

The naturopathic advisor



Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:



Q Why does candida cause problems in some people?

Candida is a common fungus that lives in and on us. When in balance, it causes no problems, but if its growth is unchecked, it can become a distressing and multi-faceted health issue.

Anything that compromises our immunity can precipitate candida overgrowth. Antibiotic use is also linked with candida as in the absence of beneficial bacteria following antibiotic use, our

unhealthy flora can get out of control. A Western diet high in refined carbohydrates, alcohol, sweets and caffeine will raise blood sugar and sugar is the number one fuel for candida. Sensitivities to foods such as milk, gluten and additives can also increase the load on our immune system and allow candida the chance to thrive. High stress can reduce immunity. As candida can increase anxiety, it becomes a vicious cycle.

Supporting our immune system is key to helping avoid candida overgrowth. A naturopathic practitioner can help you discover your food triggers and any other factors that may be contributing to your candida overgrowth. They can also create a personalised diet and

lifestyle plan to help reduce your susceptibility. They may consider supplementation to boost immunity, mucous membrane health, gut health, and a feeling of calm.

Adaptogenic herbs such as rhodiola or withania can help deal with feelings of stress. A naturopathic herbalist could tailor-make a combination of anti-fungal and immune boosting herbs, such as barberry, oregon grape, garlic, black walnut and olive leaf, in a dose appropriate to you.

As well as avoiding your known triggers, steer clear of refined carbohydrates, so no white flour products, sweets or cake and no alcohol or anything that has a high glycaemic load. Improve your diet,

primarily by eating more vegetables, and preferably switch to organic eating. Find useful ways to cope with stress, and take regular exercise.

The oil, milk and water of coconuts contains caprylic acid, which is a candida fighter. Ensure that you also eat probiotic and prebiotic foods, such as sauerkraut, kimchi, apple cider vinegar, onions and leeks to help repopulate the bowel with friendly organisms. Many spices are anti-fungal and anti-inflammatory, and contain antioxidants, which can help up mop up candida-induced damage.



Your question has been answered by Naturopath, Gemma Hurditch, for CNM. For information on CNM training in a range of natural health therapies, visit www.naturopathy-uk.com

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