

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 290th Newsletter, I want to give us a chance to consider Yeast Infections and the effects they have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

Yeast Infections Impact MEN, WOMEN and CHILDREN and we can ALL be protected from them and Healed from them HOLISTICALLY!!!

Many people believe only women get yeast infections. This is **not true**. Yeast infections can affect all people: **females and males**, young and old, any ethnicity, in any geographical locations and/or socio-economical status. This week's Newsletter will give you what you need to know in order to **prevent and heal** from Yeast Infections for yourself and anyone else in your life that may become infected.

Women are the most frequently impacted by Yeast. Up to **75 percent of women** will get a vaginal yeast infection at least once in their lives, 40 to 50 percent of women will experience more than one infection, and 5 – 8 % of women experience recurrent or **chronic** yeast infections, (four or more yeast infections in a single year). That means that the chances are **really big** that you have already had them or will have them or some woman in your life will. Please keep reading so you can keep the **many conditions** Yeast can cause out of your life and the lives of those you

love!

Yeast infections can affect **many parts of the body** of both men and women including the genitals (**Women**: *Candida albicans*, **Men**: (candida or candida balanitis or candidal balanoposthitis), the skin (cutaneous candidiasis) and the mouth (thrush or oral candidiasis). Yeast infections can cause **pain**, swelling and unpleasant discharge.

When they infiltrate the mouth (**Thrush**), they can make the mouth feel cottony and impair the sense of taste. When a yeast infection strikes the skin it can cause it to **crack, swell, or bleed**. Example of skin related yeast infections include **diaper rash**, beneath skin folds, athletes' foot, around dentures and nailbed infections. Candida loves living in warm, **moist areas** of the body and especially where there's an ample supply of food for it to feast on.

Yeast is a **normal** part of the microbes that live in your gastrointestinal tract. **Small amounts** of the yeast also live in various warm, moist areas throughout the body, including the mouth, rectum, vagina, and parts of your skin. Its numbers are **naturally** kept in check by the bacteria and other microorganisms that make up your microbiome, the community of microorganisms that inhabit your body. However, different factors can throw off your **microbial balance**, tipping the scales and allowing the fungus to grow out of control and cause a yeast infection called candidiasis.

Candida (of which there are more than 20 species) is a fungus, which is a form of yeast. Yeast is a type of single cell fungus. Candida microbes help **regulate** our blood sugar levels, and save our adrenals and pancreas from overworking due to stress, bad diets, chemicals, etc. It is normal for everyone to have it in their **bloodstream** at certain level. It is when Candida 'mushrooms' out of control that various problems arise. Candida microbes,

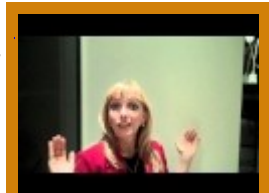


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when in a balanced body, only **survive** a short period of time, just days at most.

Yeast infections aren't **dangerous** for most people with reasonably healthy immune systems, even though they can cause a lot of discomfort. However, in people who have a **weakened immune system** because of a multitude of factors including cancer treatments, steroids, or diseases such as AIDS, candida infections can occur throughout the **entire body** and can be life-threatening. In systemic candidal disease (in which the fungus enters the bloodstream and spreads throughout the body), up to 45% of people may die. Even common mouth and vaginal yeast infections can cause **critical illness** and can be more resistant to normal treatment.

Yeast infections that return may be a sign of more **serious diseases** such as diabetes, leukemia, or AIDS. The blood, brain, eye, kidney, and heart are most frequently affected, but Candida also can grow in the **lungs**, liver, and spleen. Candida is a leading cause of esophagitis (inflammation in the swallow) (Cont. on next page)



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lowing tube) in people with AIDS. Almost 15% of people with weakened immune systems develop a **systemic** illness caused by Candida.

Intestinal Yeast Infections or Candida **overgrowth** has even been associated with the development of several Irritable Bowel Diseases (IBDs) such as Crohn's disease and with increased odds of **multiple sclerosis** (MS).

No matter what we do, we'll **never** rid our bodies of Candida. Candida albicans occurs **naturally** in nature, in the soil, on vegetables and fruits and in small quantities in our mouths, intestines and in a woman's vagina. When in balance with the other **400 species** of friendly bacteria in our gut, Candida can live harmlessly in our bodies.

When your body is healthy, Candida **can't penetrate** your defenses. About 20 percent of women have *Candida* living in their vagina and don't experience any yeast infection **symptoms**. Similarly, *Candida* colonize the genitals of 14 to 18 percent of men who don't have any candida balanitis symptoms.

The **intestines** are the longest organ in the body, and also your main filtration system. It is thought that about 80% of your immune function is in your **gut** and a lot of that is governed by how the bacteria are able to function—there are **10 times more** bacteria than there are cells in our bodies!

The intestines main job is to **absorb** what is useful to your body, but if it's plumbing, electrical and drainage system is compromised, the body will start absorbing **toxins**, and clogging the system (kind of like dirty oil in a car). When your pipes are clogged, proteins, fats, and/or sugars can enter your circulation triggering inflammation and a defensive immune system. This is a **perfect** situation for Candida or Yeast growth. Medically, we are told **candidiasis**, is caused from an improper diet, which is known to upset the bacterial balance in the intestinal tract.

Common symptoms of **Female** vagi-

nal yeast infections include:

- Vaginal itching and a **burning** sensation in the vaginal region, including the labia and vulva
- White vaginal discharge that's sometimes described as being similar in consistency to cottage cheese
- Pain during **urination** or sex
- Redness and swelling of the vulva

Common symptoms of **Male** yeast infections (candidal balanitis of the penis head or candidal balanoposthitis of the foreskin) include:

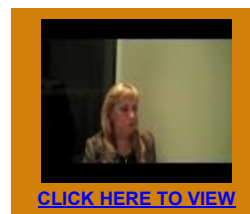
- Burning and itching around the head of the penis
- Redness and **swelling**
- Small, rash-like bumps called papules, which may have pus
- **Pain** during urination or sex
- A thick, lumpy discharge under the foreskin
- An unpleasant odor of the foreskin
- Difficulty pulling back your foreskin

Common symptoms of Yeast infections for both men and women on other parts of the body: Redness, Itching, Cracking Skin, Swelling, **Fatigue** and Mood Disorders.

Thrush is the term usually used for oral yeast infections. This infection is common in newborns but typically passes quickly. **Babies** are not the only ones affected; a recent study found that oral Candida overgrowth occurs in one out of every four adults. Poor **oral hygiene** is often a primary factor. Researchers identified the presence of plaque, tartar, and amalgam fillings as significantly related to the degree of Candida present.

There are many things that throw off the **balance** between the microorganisms that live in and on your body, such as:

- **A nutrient poor diet**
- Pregnancy
- Blood sugar imbalances
- Certain medications, including birth control pills, antibiotics, and steroids (internal and topical)
- Corticosteroids
- **Immune-suppressing diseases,**



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By listening to my body, and being a Wellness Coaching Client of my own Company I was able to **EVOLVE** my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

- including HIV
 - Diabetes
 - Obesity
 - **Stress and lack of sleep**, which can weaken the immune system
 - Menstrual cycles - This may be because hormonal changes contribute to changes in the vagina's acid balance.
 - Asthma inhalers (and other oral appliances such as mouth guards, retainers, or dentures)
 - Irritation from inadequate lubrication
 - **Hormonal changes**
 - **Hormone Replacement Therapy**
 - Allergies
 - Toxins in food, drink, and your environment
 - Inadequate stomach acid levels and other digestive enzymes
 - **Heavy Metals** in your body
 - Parasites
 - Chlorine in tap water
 - Chemical sensitivities
 - **Antibiotics** in our meat supply
 - Sugar and processed, refined foods
 - Alcohol and coffee
 - C-section deliveries
 - Mercury exposure from dental fillings, vaccines, & tattoos.
- (Cont.on next page)

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- **Birth control pills**

- For men - Being uncircumcised (when associated with poor hygiene, being uncircumcised is a major pre-disposing factor for candidal-balanoposthitis)

Additionally, certain **lifestyle habits** may also promote the growth of *Candida*, including:

- Eating a diet high in **sugar** (a yeast food source)
- Using scented soaps, bubble baths, and feminine sprays
- Douching, IUD use
- Using **over-the-counter** feminine hygiene products, such as douches, scented sprays, and even bubble bath, may cause the acidity level in the vagina to drop, resulting in a yeast infection.
- Maintaining poor genital hygiene
- Wearing tight clothing or clothing that keeps the genital area warm and moist, or underwear made from a synthetic fabric that doesn't let the area "breathe" encourages yeast overgrowth.
- Women and men can contract yeast infections from having **sex** with a woman who has a yeast infection. However, since you can also get the infection without sex it is not considered a sexually transmitted disease.

People with chronic yeast overgrowth present with **multiple** symptoms:

- Tiredness after eating
- Constipation, diarrhea, or other forms of bowel irregularities
- Feelings of anger, depression, aggression, or anxiety after eating
- Mood swings
- **Rashes**
- Brain fog
- Cravings for simple carbohydrates (sugars)
- Anal itching
- Skin infections
- PMS
- **Memory loss**
- Night sweats
- Food allergies
- Vertigo
- Feeling "drunk" after a high simple

carb meal

- Loss of appetite
- Poor digestion
- Repeated **fungal infections** like jock itch or athlete's foot
- Joint pain
- Sensitivity to extreme environments
- Chronic pain
- Acid reflux
- Debilitating chronic fatigue/exhaustion
- Intense **sugar cravings**
- Chronic sinus infections
- Excess mucous
- White coating on the tongue
- **Hypothyroidism** (Candida inhibits thyroid conversion)
- Depression
- Anxiety
- Low sex drive
- Muscle weakness

While you can go to your doctor for a yeast test, sometimes these tests do not always **detect** a problem. There is a simple, **at-home test** you can perform to determine whether yeast may be an issue for you. Commonly called the "spit test," it requires you to spit into a glass of room temperature bottled water the very first thing in the morning before you put **anything** in your mouth (including your toothbrush). Check the water every 15 minutes or so. If you have a potential yeast problem, you will notice one of several things:

- The saliva will have strings **extending** in the water,
- The saliva will remain as cloudy drops suspended in the water, and/or,
- **Cloudy** saliva will sink to the bottom of the glass.

If the saliva remains floating after a full hour with no strings, then candida is probably not a problem for you.

While yeast infections can often be treated **successfully** at home, it's important to be sure that yeast is really the culprit. Infection with other types of organisms, which may require treatment, can often cause symptoms **similar to** those of a yeast infection. Many women who suffer

from recurrent yeast infections have had their symptoms diagnosed by a doctor and know all too well the **signs and symptoms** of a yeast flare-up. If you're sure your vaginitis is caused by a yeast infection, you may want to try the home remedies in the next section.

One of the BIGGEST and most EFFECTIVE things you can do to prevent and HEAL Yeast Infections is to Alkalize your DIET and **Alkalize your Life**. I HIGHLY recommend to hire a Holistic Nutritional and WELLNESS Expert to assist you in doing so, and we will also have a Newsletter about it.

At the very least, to have a RADICAL Alkalinizing Jump Start: Take out all Sugar (really ALL of IT), for a very good while. Also take out **Non Organic Food**, Processed Food, Alcohol, everything that is not a LIVING plant base diet and Caffeine. Drink Plenty of Water, Sleep Plenty and Manage your Stress in a Healthy way!!

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and INJOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The Research Links below will allow you to investigate more deeply about Candida and Yeast Infections: (Cont. on next page)

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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- <http://www.globalhealingcenter.com/natural-health/9-symptoms-of-a-yeast-infection/> - 9 Symptoms of a Yeast Infection
- <http://www.everydayhealth.com/yeast-infection/treatments/home-remedies/> - What Is a Yeast Infection?
- <http://www.globalhealingcenter.com/natural-health/10-things-to-know-about-yeast-infections/> - 10 Things You Didn't Know About Yeast Infections
- <http://www.rickiheller.com/candida-faq-2/> - Candida FAQ
- <https://www.andreabeaman.com/health/the-curse-of-candida/> - The Curse of Candida!
- <http://www.healthline.com/health/vaginal-yeast-infection> - Vaginal Yeast Infection
- <http://news.health.com/2015/07/17/6-things-about-yeast-infections-every-woman-should-know/> - 6 Things About Yeast Infections Every Woman Should Know

Yeast Infections CAN be COMPLETELY Prevented and Healed through NATURAL Means!!!

Creating a **lifestyle** that includes proper, balanced nutrition, lots of clean, fresh water, moderate activity and reduced stress will go a long way to helping **prevent, heal and correct** any imbalances you may be experiencing in your body. By doing this you will also become more aware of your body and be able to "listen" to your body better. This will allow you to know **when and if** it is time to take further action, seek extra help and support or anything else that your body may be asking you for.

Here are some basic **guidelines**, which if you pay attention to them, will help you prevent yeast infections:

- **Educate Yourself** (in this Newsletter we have research resource links at the end of each article that will allow you to dig deeper into any of the topics we discuss here)
- Make sure you attend to the "Right" **balanced nutrition**, sleep and exercise.
- Practice good hygiene
- Wear the right **clothes**, which are dry, loose and chemical free.
- Avoid Heavy metals in your diet and environment (antacids, food additives, while wood preservatives anti-perspirants, water supplies, pesticides, paint, have arsenic. Some sources of cadmium are cigarette smoke, refined grains, shell fish, tuna, organ meats, soft drinks, batteries, tea and coffee).
- Avoid cosmetics with any **chemicals** in them.
- Avoid routine douching as it destroys the balance in your body.
- Avoid certain **medications** (when possible) especially antibiotics which destroy good bacteria and leave you open to other bacteria & fungus.

- Clean your environment from any Yeast Producing factors (chemicals, old paper, Teflon)
- Avoid Harsh Soaps (particularly on your genitals) and anything with alcohol or chemicals in them as they reduce your natural immune system internally and externally.

There are basically **3 steps** once you have a Yeast or Candida Infection:

- Kill the Yeast and the Yeast
- Starve the Yeast
- Eliminate the Dead Yeast

From a **nutrition perspective** here are the foods suggestions that will help you to prevent Yeast Infections and Candida and also help you treat and heal from them if you do become **infected**:

- Eat a **nutrient dense** diet including tons of fresh organic vegetables. Including: Alfalfa sprouts, Artichoke, Asparagus, Avocado, Bean sprouts, Bell Peppers, Bok Choy, Broccoli, Beets, Brussels sprouts, Cabbage, Celery, Cucumber, Cauliflower, Eggplant, Garlic, Spinach, Turnip, Kale, Olives, Onions, Radish, Rutabaga, Spinach, Sauerkraut, Seaweed and Sea Vegetables, Sprouts, Summer squash, Tomatoes, Turnips, Zucchini, Watercress, Wheatgrass
- Vegetables to Avoid -Mushrooms, Parsnips, Squash, Potatoes, Yam, Corn
- Avoid any **Processed or pre-prepared food** or any food with chemicals, food additives or artificial sweeteners.
- Avoid Anything made from white flour - pasta, bread, etc.
- **Reduce or eliminate processed**

and refined sugars -including fruit and refined carbohydrates (bread, cookies, cakes). Sugar not only feeds any form of candida or yeast, it also makes you crave more sugar making the cycle difficult to stop.

- **Reduce or Eliminate Processed Fats** -Eat high quality saturated fats (coconut oil, avocados, etc.) to help strengthen the integrity of your cells
- Drink fresh, filtered **100% Living Water** (add organic fresh lemon to help alkalize your body)
- Eat a fiber Rich Diet
- Reduce or Eliminate Dairy
- Reduce or Eliminate Processed / **Gluten Containing Grains** - Substitute non-gluten grains like quinoa, buckwheat and millet when you have bread/carb cravings. Avoid all wheat products and completely avoid products from white flour (pasta, bread, etc.)
- **Eat Whole Organic Beans & Legumes** -Beans are a wonderful source of protein and are the main food staple in many poor countries. These can include: Kidney beans, Lentils, Lima beans, Pinto beans, Split peas, Black-eyed peas and Garbanzo beans.
- Eat Soaked **Nuts & Seeds** -Nuts and seeds are an excellent source of essential fatty acids, protein, vitamin E and minerals. Nuts & Seeds to eat include: Almonds, Brazil nuts, Flax seeds, Hazelnuts, Macadamia, Pecans, Olives, Pine nuts, Pumpkin seeds, Sesame seeds, Sunflower seeds and Walnuts.
- **Avoid Fruit and fruit juices** in severe cases, such as chronic candidiasis. (Cont. on next page)

Yeast Infections CAN be COMPLETELY Prevented and Healed through NATURAL Means!!! (Cont.)

Fruits to avoid if you have a Yeast Infection of any form of candidiasis (no matter how chronic it is): Melons, Watermelons, Cantaloupe melons, Any dried fruits (Raisins, Dried figs, Dried apricots, etc.). Lemon and lime Juice is an exception as they stimulate the peristaltic action of your colon, which helps gets things moving through your digestive tract so they are amazing cleansers.

- **Consume Naturally Fermented Foods** -Use traditionally cultured foods like sauerkraut and kimchi, to re-colonize intestinal flora. Raw Apple Cider Vinegar is rich in natural enzymes, encourages the growth of healthy bacteria, and balances your body's pH level.
- **Herbs** that help with any form of Yeast/Candida:Ginger, Cilantro, Basil, Oregano, Rosemary, Thyme, Black Walnut, Pau d'Arco, Cinnamon, Cloves, Turmeric, Sage, Parsley, Chicory, Echinacea, Propolis, Neem, Golden Seal, Echinacea, Clove, Olive leaf, Colloidal Silver, Castor bean Oil, Chlorophyll, Bitters, Grapefruit Seed Extract and Phelestatin.
- **Anti-inflammatory herbs:** Cayenne, Marshmallow root, Slippery elm bark, Comfrey leaf and root, Aloe Vera, Chaparral, Thyme, Ginger, Morinda, Oregano, Rosemary, Savory, Cumin, Garlic, Ginger, Paprika and Turmeric.
- **Vitamins and Minerals** that are particularly effective in treating yeast infections: Biotin, Vitamin A, B Vitamins, E AND C, Copper and Zinc, Molybdenum, Magnesium, Chromium
- **Oils to use or take internally:** Coconut Oil, Extra Virgin Olive Oil, Flax Seed Oil, Even Primrose Oil
- Consume **Aloe Vera Juice**, Grapefruit Seed Extract
- Avoid all Beer, Wine or Alcohol and caffeine.
- Start taking a **100% Organic, Vegan Probiotic**

Topical solutions to Yeast Infections:

- **Gentian Violet** - To use, pour about a teaspoon of gentian violet

on a tampon (the type with no applicator), and insert into your vagina. Keep in overnight then remove in the morning.

- **Boric Acid** - Boric acid is a common and inexpensive way to treat an infection, but seek it out under the guidance of a doctor, as it can irritate sensitive tissues and should be used in combination with other products. You can find boric acid as an ingredient in some suppositories, and it can also be used alone in a capsule suppository, but use with caution.
- **Tea Tree Oil** - The essential oil derived from tea tree leaves has been shown in several lab and animal studies to act as an antifungal against yeast. This must be used with caution on genital areas, as you may be sensitive to it. You can dilute it with other oils such as coconut oil.
- **Vitamin C** - This can be mashed up and applied to skin areas with yeast infections.

Colon cleansing is vital for the health of the immune system, particularly if your diet has been fairly high in refined carbohydrates. So to start treating Yeast/Candida a cleanse will quickly begin to clear candida overgrowth from the **intestines**. This step alone will enable your immune system to start doing the job of clearing the systemic candida in the rest of your body more easily.

Also, In order to rid your body of **dead** yeast once you have killed off the Yeasts you will want to further cleanse your body with High Fiber Phylum Husks or Bentonite Clay.

Naturopathic, Holistic or Traditional medicine: If you are dealing with recurring infections, visiting a naturopathic, holistic or traditional doctor can be very helpful. He or she will look at underlying causes for symptoms, and address the **whole system** with supplements, homeopathic remedies, and lifestyle tweaks that can help you beat yeast infections at the source.

Acupuncture: Even if you are scared of needles, you should check out acupuncture options for overall health and wellness, and especially if you suffer for digestive or hormonal issues. Like naturopathic medicine, acupuncture can

help address **underlying symptoms** of your condition and build a stronger, healthier body. An acupuncturist might also recommend supplements, Chinese herbs, dietary suggestions, and of course, needling!

Exercise: Lack of exercise can cause poor blood and oxygen supply to the brain. The mind can become foggy and forgetful. Yeasts and parasites love a still environment. When **blood circulation** is sluggish, they like it better because they have a lesser chance to be flushed out. Body cells and tissues can also be malnourished as a result of poor blood circulation. Consequently, their ability to **expel toxins** is hampered. This will decrease the functions of major organs such as the heart, liver and kidneys. In a vicious circle, more toxins will be stored in the body, which in turn will further **damage** the body's ability to cleanse and heal!

Clean your Environmental of Yeast Growing Factors:

Yeasts are everywhere. They are in the air you breathe, the water you drink, the carpet you sit on and the furniture you use. **Chemicals** in hair dyes, hair sprays, cosmetics, deodorants, cooking utensils made of aluminum, medications (such as Amphogel), dusty furniture or clutter creates a wonderful **environment** for yeasts to grow.

Several other keys in preventing and healing yeast infections or any form of candida are getting **adequate sleep and de-stressing** your life. Sleep is critical in having a strong immune system. You can see our Newsletter on sleep for more information on getting the "Right" kind of sleep. We will talk more about stress in our next article.

The Research Links below will allow you to discover more about the amazing natural solutions to Yeast Infections:

- <http://www.prevention.com/health/yeast-infection-treatments> - 9 Highly Effective Solutions For Yeast Infections

(Cont. on next page)

Yeast Infections CAN be COMPLETELY Prevented and Healed through NATURAL Means!!! (Cont.)

- <http://www.globalhealingcenter.com/natural-health/yeast-infection-remedies/> - 10 Natural Remedies for Yeast Infections
- <http://www.midwiferytoday.com/articles/garlic.asp> - How to Treat a Vaginal Infection with a Clove of Garlic
- <http://lunapads.com/blog/2011/05/dealing-yeast-infections-naturally/> - Dealing with yeast infections naturally, Part 1
- <https://www.msu.edu/user/eisthen/yeast/diy.html> - DO-IT-YOURSELF TREATMENTS
- <http://www.mnn.com/health/fitness-well-being/stories/treating-yeast-infections-natures-way> - 11 natural cures for a yeast infection
- <http://www.top10homeremedies.com/home-remedies/home-remedies-for-yeast-infection.html> - Home Remedies for Yeast Infection
- <http://health.howstuffworks.com/wellness/natural-medicine/home-remedies/home-remedies-for-yeast-infections.htm> - 10 Home Remedies for Yeast Infections
- <http://renegadehealth.com/blog/2013/02/13/yeast-infections-here-are-some-natural-treatments> - Yeast Infections? Here Are Some Natural Treatments
- <http://www.gillianb.com/vegan-candida-diet/> - Vegan Candida Diet?
- <http://thebananagirl.com/dont-be-a-candida-feeder.php> - Don't be A Candida Feeder
- <http://thegardendiet.com/candida/> - Conquering Candida
- <http://www.thecandidadiet.com/is-your-diet-causing-regular-yeast-infections/> - Is Your Diet Causing Regular Yeast Infections?
- <http://kimberlysnyder.com/blog/2012/03/29/how-to-reduce-yeast-infections/> - How to Reduce Yeast Infections
- <http://articles.mercola.com/sites/articles/archive/2011/01/11/natural-remedies-for-yeast-infections.aspx> - Yeast Infection Afflicts 75% of Women – How to STOP It Now
- <http://myyeastinfectiontreatment.org/candida-treatment-for-vegans/> - Candida Treatment For Vegans
- <http://liveenergized.com/alkaline-diet-resources/cure-yeast-infections/> - Naturally Cure Yeast Infections
- <http://rawgirltoxicworld.com/tag/yeast-infections/> - Cure for the Candida Blues – Part 2
- <http://www.youngandraw.com/the-full-scoop-on-diagnosing-and-healing-candida/> - The Full Scoop on Diagnosing and Healing Candida
- <http://www.womens-health-advice.com/yeast-infections/candida-diet-plan.html> - **3-Week Yeast Infection Diet Plan: Guidelines**
- http://www.disabled-world.com/artman/publish/candida_shtml - Candida Yeast Infection - Foods to Eat and Avoid
- <http://www.mindbodygreen.com/0-10554/candida-diet-101-foods-to-eat-foods-to-avoid.html> - Candida Diet 101: Foods To Eat & Foods To Avoid
- <http://www.fredericpatenaude.com/articles/candida.html> - "How to Beat Candida: Understanding the Real Issue"
- <http://moldblogger.com/foods-to-eat-when-you-have-mold-or-yeast-in-your-body/> - Foods to Eat When You Have Mold or Yeast in Your Body
- <http://www.peacefuldumpling.com/5-undesirable-vegan-foods-that-can-trigger-yeast-infections> - 5 Vegan Foods That Can Trigger Yeast Infections
- <http://vibrantwellnessjournal.com/2012/09/08/natural-yeast-infection-cures/> - Natural Yeast Infection Cures
- http://nutritionarticlesonline.com/yeast_infection_systemic_cures/ - Systemic Yeast Infection Cures
- <http://www.care2.com/greenliving/10-natural-remedies-for-yeast-infections.html> - 10 Natural Remedies for Yeast Infections
- <http://www.healthfactfile.com/candida-cleanse-diet/> - Candida Cleanse Diet
- <http://www.thewholeofyou.com/articles/how-to-treat-thrush-candida-overgrowth/> - How to Treat Thrush / Candida Overgrowth

YEAST Infections have a Spiritual, EMOTIONAL, Mental and Physical Origin and learning about it can Gift Us the access to HEAL!!!

Just like any physical condition, Yeast Infections have a **mental, emotional and spiritual connection**. When you suffer a severe case of yeast infection, not only is your body toxic, but also is your mind! Carrying negative emotions such as **anger, resentment, regret, grief, fear, guilt, and uncertainty**, day in and day out, will cause a lot of wear and tear on your immune system.

Unresolved emotional trauma affects not only the endocrine system, but the **limbic system** which over time causes abnormal impulses affecting the central nervous system, cells and organ tissue.

Detoxifying and releasing unresolved emotional trauma by healing the spirit is just as important as diet, lifestyle and other **biochemical** approach. There are many holistic mental, emotional and spiritual treatments to heal candida.

According to Louise Hay, author of Heal Your Body, Yeast Infections have **metaphysical causes** as follows:

- **Candida /Candidiasis:** The probable cause is feeling very scattered. Lots of frustration and anger. Being demanding and untrusting in relation-

ships. Great takers.

- **Thrush:** The probable cause: Anger over making the wrong decisions.
- **Yeast Infections:** The probable cause: Denying your own needs. Not supporting yourself.

It has been suggested by many holistic doctors that Candida in the **digestive system** suggests you are being emotionally invaded by someone or something, and feel out of control. In this (Cont. on next page)

YEAST Infections have a Spiritual, EMOTIONAL, Mental and Physical Origin and learning about it can Gift Us the access to HEAL!!! (Cont.)

school of thought Candida feeds on what is **not digested** by someone from an emotional perspective. It also has been said to imply that your normal living environment has become upset or **out of balance**, allowing other energies to enter and make them at home.

Resentment seems to be the main metaphysical cause referred to by many holistic doctors also. Resentment is **old anger** that has gone cold, it is not necessarily anger you have in the here and now, though if you find you react to a lot of things with anger this is both a sign of **chronic stress** and buried anger, which of course will include resentment. Repressed anger is almost always involved in any form of infection.

Another view is that a **new negative belief system** has just formed. Recognizing it, along with treatment of the physical disorder can hasten healing. **Frustration** at never seeming to receive admiration, positive attention or recognition for many supposedly selfless acts has been noted by doctors also.

Stress, of course, is a major factor when it comes to immune **suppression** so any program of candida clearing is going to benefit hugely from alleviating stress. This will cut down the length of time it takes to get your health back by quite a bit. Try **regular relaxation** sessions or medi-

tation. If stress is an escalating or chronic problem it may be worth getting help from a therapist or coach.

People susceptible to candidiasis have a **tendency** to deny or play down their emotions, struggling against how they actually feel. All this creates a stranglehold or a **clinging** to keep their inner turmoil from coming out into the open. Others may not see through your **facade** at first, at least not until they get to know you.

Just like with most other physical conditions, it is important in preventing and healing Yeast Infections to **go inside** and look for stress and any hidden or repressed emotions. It is just as big of a factor as resolving the physical causes. When we are willing to **balance** ourselves physically, mentally, emotionally and spiritually our bodies can take care of themselves and prevent and heal themselves.

The **recommendation** is to FIND Healthy ways to EVOLVE those Emotions being Manifested by our Body's Diseases (Dis-ease, the way our body is NOT at ease). For example, if we FEEL invaded Emotionally at home, then maybe a great way to bring Balance and Evolution to that **situation** is to have Straight Up conversations that will create HEALTHY boundaries.

We can **approach** our Body's Diseases as the Communication that our Body is using to HELP Us become AWARE of

what is OUT of Balance in our Lives and thus, giving Us the Opportunity to bring balance and **ultimate** EVOLUTION to those matters.

The Research Links below will allow you to find out more about the Mental, Emotional and Spiritual Implications of Yeast Infections:

- http://www.awarenessmag.com/marapr1/MA1_YEAST.HTML - Yeast Infections
- http://awarenessmag.com/janfeb10/are_you_suffering_from_yeast.html - Are You Suffering from Yeast Infections?
- <https://ravenstarshealingroom.wordpress.com/2013/11/25/metaphysical-causes-of-candida-candidiasis/> - Metaphysical Causes of CANDIDA – CANDIDIASIS
- <https://lauraschwalm.wordpress.com/2013/09/10/the-spiritual-message-behind-candida/> - The Spiritual Message Behind Candida
- http://www.ourspiritualnutrition.com/is05.htm#Yeast_infection - Yeast Infections
- <http://www.remedyspot.com/content/topic/879108-metaphysical-reason-for-candida/> - The Metaphysical Reason for Candida
- <http://www.beatcandidayeastinfections.com/positive-thinking-candida.htm> - Positive Thinking, Affirmations & Candida

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