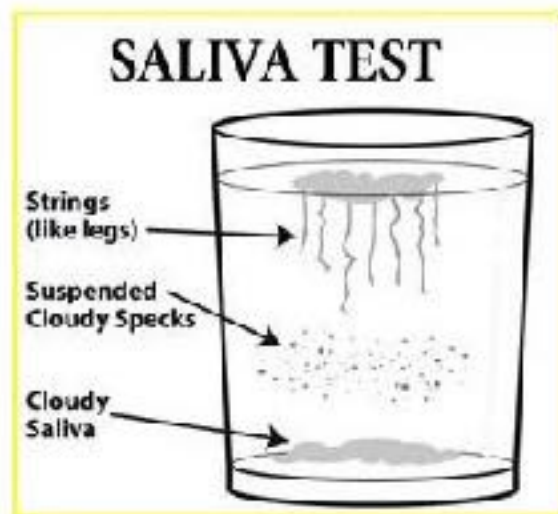
Up to 85% of Americans and Europeans reportedly have excess Candida – do you? Candida Albicans is the most common type of yeast infection found in the mouth and intestinal tract (and female vagina). It can affect skin, sinus and other mucous membranes. If the immune system is not functioning properly, this fungal infection can migrate to other areas, including the blood and membranes around the heart or brain, causing serious infections.

Candida Symptoms...

Candida overgrowth can be difficult to diagnose. This type of system yeast presents different ways, in different people. However, symptoms can usually involve any of the following: chronic fatigue, mood disorders, reoccurring vagina and urinary tract infections, oral thrush, sinus infections (and nose itch), intestinal distress, brain fog, skin rashes and nail fungal type infections, hormone imbalances, and strong sugar or carbohydrates cravings.

A Quick and Simple Home Test...

Candida begins in the intestinal tract, where it sets up its ongoing production. As time goes by the yeast migrates along the mucous membranes of the digestive tract into the stomach, then up the esophagus and finally into the mouth. Often, depending on how thick the yeast becomes, it can be seen in the mouth and on the tongue as a white film called oral thrush. The fungal yeast mixes into the saliva and has certain properties (heavier than water) when put into water. To Test: When you awake in the morning, before placing anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-3 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, you should have Candida concerns. Healthy saliva will simply float on the top (You may want to put out a glass of water in the bathroom or on the nightstand the night before you wish to do this home Candida Saliva test, just to remind yourself not to brush your teeth prior to spitting into the glass.) Note: Saliva clump resting on bottom and turning brown after approx. 15 mins. can reportedly indicate parasites involved. Note: Special Laboratory blood tests can also be utilized to professionally detect Candida infestations.



How to Cure Candida...

excerpts from: <http://www.earthclinic.com/cures/candida.html>... Oct. 1, 2016...

How Can I Naturally Treat Yeast Overgrowth in My Body?

Treating yeast overgrowth involves limiting the growth of candida in the body, and reestablishing a level of healthy bacteria in the body, and generally healing the gut. While you can sometimes achieve this by diet alone – eliminating sugar and eating very low carbohydrate – nutritional supplements can help expedite the process. While there are other options, hydrogen peroxide, apple cider vinegar, and caprylic acid are 3 of the most popular natural remedies for candida.

1. Hydrogen Peroxide...

Hydrogen peroxide has an oxidizing effect on the body, which functions to kill off yeast. To implement this protocol, begin with just one drop of 35% food grade hydrogen peroxide in a large glass of distilled water. Take up to three glasses a day, slowly increasing the number of drops of hydrogen to 10.

2. Apple Cider Vinegar...

ACV is a wonder home remedy that naturally restores the pH of the body and eliminates yeast overgrowth. Drink 1 tablespoon of ACV, organic preferred, in 8 ounces of water up to 3 times a day for best results. (note: see bragg.com for a popular and natural ACV organic brand).

3. Caprylic Acid...

A supplement derived from coconut oil, caprylic acid actually pokes holes in the cell wall of yeast, causing it to die. This option can be found as a supplement or used by adding organic virgin coconut oil to your daily diet. The usual recommended dosage for treating yeast infections (internal or external) in adults 18 years and older is 1,000 to 2,000 milligrams per day. It can be taken three times a day in divided doses about 30 minutes before every meal.

What You Need To Know About Candida...

<https://www.thecandidadiet.com/>

1. Follow The Candida Diet...

The Candida diet is a low-sugar, anti-inflammatory diet that promotes good gut health and eliminates the sugars that feed a Candida overgrowth. The diet includes non-starchy vegetables, some low sugar fruits, non-glutinous grains, fermented foods, and healthy proteins. Here are the main principles of the Candida diet found at TheCandidaDiet.com ...

- Avoid added sugars
- Cut out junk food
- Stick to non-starchy vegetables
- Eat small amounts of low-sugar fruits
- Enjoy healthy proteins
- Use lots of healthy fats and oils
- Minimize your caffeine consumption
- Eat non-glutinous grains
- Enjoy lots of fermented foods

2. Take Probiotics...

Is your gut imbalanced? Adding back probiotic bacteria is an important part of restoring your gut health. Probiotics are beneficial bacteria that slow down and reverse a Candida overgrowth in

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three different ways. They boost your immune system, regulate acidity in your gut, and crowd out the Candida yeas. Lactobacillus acidophilus is the most popular strain of probiotic. Research has shown it to enhance your immune system, and it can help you to cut down the duration of a Candida overgrowth too. Taking probiotics like this on a consistent basis will reduce the chance of Candida overgrowth happening in the first place. Bifidobacteria bifidum is another well-researched strain that you will often see in probiotics. It helps with digestion, supports your immune system, and aids in the synthesis of B vitamins.

3. Take Antifungals...

Sometimes your immune system needs a little extra support, and antifungals can help with that. Natural antifungals work to destroy the Candida cells by breaking down and dissolving their cell walls. Good choices include caprylic acid and oregano oil, and there are also lots of antifungal foods like organic virgin coconut oil.

PS from FactorReady.com : Causes of Candida are said to include: Broad-Spectrum Antibiotics, Birth Control Pills, Oral Corticosteroids, Traditional Cancer Treatments, Diabetes, and a Weakened Immune System. Prescription antibiotics used to treat Candida would generally involve Nystatin or Diflucan. Wild oregano oil, Pao D' Arco, garlic, whole clove teas, and even cold pressed virgin coconut oil is highly recommended in natural remedies. Also, Vitamin C helps to boost adrenal glands, and helps to restore the immune system. Suggested is 1,000 milligrams twice per day. Clove oil and myrrh oil also help kill a variety of parasites and fungi, including candida. Lavender essential oil also inhibits the growth of candida and is effective at preventing the spread of the infection. For example, by adding a couple of drops of clove oil or lavender oil, mixed with coconut oil during cleanses, can help to kill off the offending candida. Because these essential oils are powerful, they should only be taken internally for 10 days or less. Always use pure therapeutic grade USDA certified organic bands such as found at epigeneticlabs.com and plantherapy.com. Also, for oral thrush, use three drops of clove oil with one tablespoon of coconut oil may be used, and swish in the mouth for 20 minutes. Bicarbonate of soda (baking soda) has emerged as the cheapest remedy for many yeast infections, by simply drinking a teaspoonful of baking soda in a solution of filtered water daily or a half-hour before meals. Various natural special supplement formulas are available too, such as Candida Cleanse from PurelyHolistic.org, etc. (see amazon and other suppliers and download their free "Eradicating Candida" ebook. Important Medical Note: Per "Four Things You Need To Know About Cancer and Candida" article at NaturalNews.com, cancer and candida are apparently closely related. Some even claim Candida causes cancer, while others say they both originate and thrive in the same low pH, high acidic environment, possibly with a symbiotic relationship. Chris Woolems in article "Candida albicans, a common yeast, and its links to cancer" at canceractive.com reports he was advised by both a major UK and USA cancer clinic that every Cancer patient they see, man or woman, has bad candida present. Note: Milk thistle supplements can help to cleanse your liver from prescription medications (steroids, birth control, antibiotics, as well as others), plus environmental pollution, heavy metals, and the remnants from both chemotherapy and radiation. See our Health tab article at Factor Ready and specific pdf Health articles under the Downloads tab. Stay Well, Stay Prepared and Stay Prayed Up!