

Ridding Your Body of Yeast

When we have an increased take in foods that convert to sugars in our diet, or have been on antibiotics, we become subject to an over growth of yeast in the small intestines. Yeast, being a live organism, wants to thrive. To do so, it will make your body crave more sugar to feed off. This problem escalates quietly, but quickly. If the overgrowth gets bad enough, it can root itself in the intestinal wall and create micro holes or tares. (Other things can cause this too, like prescription drugs and lots of processed foods, or eating foods that we know we have an allergy or sensitivity too.)

So, with these micro tares, the intestines can leak more yeast and toxins from what we eat into our blood stream and the rest of the body, which can have negative impacts on us. This is what is called "Leaky Gut Syndrome" and it is EXTREMELY common, but far too unknown of in our society. Symptoms of a leaky gut can include physical problems that we would easily be able to correlate with intestinal distress, like irritable bowel syndrome: bloating, gas, constipation, diarrhea and cramps.

However, because there is a Gut-Brain connection too, there can be other symptoms that are less likely perceived to be linked to this problem: trouble with sleep, headaches, concentration, mood-imbalances, auto-immune diseases, skin flare ups (rashes or acne), joint and muscle pain/inflammation, and decreased immune system function are a few of them. A large amount of the chemical, serotonin, the "happy hormone," is manufactured in the gut. Serotonin is the chemical (that the brain also produces), that is responsible for regulating our mood. Those who are deficient in this chemical, are those who suffer from depression, anxiety, anger, and in children, it's often seen as "acting up" and behavioral problems.

In fact, the gut actually has it's own network of nerves that communicates to the brain called "The enteric nervous system" via the Vagus nerve. This nerve is found in the brain stem right around the first cervicle bone under the skull, called the "Atlas." This is why its important for EVERYONE to get checked for sublaxations or misalignments, because if that bone is not right, then the communication between the brain and gut is challenged.

Also, don't forget, the gut, or particularly the small intestine, is responsible for the majority of our immune function. This is where we have (*or should have!*) all the good bacteria that assist in keeping us healthy. If yeast is present in the gut, this will greatly decrease the amount of good bacteria present.

So how do we get rid of yeast?

The first step is to remove foods that the yeast will feed off of. This includes anything with a high concentration of sugars or foods that will break down into sugars in the body:

- Carbohydrates (bread, cereals, rice and other grains, oats, pasta, crackers, cookies, pizza, etc.)
- Alcohol, sodas, and juices
- Fruits and veggies high on the glycemic index (melons, bananas, grapes, potatoes, corn, beets) and limiting some of the other ones like carrots, squashes, and berries, to just one to two servings a day.
- Things that are fermented like sauerkraut or kombucha.....please note that NORMALLY, fermented foods are super good for the gut, but in situations with yeast or candidias, it can cause a flare up.

By removing these things, we can let the yeast die off. If you choose to eat these foods, even just a little bit, remember you are feeding the yeast and it will begin to thrive again. In serious yeast cases, this is one of those situations where it almost has to be all or nothing, unfortunately.

Furthermore, You can also add things to help kill it off:

- Increasing probiotic intake (Prosynbiotics by Standard Process or other probiotics)
- Garlic (like a clove or two a day, or taken in capsule form by Standard Process)
- Grapefruit Seed Oil Extract mixed in your water
- Olive Leaf Extract
- Pau d'Arco and Black Walnut (these are herbs, so if you are pregnant or nursing, it is not advised for long-term use)
- Zymex by Standard Process
- Candibactin by Metegenics
- GI Synnergy by Apex Energetics
- Coconut Oil

Sad to say, sometimes this can take weeks and in bad cases or where we are "sneaking foods back in" it can take a month or more. Simultaneously, we want to include LOTS of other vitamins and minerals to help restore the gut lining, like magnesium and B and C vitamins, and the amino acid, L-Glutamine. Also, try taking a spoonful of coconut oil (in some manner) every day, because coconut oil can fight yeast and bacteria.