

## Candida/Yeast Treatment Protocol

Candida/yeast overgrowth is common and shows up through Organic Acids and Stool testing. Symptoms of yeast overgrowth include bloating and gas (especially after eating), craving sweets and refined carbohydrates, brain fog, depression, anxiety and fatigue. It is often an underlying factor in many autoimmune diseases, chronic sinus and vaginal infections, oral thrush, chronic fatigue, fibromyalgia, and skin problems. Sugars and simple carbohydrates are its main food source so diet modification through significantly limiting these foods is necessary for successful treatment. It is harder to kill what you are aggressively feeding.

Candida can be treated with pharmaceutical products such as Nystatin, Fluconazole, Itraconazole, and others that may sometimes show up on stool testing. Only Nystatin can be used long term without needing liver function tests and will work if the candida strains being treated are sensitive to it (Stool Culture and Sensitivity Panel). Pharmaceutical antifungals should be given with probiotics at the same time to keep pathogenic bacteria (such as Clostridia) in check. [Corebiotic](#), [LactoPrime Plus](#), [S. Boulardii](#) and [Probiotic Support Formula](#) are recommended due to containing anti-clostridia strains. Be prepared for candida to return after a short treatment, but the use of probiotics and a strict diet low sugar/low carb can be helpful to keep it in check. The sickest of patients most likely have had candida infestation for many years, and it is most likely deeply embedded in the intestinal walls. As a result, it will take many months, and sometime years, to completely eliminate. The patient should avoid the use of antibiotics, if at all possible, which can cause a quick return of yeast and associated symptoms.

If you prefer to treat with herbs, remember that most herbs that are effective against candida are also anti-bacteria; Many also have anti-viral and anti-parasitic properties which can add additional benefits. Herbs are thought to do less damage to good bacteria than traditional antibiotics but it is likely that some healthy gut flora will be lost as well during treatment.

Strong combination herbal formulations such as [Candida Formula](#) for adults or [Candida Yeast Formula](#) for children are very popular and can be helpful by giving 2-3 times daily for 2-4 months. Follow the instructions on the bottles and dose by age and weight.

Rotating 3-4 different individual herbs every week such as [Oregano Oil](#), [Berberine/Goldenseal](#), [Uva Ursi](#), [Allicin/Garlic Extract](#), [Black Walnut](#), or [Grapefruit Seed Extract](#), can be very effective in significant infections and will prevent resistance from occurring. Dose 2-3 times daily (according to age and weight) with food if needed, and continue treatment for 2-4 months (although treatment may be necessary off and on for much longer). Two cost saving packages are also available in a capsule and liquid version: [Yeast Control Package Capsules](#) and [Yeast Control Package Liquid](#).

Ensure probiotics such as the [CoreBiotic](#) and/or [LactoPrime Plus](#) are used alongside the herbal formulations but spaced 2 hours apart. In more mild infections, with few symptoms, these

probiotics may be effective by themselves along with low sugar/carb diet without the need for botanicals.

### Biofilm Protocol

Patients with longstanding and/or difficult to treat yeast may likely need to also address biofilms in order to eradicate yeast infestation. Adults dose 2 capsules (and children 1 capsule) of [InterFase Plus](#) (30 min prior to each antifungal dosing), and add the binder [GI Detox](#) (1 -2 capsules, 1 hr. post antifungal administration, 1-2 times daily). Since GI Detox must be given on an empty stomach, away from food and supplements/medications, this may be difficult to do. However, if and when yeast die-off symptoms occur, the binder should be given after the last antifungal dosing of the day

Teaching your patients to self-monitor by understanding and recognizing the signs of yeast in their own bodies is very important to achieve long-term success. Yeast/Candida will inevitably return following antibiotics or consumption of high carbohydrate and sugary foods. Recognizing or anticipating the return of these symptoms, any effective herbal treatment on hand can be restarted by the patient for a short term (such as 3-4 days), along with probiotics and diet modification is likely to keep the candida under long-term control.

## **Suggested Protocols Based on Degree of Severity**

### Mild cases (mild elevations in OAT, little to no symptoms)

Dose probiotics 2 times daily without using antifungals. A combination of [CoreBiotic](#) and [S. Boulardii](#) (one each) has been shown to be effective for 1-2 months, and then rotate with Lactobacillus/Bifidobacterium combination such as [LactoPrime Plus](#) (ensuring L. rhamnosus is a part of it), 25-50 billion as tolerated, with continued S. Boulardii for an additional 2 months. Also consider dosing [Inulin](#) (or other soluble fiber/prebiotic supplement) once daily as well.

### Mild to Moderate cases (moderate elevations, mild symptoms)

The above probiotics/yeast regimen once daily (at night) and one or more of the botanicals listed above 2-3 times daily as directed based on age and weight. [Berberine Complex](#) is very effective for adults and one or more of the liquid formulations for children dosed as directed.

### Moderate to Severe cases (moderate to high elevations, moderate to severe symptoms)

Use [Candida Formula](#) or [Candida Yeast Formula](#) (for children) 2-3 times a day or other antifungal agents can be substituted based on sensitivities of patient. Adding in the Biofilm protocol above may be necessary as well.

**These nutritional recommendations are not approved by the US FDA. Supplement recommendations are not intended to treat, cure, or prevent any disease and do not take the place of medical advice or treatment from a healthcare professional**