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(sugars and starches), Candida and other carbohydrate-loving yeasts find the digestive tract an ideal environment. 

food and drink. Once the health of our beneficial bacteria is compromised, an ecological niche opens up that is support the digestive and urogenital tracts are destroyed by pharmaceutical antibiotics, chlorine, and toxins found in

Beneficial bacteria such as Lactobacillus and Bifidobacterium which secrete powerful antifungal enzymes that 

While primary Candida imbalance inflicts great stress upon the immune system, it often happens that Candida is a secondary result of a longstanding immune dysfunction. AIDS, cancer, and chronic fatigue patients are always at risk of Candida imbalance. Their treatment must take into account the likelihood of additional stress from yeast. 

Many of the pharmaceutical drugs that are used to fight Candida have proven quite toxic, especially to the liver. But
I have been in private practice for sixteen years... I discovered Grapefruit Seed Extract about five years ago. We pediatricians treat a lot of oral and cutaneous yeast infections (the latter primarily in the diaper area of infants) and are often frustrated at the difficulty we have in clearing up these common and annoying problems. I now recommend Grapefruit Seed Extract at least three to four times every day to my patients and the response is uniformly positive... Grapefruit Seed Extract is an excellent formulation which I have found to be completely safe for even the youngest babies in my practice.

**Treating Candida with Grapefruit Seed Extract**

For chronic cases of Candida imbalance, it is best to prepare for Grapefruit Seed Extract therapy by performing a one week cleansing diet. Such a diet curtails starchy, sugar-rich foods and eliminates fermented foods, coffee, cigarettes, and alcohol; it calls for the following (approximate) proportions:

- 65% high fiber, low starch vegetables (broccoli, celery, radish, asparagus, etc.-steamed or raw)
- 20% high protein foods (fish, fowl [free of antibiotics], nuts, seeds, eggs, tofu, etc.)
- 10% complex carbohydrates (rice, beans, millet, amaranth, quinoa, buckwheat)
- 5% fruit (papaya, pineapple, grapefruit, and all types of berries)

Such a diet reduces the unpleasant effects (known as the “Herxheimer reaction” after the doctor who described it) caused by the release of toxins when pathogenic microbes ‘die-off.’ A Herxheimer reaction may temporarily cause increased fatigue, nausea, headache, etc. These reactions are common but usually occur only in the first few weeks of treatment.

For optimum results I also recommend that my patients consume six to eight capsules per day of a high potency, high quality probiotic containing Lactobacillus, Bifidobacterium, etc. Garlic and Aloe vera assist the detoxification process. If a Candida imbalance is not chronic but has been brought on by a recently prescribed course of antibiotics, the above diet and the Grapefruit Seed Extract treatment can begin simultaneously and continue for at least three to four weeks.

**Vaginal Yeast Infection**

Many holistic physicians believe that an imbalance in the vaginal microflora is often indicative of a similar imbalance in the intestinal tract. Therefore, for recurrent vaginal yeast infections, a complete, systemic anti-Candida program is usually required. However, certain isolated instances of vaginal yeast imbalance may be treated locally without resorting to a systemic program.

**Note:** Before beginning any treatment for vaginal infection, a diagnosis by a qualified practitioner is necessary in order to establish whether or not the perceived symptoms are in fact being caused by Candida. The possibility of reinfection by transmission from a sexual partner must also be considered if a cure is to be permanent.

**Treatment**

Vaginal rinse: add sixteen drops of Grapefruit Seed Extract to sixteen ounces of room temperature water (use only filtered, distilled, or boiled water) and shake well in a closed jar. Douche once daily for three days. (For greater retention of the solution, douche in a reclining position.) Repeat every fifth day thereafter.

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Most chronic Candida problems, whether systemic or localized, are related to certain life-style habits. Therefore Grapefruit Seed Extract should be considered an adjunct to the changes required for permanent resolution of the problem. To conclude this chapter I offer a condensed version of my Ten Step Program for Controlling Candida.

Ten Step Program for Controlling Candida

1. **Be Informed:** Read at least one book on Candida. (see suggested reading list). Seek a qualified practitioner who can direct your program but do not depend solely on his or her expertise-talk to others who have successfully overcome Candida.

2. **Starve the yeast:** Candida thrives on carbohydrates: drastically reduce all foods high in starch and sugars.

3. **Avoid yeast products and fermented foods:** Baker’s and brewer’s yeast, wine, vinegar (apple cider vinegar may be tolerated), tempeh, and tamari are potential trouble-makers.

4. **Use non-toxic antifungals:** Botanically derived antifungals are preferred because they do not add to the body’s toxic load. Grapefruit Seed Extract’s broad spectrum capabilities detoxify the system not only from Candida but also from other yeasts and bacteria which accompany Candida. Grapefruit Seed Extract is also effective with other herbal antifungals such as Pao D’ arco, garlic, and goldenseal. (Consume antifungals between meals.)

5. **Restore the beneficial bacteria:** Probiotics, particularly Lactobacillus acidophilus and Bifidobacterium bifidus help reestablish the normal intestinal flora. This phase of the treatment will, in the long run, protect against reinfection. (Consume probiotics with meals.)

6. **Support the beneficial bacteria:** These helpful symbiots thrive in the presence of foods rich in fiber and chlorophyll. Fructo-oligo-saccharides (F.O.S.) is a type of sugar (found in the Jerusalem artichoke) which can dramatically increase the growth rate of beneficial bacteria, especially Bifidobacterium, an organism essential for a healthy digestive tract. F.O.S. cannot be metabolized by Candida, nor does it significantly raise the blood sugar.

7. **Detoxify:** Eliminate (or greatly reduce) coffee, alcohol, food with chemical additives, and drugs. Aloe vera, Bentonite clay, and psyllium seeds can accelerate the detoxification process. Drink at least 6-8 glasses of non-chlorinated water daily.

8. **Support the immune system:** Reduce emotional and chemical stress. Supplement your diet with the proper vitamins, minerals and antioxidants (Vitamins A, E, C, lipoic acid, glutathione, selenium, pycnogenol, Coenzyme Q10, etc.) which are essential for reversing damage done to the immune system.

9. **Be observant:** Write down all of your symptoms before starting the program and grade them on a scale of 1-10 according to how they affect you. Compare those observations to how you feel four, six, and eight weeks later. You will have good days and not-so-good days so when you feel poorly, instead of cursing the darkness, light a candle of understanding: Did you go off the diet? Were you in a smoke-filled room? Did you clean out a moldy basement? Women: note where you are in your menstrual cycle; record your observations - you will learn more about how your body works and why sometimes it does not.

10. **Persist:** A restoration of the internal environment does not happen overnight-this program takes time. It is a starting point, a general guide that can be adapted to your own needs. Once you feel an improvement, avoid the temptation to revert to former habits.

The Proliferation of Candida

Why is Candida so common in the digestive tracts of people living in the industrialized nations? Ironically, most of the blame lies in our technology and the way we use and abuse it. Some of the practices that create a susceptibility to systemic Candida overgrowth are:

- Excessive use of pharmaceutical antibiotics
- Ingestion of meat and poultry treated with antibiotics
- Chlorination of drinking water
- Exposure to pesticides, herbicides, chemicals, toxic metals (lead, mercury)
- Unnatural treatment (including birth control pills and contraceptive products)

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Comments:

Lisa said..
Thank you for this information. Are Grapefruit Seed Extract tablets (125 mg) safe to take during pregnancy?

Tamara said..
I have been brewing/drinking my own water kefir (tibicos), dairy kefir, and kombucha for several months now in the attempt to build up the healthy bacteria in my gut, however, the candida has been persisting in spite of these attempts. Should I set these aside when using the GSE regimen?

cindy parker said..
I have self diagnosed myself with yeast overgrowth. I did take the spit test which showed positive. I need to find a doctor. Any ideas I live in St. Charles county Missouri. I would appreciate any help please.

Julie Ielsie said..
Will taking GSE (2000 mg/day) affect the estrogen levels in a male teenager?

Beckie said..
If I take grapefruit seed extract (by capsule) daily, non-stop - will it still be affective against Candida? I have been researching Candida the past 5 years, and there are several authors that claim supplements cannot be consumed daily ongoing, due to the candida being able to adjust and resist defeat to the anti-fungal supplements (i.e. garlic, caprylic acid, pau d arco). Should grapefruit seed be rotated every 3-5 days?

Eva Lonborg said..
Have fought Candida for over a year now, and feel that I have not had the proper advice. Still lots of difficult-to-treat hyphal form of Candida. My therapist has not advised me to avoid barley, oats, millet and rye, which are my main protein sources being a vegetarian, and so has she not mentioned carrots, beetroot, and other root crop which are the main vegetables in my country. So now I am googling full time now and have come across Gymnema Sylvestre as a good supplement to fight Candida. Do you know of it? How much to take? Is it ok to combine with Grapefruit Seed?

Reginald Browne said..
I put grapefruit seed extract on my penile yeast infection and it burns like hell. What can I do to stop it?

Anil said..
Dear Sir/Madam

Please provide me the Data how Grape Seed Extract acts (Chemically) Mode of Action, trails in Vaginal Infection

Dana said..
Also a good treatment for vaginal candida is treatment with Cervugid Ovules.

Iynn said..
Hi I've been seen a lot for this yeast & bacterial infection that are a every day battle for me and I've tried just about everything so I went to the Mayo Clinic and he said I have these problems have said & hes had me on this boric acid for at least 3mo.& still taken this what should I do because he cant think of any thing else, please help me this has been going on for many years now and I'm sick of it I have to take the boric acid every night & still

Maria said..
Hi all, long time ago I posted a msg on this forum afraid of the consequences of the Candida virus (which I fought one year) ... well, I can breathe, after long treatment (no vaccine) I got rid of this virus! I appeal to all girls and women who have similar problems, it's better to go to the doctor for not having anything to lose the contrary else can heal without complications! treatment only .. My gynecologist recommended treatment with Cervugid Ovules 3 courses with breaks for 7 days. This treatment can say it is miraculous. I did smear test again and it came out negative.
I wish you good health.

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Name

Email

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