

CANDIDA UNCHECKED

Prevent and treat yeast issues, naturally

Bacteria, viruses, and fungi—oh my! The world is *full* of microscopic organisms, living both inside and outside of your body. While some are completely normal and even good for you, others can go unchecked and wreak havoc on your health.

Take candida, for example. Candida is a species of yeast (a single-celled fungus) that lives in everyone's gastrointestinal tract. Most of the time your immune system, along with the healthy bacteria in your gut, prevents the overgrowth of candida so it doesn't cause any harm. However, factors like a high-sugar diet, allergies, or the use of certain medications can throw your body's own ecosystem off kilter. This leads to an overgrowth of candida and a slew of additional, unwanted symptoms.

If you've ever experienced a yeast infection or thrush, you've dealt with an overgrowth of candida, also called candidiasis. While these are the two most common indications that you have an unhealthy yeast issue, there is also a number of less obvious symptoms that could signal that your

body needs a candida reset. Chronic fatigue, brain fog, sinus infections, mood disorders, persistent joint pain, recurring urinary tract infections, and digestive issues can all be caused by too much candida in the body.

So what can you do if you suspect you are dealing with a case of candidiasis? Start by adding some important supplements to your daily regimen.

PREVENT WITH PROBIOTICS

Probiotics are a no-brainer when trying to restore balance to your body. While many probiotic supplements advertise the amount of beneficial bacteria they deliver, the real importance lies in what type of probiotics you get—not just the count. A daily probiotic containing *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, and *Bifidobacterium bifidum* should be at the top of your yeast-

fighting supplement list. These targeted probiotics support healthy intestinal bacteria and mucosa to keep a healthy bacterial balance in your digestive tract and keep candida in check.

BRING ON BERBERINE

Berberine is a powerful botanical that has a wide range of antimicrobial activity against various bacteria, viruses, fungi, and yeasts. While berberine is extremely powerful on its own, it has also been shown to work synergistically when combined with Fluconazole, a standard treatment for yeast infections. One study showed that berberine damages the DNA of candida cells, while Fluconazole increases the ability of berberine to enter yeast cells in the body. Berberine has also been proven to target candida cells while leaving the beneficial bacteria in the body unharmed. Look for a berberine product that delivers 500 mg per dose for best results.

Candida overgrowth is serious and can cause real damage to your body and weaken your immune system—possibly permanently. If you suspect you have a yeast problem, it's important to start getting things under control right away. By adding probiotics and berberine to your daily supplement regimen, you can start to control yeast balance and get your health back on track. ■

