

Homeopathy & You

www.homeopathyandyou.com

Vol 1, Issue 7, July 2015 • ₹100

Dr MUKESH BATRA

The homeopathic
Lilium personality

Dr ANNE VERVARCKE

Relationships &
their homeopathic
perspective

PLUS

Healthy aging

Knight in soy
armour

Milk dangers

Kajol's wellness
mantra

**HOMEOPATHY
& INSOMNIA
A GOOD DOZE
OF SLEEP**





BEAT THE YEAST BEAST WITH HOMEOPATHY

Candida is an opportunistic form of yeast. It is a common cause of undesirable symptoms or illness in women. The best way to treat the 'yeast beast' is by way of a holistic approach, supplanted by well-chosen, or appropriate, homeopathic remedies.

By Dr ANTHONY SALZARULO

The expressions are apparent; also more than what meets the eye. "I'm so tired all the time." "I crave for sweets." "I have trouble concentrating." "I feel like I'm in a fog." "I'm bloated." "I have so much gas." "My muscles ache." "My allergies are acting up." "I can't seem to shed my extra pounds." "My skin itches." "I have vaginal discharge." "I have headaches." Is this you?

I often hear such complaints, day-in and day-out, from my patients. I also hear them from friends, colleagues and family members. It seems like the whole world has the same complaints. Why are such complaints so widespread?

I hear too, "Will I ever feel better?" "Is there really a cure?" "I've tried so many things and nothing seems to work."

These are all great questions. My observation is that most people are looking for cures in the wrong places. They are investing time and money in quick-fixes that often just prolong their distress, not treat them. For example, many of my clients come to me after they have completed several rounds of antibiotics or medications such as diflucan, nystatin and monistat, with little or no relief. They usually report strong feelings of discouragement, wondering if this problem will ever go away.

This condition can be cured, but only if we address the underlying problem — holistically. The problem lies in your intestinal ecology. Without a healthy 'inner garden' it is impossible to feel vibrantly healthy. In my experience, the inner garden's most common problem is the overgrowth of yeast.

The healthy gut is populated by both bacteria and yeast — the most common yeast is *Candida Albicans*. Most of the bacteria [approximately 80 per cent] are the 'good' bacteria that are vital for proper digestion and assimilation of nutrients from our food. These 'good' bacteria are called probiotics.

The ideal ratio of yeast to bacteria in our gut is 1:1 million: 1 yeast to 1 million bacteria. When present in such small amounts, the yeast does no harm; it is an integral part of the intestinal ecology and a source of food for the healthy bacteria.

But, our modern culture and living habits have led to a shift in our intestinal ecology. In my observation, most of the population is suffering — in one degree, or another — from an overgrowth of yeast in their bodies. This condition is called candidiasis.

Why is there this overgrowth of yeast?

Antibiotics. Bacteria [both the bad and the good]

are killed by antibiotics. Well, antibiotics do not kill the candida. Using antibiotics even once creates a very favourable situation for yeast to get the upper hand in your intestinal ecology. Over the years, most of us have taken antibiotics many, many times. After each round, the good bacteria are usually not fully replaced; meanwhile, the yeast, without the good bacteria to keep guard, proliferates and 'grows' out of control. The more we use antibiotics, the more our inner ecology is altered.

Sugar, white flour, soft drinks and alcohol are staples in the Western diet. These foods feed the candida and help it to proliferate. Once the candida begins to get the upper hand, your craving for these foods reach the crescendo — a cycle that gets heightened by hungry yeast.

I know, but we just love our chocolates and our croissants — and, don't forget the morning muffins, or red wine and ice-cream with dinner. And, wait, a few cookies here and there, but who's counting? Well, the candida is counting and growing strong, thanks to this 'smorgasbord' of a feast. Add to the mix the stresses of daily life and environmental pollution [both of which lower our immune system], and we have a full-blown problem.

When candida proliferates in the gut, it will eventually take a fungal form. One result is fungal patches that attach themselves throughout the digestive tract. In this fungal state, candida grows with large roots, called rhizoids, which actually puncture the delicate intestinal lining and lead to a condition called leaky gut syndrome. This means that the intestinal lining has holes in it, and these holes allow yeast, toxins and undigested food particles to pass into the bloodstream. As the yeast leaks out, it wreaks havoc throughout the body. It can spread to the liver, urinary tract, vagina, skin, nails, mouth, brain, joints and other organs. As a result of this leakage, many chronic conditions often develop — it is quite a list.

They include: chronic fatigue, sugar cravings, brain fog, depression, allergies, sinus problems, joint and muscle pain, arthritis, persistent bloating and gas, constipation, severe itching, vaginitis, acne [pimples], food sensitivities, headaches, insomnia, recurrent kidney and bladder infections, attention-deficit hyperactivity syndrome [ADHD], fibromyalgia, chemical sensitivities, athlete's foot, bad morning breath, rectal itching, diarrhoea, colitis, white spots on tongue, nagging cough and adrenal problems.

Candida also secretes waste products known as mycotoxins, one of which is acetaldehyde. In the

liver, acetaldehyde is converted to alcohol. As the alcohol builds up in the system, one may present with symptoms, such as 'feeling drunk' with dizziness, mental confusion and trouble concentrating.

CAUSES

- Use of antibiotics
- A diet high in refined carbohydrates, such as sugar, muffins, breads, cookies, ice-cream, cakes, bagels, soft drinks, most pastas, etc
- Alcohol and caffeine [both are strong gut irritants; alcohol 'feeds' yeast]
- Hygiene issues
- Stress and environmental pollution [both suppress the immune system]
- Chemotherapy [suppresses the immune system and kills the good bacteria]
- Oral contraceptives [progesterone in birth control pills changes the vaginal lining, making it more hospitable to yeast]
- NSAIDs [non-steroidal anti-inflammatory drugs — ibuprofen, naprosyn, celebrex, indomethacin, etc.] suppress the immune system and encourage the overgrowth of yeast
- Constipation.

Candida is a persistent organism. Treating it successfully needs more than just taking powerful drugs. It involves a holistic approach, consisting of carefully chosen homeopathic remedies, and other natural healing approaches, or modalities.

HEALING WITH HOMEOPATHY

Calcarea Carbonicum. Women who need this remedy are susceptible to cold and get sick during winter months. There is often a coldness of the legs, buttocks and the top of the head. There may be easy perspiration even from insignificant exertion, or coughing, anxiety and while sleeping, especially on the back of the head. Most typically, yeast infections are thick and yellow, or creamy like milk, accompanied by burning and itching. There may also be a tendency for constipation.

Candida Albicans. This remedy is often used for symptoms from excess of candida yeast. Symptoms include an overpowering sense of weariness throughout the day, general melancholy, toxicity, congestion, headaches, indigestion, poor bowel function, achy joints, poor memory, mood swings, mould allergies, itching, and burning. The remedy is often useful after overuse of antibiotics; from poor nutrition; from overconsumption of sugar; use of birth control pills; hormonal imbalance; or, compromised immunity. *Candida Albicans* can also help prevent future recurrences of yeast infection.

Pulsatilla. This remedy is known for its changeable symptoms — both emotional and physical. Yeast infections that are often painless and have discharges

that are thick, bland and yellowish-green with swelling of the vulva, worse while lying down. Individuals who need this remedy feel considerably worse from heat, or warm room, and feel much better walking in the open air. There may be itching of the skin, or a red rash, especially on the chest and abdomen.

Sepia Officinalis. This remedy has a definitive connect with a wide range of reproductive issues. It is useful for yeast infections, chronic constipation, itching of the skin with soreness or burning; and, a lumpy or yellowish discharge. It is best indicated when the individual appears sluggish and tired — they feel better from forceful exercise and after exposure to the sun. They are chilly. They do not do well with extremes of temperature and may faint easily. There may also be irritability and mood swings, accompanied by fatigue and gross, insensitive apathy to family, or loved ones.

Sulphur. This is one of the most commonly prescribed homeopathic remedies for the problem. In most cases, there will be burning of the soles of feet at night that compels the individual to stick them out from under the covers. There may also be burning in the vagina [as is the case in yeast infection] in which one can hardly sit still. Itching is better from scratching, but this will cause a burning sensation. There is redness of many parts, including the face, ears, nose and rectum. Women who need this remedy are often warm, especially at night, and feel worse from heat, including warm baths. There may also be a tendency for diarrhoea, driving the patient out of bed at 5:00am.

DETOX NATURALLY

Biotherapeutic drainage is one healing framework that I practice — it incorporates diet and lifestyle modifications as well as other holistic modalities that include, but are not limited to, clinical nutrition, herbal medicine, UNDA-numbered compounds, or unique complex homeopathic remedies, and single homeopathic remedies aimed at eliminating the body's accumulated toxicity. This is also based on the natural law and knowledge that an excessive toxic load is one of the main underlying causes of most chronic illness. It works on the extra-cellular and intra-cellular levels to remove blockages.

The toxins originate from physical, mental/emotional, infectious, and/or environmental causes. Cells release wastes and toxins into the surrounding tissues. Drainage is the process of ensuring that the wastes and toxins are carried by the blood and lymph out of cells and tissues towards the excretory organs, called emunctories, for their elimination. Once these toxins are drained from the cells, the organs are free to repair themselves and move your body towards vibrant health. The main emunctories for biotherapeutic drainage, 'detox,' are the kidneys, colon, liver and lungs. ■

Dr Anthony Salzarulo has a rare gift for gentle, compassionate care and a remarkable track record for helping patients return to the joy of vibrant, healthy living. He holds professional degrees and licences in chiropractic and physical therapy and is a certified iridologist. He has also completed advanced studies in homeopathy, nutrition, detoxification, flower essences and herbs. He lives in the US.