

Nutritional Therapy for Candida Infections*

Dietary modifications such as limiting intake of refined carbohydrates may be helpful for people with Candida Infections.

Probiotics (Yogurt) in particular, the lactobacillus species rhamnosus and reuteri have been studied for repopulating vaginal flora and reducing yeast populations.

Resveratrol a compound found in the skin of grapes

Goldenseal – Goldenseal (*Hydrastis canadensis* L.) is a botanical that has been used to fight inflammation and infection.

Lactoferrin; Lactoferrin's ability to bind to iron may contribute to its antifungal activity, especially since iron appears to enhance the proliferation of candida species.

Tea Tree Oil (it can be toxic when ingested orally, producing a variety of negative effects (e.g., vomiting, diarrhea, and hallucinations). Therefore, it is typically used topically

Other **Essential Oils** - Geranium oil, Clove oil, Moroccan Thyme oil, Lemon Verbena oil, Oregano oil

AHCC – Active Hexose Correlated Compound (AHCC) is an extract derived from fungi of the Basidiomycetes family.

Aprylic Acid – Caprylic Acid (i.e., octanoic acid) is commonly available as a non-prescription agent that is well known for its anti-bacterial and anti-fungal properties.

Boric Acid – Boric acid (i.e., boracic acid or orthoboric acid) is the most common form of the mineral boron, which is often used as a supplement for building strong bones and muscles as well as supporting cognitive function and muscle coordination