

Acidophilus Plus...

The following info taken from the Health24.com website...

Do you suffer from fatigue, digestive disturbances, sinusitis or even allergies? If yes, you might suffer from an overgrowth of Candida, a yeast that normally lives in harmony with your body and probably needs to be controlled with "good" bacteria.

Candidiasis is an infection caused by an overgrowth of the *Candida albicans* organism – a tiny, common yeast-like fungus that lives in the mouth, throat, digestive tract, urinary and vaginal tract, as well as on the skin of healthy people.

Under normal conditions, Candida lives in healthy balance with the other bacteria in the body. It is essentially harmless, and of no concern to us. Trouble begins, however, when the Candida is allowed to rocket out of control. When *Candida albicans* is out of control, it can result in general in weakening of the immune system. When the immune system is weakened, infections are more likely to occur.

Factors at play

But how does Candida get out of control? The major cause is antibiotics. While effective in killing harmful bacteria, antibiotics destroy necessary friendly bacteria as well. Without friendly bacteria, your first line of defense against Candida is eliminated, and these organisms are free to proliferate.

Diet, certain medications, hormonal changes associated with the menstrual cycle and pregnancy, diabetes and continuous infections which slow down immune system cells, making them less able to deal with Candida overgrowth, are all contributing factors.

When a person's immune system is compromised by diseases such as cancer and Aids, they are particularly susceptible to fungal infections, like Candida and it can cause more serious infections.

Because candidiasis can affect various parts of the body – the most common being the mouth, ears, nose, toenails, fingernails, gastro-intestinal tract and vagina – it can be characterised by a wide array of symptoms. These include:

- **Gastro-intestinal tract:** constipation, diarrhoea, colitis, abdominal pain, persistent heartburn, intestinal gas and bloating, nausea, irritable bowel syndrome, bad breath
- **Respiratory allergy:** rhinitis, sneezing and/or wheezing, canker sores, sore throat, congestion, nagging cough, clogged sinuses, burning tongue, white spots on the tongue and in the mouth
- **Central nervous system:** mood swings, depression, memory loss, poor concentration, anxiety, irritability, panic, "spaced-out" feelings, autism, hyperactivity and attention-deficit disorders
- **Urogenital problems:** rectal itching, impotence, prostatitis, vaginitis, kidney and bladder infections, urinary frequency and urgency
- **Menstrual abnormalities:** PMS, irregular menstruation, infertility, endometriosis
- **Skin complaints:** acne, athlete's foot, eczema, psoriasis and general "itchiness"

Many of us relate to some of these symptoms, and the first line of defense might be to take friendly bacteria. In fact, one of the most important responsibilities of your essential friendly bacteria, also known as probiotics, is to keep *Candida albicans* under control.

Probiotics enhance immune function and increase resistance to infections. Since a compromised immune system is an underlying cause of candidiasis, probiotic supplementation may be a valuable intervention.

Probiotics more strain-specific

The actions and qualities of probiotics are becoming more and more strain-specific. Research has shown that *Lactobacillus acidophilus*, the most popular species of probiotic bacteria, produces substances that slow the growth of *Candida*, or when taken continuously, prevent the overgrowth of the yeast.

Although there are no human trials, supplementation of *acidophilus* to immune-deficient mice infected with *Candida* produced positive effects on immune function and reduced the number of *Candida* colonies.

This has also been proven when specific strains of *acidophilus* are added to Petri dishes containing cultures of *Candida*. These strains have demonstrated the ability to inhibit and stop the *Candida*'s growth.

Research on one specific *Lactobacillus* strain, namely *Lactobacillus acidophilus* LAFTI L10 has been shown to enhance the immune system and also reduces the duration of a *Candida* infection.

This means that selected strains of probiotics, like *Lactobacillus acidophilus* LAFTI L10 are of high value for protection against pathogenic yeast infections of the vagina, intestinal and oral cavity, and can be described as one of the body's primary defense mechanisms against *Candida*.

So, the first step in preventing or treating a *Candida* infection would be to take your good bacteria. For best results, it is recommended that you take a high-potency, high-quality, strain-specific probiotic supplement. - (Martie de Wet, Registered Dietician)

Lyn's GNLD Recommendation: GNLD's Acidophilus Plus

Reference:

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- Abstract.

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