

## Yeast or Candida - Candida or Yeast???

The most frequent questions we get regarding the Probable Concerns portion of our assessments are:

- What is the difference between yeast and candida?
- Why do we differentiate between the two?
- And how do I get rid of it?

The answers are both simple and complex. Simple in that, yes, they are both “yeast”. The body has many different types of yeasts present at all times. Problems arise when there is an imbalance in the system and the yeast is left to flourish — wreaking havoc wherever it goes. So what makes it flourish?

It is a combination of food that dogs were never designed to eat because they lack the proper digestive enzymes to break down that food into a form that the canine body can use. So for the assessment purposes, “yeast” is all yeast — with the *exception* of candida albicans, more on candida further into this article.

To understand the cause you need to understand the canine species and what their bodies are and are not meant to metabolize. They are omnivores, but not meant to eat starchy root vegetables, like potatoes or sweet potatoes. Starches require an enzyme called amylase to properly break them down into a form the body can utilize and eliminate. Dogs are not capable of creating amylase, so in its absence, starches stick in the intestinal wall and the resulting sugars invite yeast to have a feast. This leads to a yeast overgrowth, which begins the vicious cycle of elimination. Once a yeast overgrowth has occurred, it has a tendency to recur quite easily. If you feed a food with these starchy root vegetables without supplementing with proper [enzymes](#), you really are asking for trouble.

Traditional Vets will usually recommend antibiotics and/or steroids. The introduction of antibiotics quite handily sterilizes the intestinal tract, killing the yeast, but also killing the beneficial bacterial microflora necessary for proper digestion and yeast control. Once the antibiotics are discontinued, candida enters the now sterile intestinal tract and will multiply and flourish.

Candida is a more aggressive form of yeast, and it is infinitely more complex. Once it gets it a firm hold in the intestinal tract, it is extremely difficult to get rid of. The Candida organism can actually skewer through the intestinal wall and get in the blood stream. That’s when it really starts causing problems. It can mimic all sorts of “dis-ease” including allergy symptoms and chronic ear infection.

Traditional medicine tends to treat the symptoms of this “dis-ease” rather than exploring what is actually causing it. Steroids are usually given to treat the inflammatory symptoms, which over a very short period of time, will further weaken the immune system and, well, let the games begin.

So what’s the solution? It’s really very simple, to begin, it is essential to eliminate both the yeast



overgrowth, and the unhealthy diet that feeds the yeast. It is important to do both together as just changing the diet will not eliminate any overgrowth that is already present. Most cases of yeast and/or candida overgrowth take some time to eliminate.

To address the overgrowth issue, we have developed an herbal formula called [Glacier Peak Gold](#) (GPG) that acts as an anti-viral/anti-fungal remedy. GPG is administered in 10 day cycles - the first 10 days, 4 times per day - rest 10 days - then resume twice per day for another 10 days. It also works well in conjunction with [Colloidal Silver](#), which can be given internally or applied topically as a mist to any outward symptoms such as infected ears, hot spots, chewed paws and irritations. [Mountain Salve](#) can also be applied to stubborn rashes and irritations.

It is necessary for you to feed a species specific diet containing a very limited amount of vegetables (no roots) and to rotate the meat proteins every few weeks to avoid building an intolerance to any one protein source. Avoid vegetables that contain starch at least until you notice a marked improvement in the symptoms. Grains are not necessary in canine or feline diet. This is also a great time to add proper enzymes and probiotics to the food at every meal to help the animal digest, absorb and assimilate the nutrients while promoting a more complete elimination of waste. We recommend using pure form, human grade [enzymes](#) and [probiotics](#) to avoid fillers, binders and other additives that can add to the problem instead of helping to alleviate it.

You should also consider adding [Peak Immune](#) to help rebuild and recharge the stressed and weakened immune system. It is administered over a 10 day period and could be given during the 10 day rest period in the GPG cycle.

In summary, candida and yeast can be a formidable issue, but given the correct information, time and combination of tools — it can be eliminated.