

Candida Control

Controlling Health Problems Caused by Candida

Candida albicans, also known as “yeast,” naturally occurs within the body. Yeast was first introduced to the medical community nearly 20 years ago and is naturally occurring in the gut. Typically, normal levels of yeast do not affect us and works with our bodies in a symbiotic fashion, but when overgrowth of yeast occurs, then there are a number of ailments that may result.

Ever since, *Candida albicans* has been something people constantly watch in their bodies and attempt to keep a check on. There are a number of methods in which you can control Candida overgrowth and most of these methods have to do with simply living a healthy lifestyle, such as:

- Drinking purified water
- Eating fresh fruits and vegetables as well as sugar-free foods
- Exercising regularly
- Practicing good hygiene
- Limiting stress levels
- Getting fresh air and sunshine
- Avoiding the use of antibiotics whenever possible
- Limiting exposure to toxins and chemicals

Although it sounds easy enough to maintain a healthy lifestyle, when you look at the people around you, you will typically find that everyone is suffering from some sort of health ailment. Literally everybody has something wrong! Think about the number of people you know who have blood insulin regulation problems and are trying to regulate blood sugar, many may even be on insulin. What about young people in their 20s and 30s who are suffering from chronic fatigue? Many of these issues are often caused by an overgrowth of Candida or some other parasite in the body.

A parasite is a living organism that lives off our bodies. They live a parallel life to yours in your body, feed off us, and drains our energy. However, there are several methods that we can use to cleanse our body and remove these parasites and control the growth of Candida.

There are two programs that you can use to control these parasites, one for the day and one for the night. The daytime program requires that you use one of these teas or treatments once an hour.

Daytime Treatments:

- Enzymes such Pancreatin or Digestease to naturally replenish the healthy bacteria in your digestive system.
- Vegetable juice
- Low carb protein smoothie
- Garlic Soup Herbal Tea
- Blood Purifying Tea
- Candi-tox
- Worm Wood Blend – take on an empty stomach
- Black Walnut Tincture – take on an empty stomach

- Liver Kidney Tea

Nighttime Treatments:

- Aloe Vera
- Castor Oil
- Organic coffee enema
- Nystatin enema
- H2O2 Baths
- Antioxidants and probiotic treatments after oxygen therapy

Both of these programs help to control the Candida growth in our bodies, thereby taking the excess load off of our bodies to fight against them. This, in turn, allows us to feel healthier and to have a higher level of energy because our body's resources are not being drained.

For more information on controlling candida growth and other toxins in your body, visit [Martha's Vineyard Holistic Retreat](#). You'll find several [healthy supplements](#) to rid your body of excess toxins.