



Hazelnut Naturopathic Health

Natural Medicine Approaches to Candidiasis



Candida albicans is a type of fungus living in harmony with millions of other microorganisms that are part of our body's normal gut flora. However, it can get out of control, resulting in a condition known as candidiasis, or candida overgrowth. When that happens, it can trigger a number of seemingly unrelated health issues, from athlete's foot to yeast infections, tending to affect women more than men.

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Radishes

With its peppery, almost spicy flavor, radishes may not be one of the most popular garden vegetables, but they



are one of the most nutritious. And they make a striking addition to salads and side dishes. For centuries, radishes have been used in Ayurvedic Medicine and Traditional Chinese Medicine to treat fever, sore throat, bile disorders, inflammation, and bacterial and fungal conditions.

Radishes are an excellent source of immunity-boosting Vitamin C. Other plant chemicals in radishes act as antioxidants, which are known for reducing risk for cancer, heart disease, and other chronic illnesses. Several phytochemicals in radishes contain antibacterial and antifungal properties. One antifungal protein is RsAFP2. In research, RsAFP2 caused cell death in *Candida albicans*, a common fungus normally found in humans, which, when overgrown may cause vaginal yeast infections, oral yeast infections (thrush), and invasive candidiasis.

Radishes are root vegetables from the Brassica family. Close relatives of the radish include broccoli, kale, cauliflower, and turnips to name a few. Radish bulbs, also called globes, come in many shapes and colors. The most popular variety in the United States resembles an amethyst colored golf ball with a small tail. Other varieties are white, purple, or black. They may be larger and oblong in shape. Lighter-colored varieties, including the winter daikon radish, have a milder taste. Radishes become overly pungent if they are left in the ground too long or not eaten right away. For the best flavor and texture, select smaller globes.

There are many ways to enjoy radishes and boost the nutrient power of your meals and snacks:

- Add thin radish slices to sandwiches
- Add grated radishes to coleslaw
- Add zest and crunch to tuna salad by adding 1 to 2 teaspoons of chopped radishes
- Top your steak, burger, or veggie burger with grilled radish slices
- Use radishes as a healthy crudité for dips
- Roast or grill radishes with garlic, herbs, olive oil or other healthy fat

Garlic Roasted Radishes

Bring out the sweetness, and maximize the health benefits of radishes, by roasting this jewel-hued veggie in garlic. Roasting draws out a

mildly sweet juice that tempers the peppery flavor of rashishes. The garlic and butter (or ghee, if you prefer) blend perfectly with this hidden sweetness, giving the roasted radish a delectable aroma and flavor. Enjoy these over salads, served as a side dish to a roasted or grilled main course, or as a snack.



Ingredients

1 lb. radishes, ends trimmed and halved
1 Tbsp. melted ghee or butter (vegan option: use coconut oil or avocado oil)
1/2 tsp. sea salt
1/4 tsp. pepper
2-3 garlic cloves, finely minced
1/4 tsp. dried parsley, dried chives or dried dill

Preparation

Preheat oven to 425 degrees F.

In a bowl, combine the radishes, melted ghee or butter, salt and pepper and toss until radishes are evenly coated. Save adding the minced garlic until just before the radishes are done roasting.

Spread radishes out in a large 9×13 inch baking dish. Don't over crowd.

Bake for 20-25 minutes, tossing every 10 or so minutes.

Add the minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are golden brown and cooked through.

Optional: Serve with a side of ranch dressing for dipping or drizzle on top and garnish with parsley, dill or chives.

Recipe courtesy of The Real Food Dieticians <https://therealfoodrds.com/gar...>



Caprylic Acid Supports Healthy Gut, Yeast Balance Throughout the Body

Caprylic Acid is a fatty acid found in tropical oils, such as coconut oil. In natural medicine, its known for supporting a healthy balance of yeast

throughout the body and often used to:

- address digestive tract yeast and Candida overgrowth issue
- optimize the gut environment for healthy probiotic bacteria

- support the immune system

Caprylic Acid contains calcium and magnesium caprylates, which act as buffers to allow this acid to survive the digestive processes and reach the intestinal tract. There, it penetrates the intestinal mucosal cells to exert its effects. In addition to promoting a favorable environment for beneficial intestinal flora, Caprylic Acid works by creating an inhospitable environment for opportunistic yeast that has gotten out of balance.

Caprylic Acid supplements work best in combination with other natural remedies. This creates a more powerful, multi-faceted and synergistic approach to killing off excessive candida yeast, as well as reducing the chance for the yeast to adapt to a single agent. Based on your needs, a natural medicine practitioner will likely alternate or rotate Caprylic Acid with other supplements, such as garlic or oregano preparations. Consult with your health practitioner to ensure the appropriate remedy and dose.

Oil of Oregano: Essential Topical Remedy for Fungal and Bacterial Infection

Research shows that oil of oregano - made from the oregano plant - has antimicrobial, antiviral and antifungal properties. When diluted and used topically, oregano oil may help treat

fungal and bacterial infection. It can also be applied to the skin for the treatment of acne, athlete's foot, canker sores, psoriasis, rosacea, and warts.



Preliminary research indicates that oregano oil may also help protect against certain bacterial infections, such as *Staphylococcus aureus* infection, and may reduce the overgrowth of candida yeast.

Diet, stress, and gut health, among other factors, always need to be addressed when fungal and bacterial conditions are present. Ideally, a holistic doctor will address the root cause of these symptoms. However, during the journey to restoration of health, they may suggest something like oregano oil to help manage symptoms.

Important: Do not confuse oregano oil with oregano essential oil. The essential oil must be diluted with a carrier oil (such as almond, sesame oil) and should not be used internally. Oil of oregano is a medicinal herb usually found in capsule form. Some people may be allergic to medicinal preparations of oregano. To ensure purity and safety, speak to your holistic health practitioner before using oil of oregano.



Therapy to Treat Candida

Hyperbaric Medicine is the fascinating use of barometric pressure to deliver increased oxygen dissolved in plasma to the body. Hyperbaric oxygen therapy (HBOT) is a form of treatment in which a patient breathes 100% oxygen at higher than

normal atmospheric pressure (greater than 1 atmosphere absolute). This therapy is given in the same chamber that has been used primarily to treat decompression sickness in deep sea divers. In the sixties, HBOT went out of practice because of its use without adequate scientific validation. Over the last two decades, animal studies, clinical trials and well-validated clinical experience has shown the utility of HBOT for a variety of medical indications. Although there is still some debate among the experts (some consider HBOT controversial), there is renewed interest in Hyperbaric Medicine in many nations.

How HBOT Works

The basic premise for HBOT is anchored to the role of oxygen in the body and the controlled pressurization of the environment in which the oxygen is delivered. In HBOT, a patient is breathing pure oxygen in a pressurized room or tube. The air pressure is increased to three times higher than normal air pressure. Under these conditions, your lungs can gather more oxygen than would be possible breathing pure oxygen at normal air pressure. The bloodstream carries this oxygen throughout the body. By delivering oxygen under these conditions, the body more efficiently and effectively can fight bacteria and stimulate the release of substances called growth factors and stem cells, which promote healing.

Conditions treated with HBOT include invasive fungal infections, invasive candida infections, bubbles of air in your blood vessels, and wounds that won't heal as a result of diabetes or radiation injury. The parameters for HBOT are highly individualized and usually part of an integrative approach, incorporating other therapies, customized to each patient's needs. Your holistic health provider may be able to assist you in finding qualified practitioners in your area and specific to your needs.

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- Recipe courtesy of The Real Food Dieticians <https://therealfoodrds.com/gar...>

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