

## Disclaimer

This free report is not intended to replace any advice from your doctor or health practitioner. This report is for information purposes only, and is not to be used for self diagnosis of any health problems you may have or have had. Information and statements regarding dietary supplements have not been evaluated by any statutory or professional body and are not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2007 All rights reserved. This has been given to subject to the condition that if you give it to anyone else it stays intact, and is not altered in any way. Yeast infections are becoming more popular so feel free to give this report to anyone who needs it.

## Why give away this report

I decided to create this report so you have a yeast infection resource that you can save on your PC. Not everyone has the time to surf the internet looking for a safe, natural cure for their yeast infection so you can save this report and read it when you want to.

By reading this report you're going to learn about the many causes of yeast infections, the answers to frequently asked questions and know what my highly successful recommendations are for curing your yeast infection and keeping it away for good.

This report will continue to get filled with more information so return to [Cure Your Yeast Infections Naturally](#) periodically if you would like an updated version.

Click on the contents link to go straight to where you would like to go first.

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## **1. Yeast Infection Explained**

With 75% of women suffering at least one yeast infection in their lifetime you would expect the topic of yeast infections to be more popular. In truth they're not, and most of these women suffer in silence, and then have to deal with ( what they feel is ) an embarrassing situation of going to see their doctor. Or worse case scenario, they don't go, and try and cure themselves without a correct diagnosis.

### **The Importance of seeing your doctor first**

Doctors have had a lifetime of seeing patients with yeast infections, and a lot more embarrassing ailments. One thing I cannot make more important, and that is, going to see your doctor at the first sign of any symptoms that resemble the symptoms of a yeast infection ( more on the symptoms in lesson 2 ). The reason for this is to determine that you do actually have a yeast infection.

Many women self diagnose themselves, go to the local drug store, and buy their anti fungal cream. They then get home, clear up their symptoms, and think everything has cleared up. It's only when they stop their treatment, and then the symptoms return that they then go to see the doctor. Some might even buy a more powerful cream, and try again before going to see their doctor.

### **If it's something more serious**

If you have something more serious than a yeast infection, and you are trying to cure yourself with a yeast infection remedy you run the risk of complications later.

What your infection could be if it's not a yeast infection...

Vulvitis  
Chlamydia  
Gonorrhea  
Bacterial vaginosis

Treating one of these bacterial infections of the vagina with a yeast infection cure can lead to damage to your reproductive organs. Then you may never be able to have children, or any more children.

Please be safe and not sorry, and get a doctors diagnosis if you haven't gotten one yet.

The symptoms associated with a vaginal yeast infection are...

- Vaginal Odor
- Vaginal discharge
- Itching
- Irritation or soreness
- Pain during sexual intercourse
- Burning sensation during urination
- Rash or a sore redness

Although these symptoms are only associated with a vaginal yeast infection they can be early signs that your body is being compromised in other areas.

When you start experiencing the symptoms associated with candidiasis ( see below ) you need to start treating yourself from the inside first. The Candida yeast will already be in your bloodstream, and the only way to cure candidiasis is with an anti Candida protocol.

The reason the Candida toxins get into your bloodstream are the fungal form of Candida grow rhizoids ( hooks ), and these perforate your digestive tract, and then the toxins from your digestive tract enter your bloodstream.

Symptoms associated with a yeast infection of the intestines are...

- Gastro Intestinal problems such as: bloating, gas, intestinal cramps, chronic diarrhea, constipation, or heartburn
- Chronic fatigue, especially after eating
- Depression
- Poor memory
- Lack of concentration
- Muscle pains
- Rectal itching.
- Allergies ( including both food and air born )
- Severe pre-menstrual syndrome
- Impotence
- Memory loss, severe mood swings, and feeling mentally " disturbed ".
- Recurrent fungal infections such as " jock itch ", athlete's foot, or ringworm
- Extreme sensitivity to chemicals, perfumes, smoke, or other odors
- Recurrent vaginal or urinary infections
- Prostatitis
- A feeling of being light headed or drunk after minimal wine,

- beer, or certain foods
- Aching joints
- Irritability
- Acne

Suffering from any of these symptoms is not fun, but it doesn't have to last forever. Many women suffer for months, even years before they find out these symptoms are caused by Candida.

You don't need to be one of them.

Keeping on top of your intestinal health is fundamental to your overall health. Most illnesses start in the intestines, and this is the first place that needs to be addressed when your health deteriorates.

Yeast infections and candidiasis are caused by the normally harmless Candida yeast turning into its fungal form. At the very least, when this happens you'll get a vaginal yeast infection or some kind of yeast infection on your skin.

These are the easiest types of yeast infections to treat. It's when the fungal form of the Candida yeast takes over your intestines that you start experiencing the symptoms mentioned in the last lesson, and if not treated as soon as possible your health can suffer.

The main reason for the Candida yeast to turn into its fungal form is when your intestinal flora's balance has been disrupted. The most common cause for this to happen is a course of antibiotics.

Antibiotics kill all of the bacteria in your intestines, and that includes the beneficial bacteria that your intestines need for you to stay healthy. These beneficial bacteria help keep the Candida and other micro organisms under control. Our modern diet encourages the Candida to repopulate the intestines before the beneficial bacteria. Without the beneficial in your intestines to fight off the Candida the Candida mutates into its fungal form, and then completely takes over.

There are many other reasons the Candida yeast can mutate and these include diabetes and a low immune system. This is why it's important to see your doctor at the first sign of any symptoms. Your doctor can rule out any underlying serious health problems.

A poor diet can cause yeast infections and candidiasis, but seeing a nutritionist can cost a lot of money.

If you are suffering from any of the yeast infection symptoms previously mentioned or you are suffering from recurrent yeast infections then you will almost certainly be suffering from candidiasis. That's providing you have seen your doctor and he/she has ruled out any other vaginal yeast infection.

## 2. Recommended natural yeast infection cures

Out of all the yeast infection natural cures available on the internet, the three products below get 5 stars for...

- Value
- Success rate
- Safety
- Health regeneration
- Money back guarantee

### Candidate



There are a number of **herbal remedies** with known anti-fungal properties which have demonstrated a **positive effect** on intestinal health and functioning.

Native Remedies has chosen the most effective of these and combined them in a unique therapeutic formula called Candidate. [Candidate](#) is especially designed to **treat Candida overgrowth**, prevent topical Candida infections such as thrush and promote the growth of healthy probiotic flora in the digestive tract. Candidate achieves **lasting control** of Candidiasis and its symptoms.

What Candidate will do for you...

- Treat Candidiasis and systemic yeast infections
- Eliminate excessive Candida overgrowth in the digestive tract
- Prevent recurring thrush, Athlete's Foot, Dobeys Itch and other yeast infections
- Encourage digestive and intestinal health
- Regain lost energy caused by Candida overgrowth
- Relieve digestive disorders like indigestion, gas, heartburn and 'Leaky Gut' Syndrome
- Prevent depression, anxiety and mood swings related to Candida overgrowth

- Reduce sugar cravings related to Candidiasis
- Help to lose stubborn weight

Candidate has a [buy two get one free](#) offer going at the moment. And you get a one year money back guarantee on Candidate, so you have **nothing to lose**, and only your health to gain.

[Click here to read a lot more information about Candidate Natural yeast infection cure.](#)

## Candidol



**Candidol** is another natural yeast infection cure. This works in very much the same way as Candidate but is slightly more expensive, unless you buy more of them.

Benefits of Candidol include...

- **ALL NATURAL.** This means there are zero negative side effects, which are often associated with pharmaceuticals.
- **SUPERIOR ABSORPTION.** Regardless of your body type, even if your digestive system has been compromised, Candidol™ is quickly metabolized and comes to the aid of your cells.
- **HELPS RESTORE HEALTHY PH FACTORS.** Candida fungus thrives in an acidic environment. Candidol™ quickly establishes a healthy alkaline environment to support and protect all your cells from infection.

**Candidol** comes with a **60 day money back guarantee** if your not completely satisfied.

[You can read a lot more information about Candidol here.](#)

## Candisil



You only need five minutes and one simple solution for your yeast infections and that solution is **Candisil™**. A revolutionary new way of helping victims of yeast infections, **just like you!**

- ✔ Ingredients proven in numerous documented scientific international studies to **help** people suffering from symptoms associated with yeast infections.
- ✔ A proprietary blend of potent botanicals successfully used for decades to **deal** with the symptoms associated with yeast infections.
- ✔ There is no other available product in the world that matches the results of **Candisil™**.

In fact, its list of powerful ingredients has been documented as highly effective by international scientists, organizations, and medical journals. That's because **Candisil™ penetrates deeply** to attack yeast infections from the inside out.

This means that, unlike other yeast infections medications, **Candisil™ attacks your yeast infection** from every direction. It not only deals with your current infection, it also provides the vital support and protection your body needs to be well and prevent future infections. **Candisil™** was specially formulated to give your body what it needs to start getting better immediately!

**Candisil** has a 90 day money back guarantee

[Click here for lots more information on Candisil](#)



### **3. Recommended reading**

If you want to learn everything about curing your yeast infection naturally and successfully then the 2 products below will make an interesting read for you. They tell you everything you need to know, and nothing is left out.

These products have been created from years of research into how the Candida yeast...

- Lives
- Feeds
- Harms you
- And how it is cleared from your body

Sarah Summer and Linda Allen were both recurrent yeast infection sufferers. They have both collected their knowledge, and put it into writing so yeast infection sufferers like you have easy access to this knowledge, and you can be reading either one of them in minutes.

#### **Tens of thousands of men and women are now yeast free**

These are by far the best selling yeast infection natural cures on the internet, and both have a success rate of over 96%. They have helped tens of thousands of yeast infection sufferers cure their yeast infections 100% safely and naturally. They ( like you can ) put the information they had learnt into practice, and are now yeast free for ever.

#### **Keep the yeast out of your body for good**

Sarah and Linda not only teach you how to cure your yeast infection, but they show you how to keep the yeast away for good so your health continues to improve.

To read more information about these two successful products by women who are experts in curing yeast infections naturally visit...

[\*\*Sarah Summer's Natural Cure For Yeast Infection\*\*](#)

[\*\*Linda Allen's Yeast Infection No More\*\*](#)

Either one of these products will help you rid your body of the Candida Albicans yeast in the shortest time possible.

## 4. Probiotics

### Threelac



The only probiotic that I would recommend to anyone is [Threelac](#).

This is a micro-encapsulated probiotics, and is probably the only probiotics you can buy that can survive the journey past your stomach acid.

[Threelac](#), as well as being micro-encapsulated contains three hardy strains of bacteria that get to your intestines, and then start feeding on other micro-organisms that your body doesn't need.

For \$14.95 a year you can get your [Threelac here at wholesale prices](#). You can also get other products that your health will benefit with, at wholesale prices.

[Click here for more information on Threelac](#)

## 5. Easing your Candida die off symptoms

There are three products that will help ease your Candida die off symptoms. They are

- [Bentonite clay](#)
- [Psyllium husks](#)
- [Milkthistle](#)

### **Bentonite caly and psyllium husks**

The [bentonite clay](#) and the [psyllium husks](#) are mixed together to make a bowel detoxing drink. Toxins from the dead Candida enter your bloodstream through your intestines and bowel. Bentonite clay attracts toxins like a magnet, and the psyllium husks are a natural fiber so the toxins are collected, and then they are eliminated easily.

### **Milk Thistle**

[Milk Thistle](#) is probably the best liver tonic you can buy. Milk Thistle is a herb that is regularly used by people with liver disease. When you're experiencing your die off period the Milk Thistle will help your liver rid your blood of the toxins from the dead Candida yeast.

### **Where to purchase them**

You can purchase all three of these products [here at MotherNature.com](#) Once your there you just need to use the search box on the left hand side of your screen.

## **6. Yeast Infection Frequently Asked Questions**

Click on the question to be taken to the answer.

[What are the symptoms of a yeast infection?](#)

[Why is my yeast infection worse after treatment?](#)

[Why did my over the counter yeast infection cure stop working?](#)

[How long does a yeast infection last?](#)

[Will a yeast infection clear on its own?](#)

[Why did my yeast infection return after a course of antibiotics?](#)

[How long to get my bacterial balance back to normal?](#)

[How does yeast get into the bloodstream?](#)

[Can a yeast infection spread to other parts of your body?](#)

[How long will it take to cure my yeast infection?](#)

[Why has my yeast infection returned after a course of antibiotics?](#)

[Do I have to finish my yeast infection medication?](#)

## **What are the symptoms of a yeast infection**

If more men and women knew the symptoms of an intestinal yeast infection as soon as they started suffering from them they could save themselves a lot of health problems. The usual process is numerous visits to your doctor trying medication after medication trying to eliminate the causes of your symptoms.

## **The symptoms can be different for everyone**

One of the major problems for doctors is the symptoms are not consistent with every patient. Another reason why your doctor cannot diagnose an intestinal yeast infection is there is no known cure that they can give you. All they can give you is more anti fungal drugs that just make your symptoms worse.

## **The symptoms of an intestinal yeast infection**

The symptoms of an intestinal yeast infection are...

- Loss of Memory and Learning Problems
- Foggy brain
- Shorter concentration span
- Low Self Esteem
- Lethargy
- Shortness of Breath
- Respiratory Infections
- Depression
- Feeling Run down
- Fatigue or Tiredness
- Irritability
- Vaginal Odor
- Recurrent/chronic vaginal yeast infections
- White Vaginal Discharge
- Menstrual Pain
- Urinary tract infections
- Painful Urination or other Urinary Disorders
- Digestive Pains
- Gas/bloating
- Indigestion
- Headaches
- Aching Muscles
- Joint Pain or Swelling
- Arthritis
- Hip and Knee Pain

- Skin Lesions
- Problems with Your Skin
- Acne
- Food Allergies
- Yeast Infections in Your Toe or Fingernails
- Itchy/Painful Rashes

As you can see from this extensive list there are many symptoms if you're suffering from an intestinal yeast infection. You may only be suffering from a few of them at first which is why an intestinal yeast infection is hard to diagnose.

It's usually when you're suffering from many unexplained symptoms that you'll realize that they are related to the Candida Albicans yeast.

### **Why is my yeast infection worse after treatment**

This is a question asked by around 7% of yeast infection sufferers. These are the women who unfortunately suffer from chronic yeast infections. There are a few reasons for this to happen which are explained below.

#### **Resistant Candida yeast**

One reason your yeast infection could get worse after your treatment is the Candida yeast was already resistant to the anti fungal medication you have used. Just treating the infection again will make it come back worse because the anti fungal cream or suppository will have killed all the friendly bacteria, and put the bacterial balance in your vagina more in favor of the Candida.

#### **Allergic reaction to the treatment**

You could be suffering from an allergic reaction to the anti fungal treatment you've been using. This will make your yeast infection feel worse because of the extra symptoms from the allergic reaction. Allergic reactions to vaginal anti fungal creams and suppositories are similar to the yeast infection itself. Itching and a burning sensation are the main reactions.

## **You have an intestinal yeast infection**

If you are suffering from an intestinal yeast infection then the yeast from your intestines will re-infect your vagina once your treatment is finished. When the yeast does re-infect your vagina you will have no friendly bacteria to fight it off because the anti fungal medication has killed it all off. This will naturally make the yeast infection worse.

## **See your doctor**

If your yeast infection has returned, whether it's worse or just the same, it's important to see your doctor to make sure you have no other health problems causing your yeast infection.

If you've self diagnosed your yeast infection then your doctor can make sure you do actually have a yeast infection.

## **Why over the counter yeast infection cures stop working**

Thousands of yeast infection sufferers discover every month why over the counter yeast infection cures stop working or have never worked from the very first treatment. There are two main reasons for this to happen which are explained below.

### **The yeast has become resistant to the treatment**

If you have successfully cured your yeast infections in the past, and now the same yeast infection treatment no longer works then the Candida yeast could now be resistant to your treatment. The mutated Candida Albicans yeast has the ability to easily adjust to its environment, and continually treating the fungus with the same anti fungal drug will allow it to become resistant.

### **You're only treating the yeast infection symptoms**

Another reason why your over the counter yeast infection cure stops working or has never worked is your Candida infected vagina is only one [symptom](http://www.natural-remedies-for-you.com/yeast-infection-symptoms.html) of your yeast infection. The real cause of your yeast infection will either be in your intestines (

candidiasis ) or the cause could be a health problem. Until either of these are cured first you will never cure your vaginal yeast infection.

### **See your doctor**

If your over the counter Candida cure has stopped working or has never worked it's important you see your doctor. Your doctor can rule out any health problems that are causing your recurrent yeast infections, and also make sure that you have been treating a yeast infection.

Many women get their self diagnosis wrong even if they have suffered in the past with a yeast infection. Treating another vaginal infection with a yeast infection cure will give you some relief so you'll think you have a yeast infection. The real infection will be getting worse even though the symptoms have been relieved by your yeast infection cure.

### **How long does a yeast infection last**

How long does a yeast infection last? This is a question that is regularly asked by women who are suffering from their first yeast infection. The question also has no accurate answer as every yeast infection is different. I'll explain below.

### **Your immune system**

The cause of your infection will be part of how long you suffer from your Candida yeast infection. If you've been feeling low lately, and your immune system has suffered then you probably will only have a mild yeast infection.

### **Antibiotics use**

If your yeast infection has been caused by the use of antibiotics then the longer you leave your yeast infection without treating it the longer your yeast infection will last. That includes the amount of time it will take to cure your yeast infection after you start your treatment.

Antibiotics kill all the bacteria in your body, and that includes your friendly bacteria which lives in and on your body. Your body needs this friendly bacteria to fight of the bacteria and fungus that cause yeast infections. If you have taken a course of antibiotics leading up



to your yeast infection then you could also have an intestinal yeast infection. This will take a lot longer to cure than a vaginal yeast infection.

### **An illness**

If an illness has caused your yeast infection then you will need to cure the illness or get the illness under control before you can cure your yeast infection. Diabetes is an illness that can cause yeast infections. Another illness that needs complete medical supervision with your treatment is HIV/AIDS.

### **If this is your first yeast infection**

If you're suffering from your first yeast infection then the quicker you discover the cause the quicker it will you can fully cure yourself. Once you have cured your yeast infection you can then take the measures needed to prevent yourself from ever getting another infection.

There are many resources you can find online that will help you keep your yeast infection away for good

### **Will a yeast infection clear on its own**

A yeast infection is caused by the mutated Candida yeast which is classed as a fungus. The Candida Albicans yeast is usually harmless but when it's given the chance to mutate inside your vagina, on your skin or inside your intestines then it becomes more aggressive.

### **It will only get worse**

Because your yeast infection is caused by a fungus it has no chance of clearing on its own. It can only get worse, as this aggressive form of yeast will only get stronger the longer it's left without any attempt to rid your body of it.

### **Vaginal yeast infections**

If you leave your vaginal yeast infection to clear on its own your symptoms like...

- Itching
- Burning
- Discharge

Will only get worse. The aggressive form of the Candida yeast attaches itself to the walls of your vagina with the rhizoids ( hooks ) it grows, and the only way to dislodge the Candida is with a conventional treatment or a natural treatment.

### **Intestinal yeast infection/candidiasis**

If you're suffering from an intestinal yeast infection ( candidiasis ), and you leave it hoping it will clear on its own your health can really start to deteriorate. You'll start to suffer from symptoms that include...

- Lethargy
- Foggy brain
- Concentration and memory problems
- Aching muscles and joints
- Flu like symptoms
- And many more symptoms

Once the aggressive form of Candida takes over your intestines it will perforate them and then the toxins and Candida get into your bloodstream and start attacking your internal organs.

### **Treatment is needed as soon as possible**

The treatment for any type of yeast infection is needed as soon as possible. If you have a vaginal yeast infection you can treat the infection with a natural treatment or an over the counter anti fungal cream

If you have an intestinal yeast infection then you're beyond the help of any drugs or oral anti fungal treatments as these only make your yeast infection worse. If you're suffering from Candidiasis then you can only treat the infection naturally

You need to start an anti Candida protocol that will starve, and then kill the Candida yeast. You then need to heal your intestines, cleanse your blood and repopulate your intestines with friendly bacteria.

## **Why your yeast infection returns after a course of antibiotics**

I hear from many men and women saying that their yeast infection has returned after a course of antibiotics. People naturally assume that an anti fungal drug like antibiotics is the best weapon against the Candida Albicans yeast but this is not the case.

It's hard for many people to believe this fact especially when they have been prescribed the medication by their doctor.

### **What antibiotics do to you**

Antibiotics are the best weapon against bacteria and fungus, and this is why they are no good against yeast infections of any kind. When you took your course of antibiotics to kill the bacterial infection you were suffering from the antibiotics also killed all the friendly bacteria in your body. Your body needs this friendly bacteria to protect it from infection causing yeast and fungus such as the Candida Albicans yeast.

### **When the course of antibiotics has finished**

When you finish your course of antibiotics your body has no friendly bacteria to stop the Candida yeast from populating your intestines and skin. The Candida yeast now has the chance to thrive with no other bacteria protecting you. The Candida yeast also enjoys our modern diet that is high in sugar and refined carbohydrates.

### **The Candida mutates**

The Candida Albicans yeast lives harmlessly in everyone of us, but when it is allowed to dominate its environment it mutates into a more aggressive form. This is when you start suffering from the symptoms of your yeast infection.

### **What you can do now**

Your body is now in the position where you can only treat your yeast infection naturally. Antibiotics and other anti fungal drugs will now just make your yeast infection worse because they all work in exactly the same way. They will all kill all the bacteria in and/or on your body.

A natural cure will not only kill the Candida but it will cleanse your body of toxins and repopulate your intestines with friendly bacteria. A natural cure brings your body's natural bacterial balance back to where it should be.

[Click here for sections 2 and 3 for your natural yeast infection cures.](#)

## **How long to get my bacterial balance back to normal**

Getting your bacterial balance back to normal is your main priority when your suffering from a yeast infection. It doesn't matter whether you're suffering from a...

- Vaginal yeast infection
- Intestinal yeast infection
- Systemic yeast infection

The reason you have a yeast infection is because of a bacterial imbalance caused by something else. This could be a medication you have been prescribed or a physical illness you have. The quicker you discover the cause of your yeast infection the faster you will get your bacterial balance back to normal.

## **What is the cause of your yeast infection**

You need to discover the cause of your bacterial imbalance before you can get it back to a healthy state. Your yeast infection is just one symptom of this imbalance, and you will not be able to cure yourself until you discover the cause.

## **Once you have discovered the cause**

Once you have discovered the cause of your bacterial imbalance it won't take you long to get it back to normal. Many men and women try their hardest to re-balance the bacteria in their bodies without success. They either don't know the cause of their yeast infection or they're making mistakes with their anti Candida protocol. Making just one or two mistakes can make all your effort useless.

One of the biggest mistakes people make is with their diet. They think taking probiotics is the answer, but it's no good if your diet still feeds the Candida yeast.

## **Dedicate yourself for success**

If you start an anti Candida protocol and stick to it you will begin to feel better on a daily basis. That is, after you get past the Candida die off period, if you suffer from it.

Getting your bacterial balance back to normal is easy once you know how to do it correctly. As for the time frame, it will be different for everyone. It will depend on how fast you discover the cause of the imbalance, and how well you stick to your anti Candida protocol.

## **How does yeast get into your bloodstream**

This is a question that is often asked by people suffering from intestinal yeast infections/candidiasis. Once you have an intestinal yeast infection the next stage of the infection if it is left untreated, or not treated correctly, is the Candida yeast and/or its toxins will enter your bloodstream.

## **The Candida yeast's rhizoids**

Once the Candida yeast has infected your intestines it will attach itself to the walls of your intestines with the rhizoids ( hooks ) it grows after it has mutated into its fungal form.

The Candida's rhizoids then perforate your intestines with microscopic holes that allow the toxins from the yeast to enter your bloodstream. The Candida can also enter your bloodstream which causes an infection known as systemic candidiasis.

Tiny food particles can also enter your bloodstream through the perforated walls of your intestines, and this is what causes food allergies in some yeast infection sufferers.

Once your intestines are in this condition they will absorb more toxins than nutrients.

Your intestinal yeast infection symptoms

Once your yeast infection is in your intestines you will experience symptoms associated with your digestion. These include...

- Heartburn
- Bloating

- Constipation
- Chronic diarrhea

You will also suffer from recurrent vaginal yeast infections and urinary tract infections. When the Candida gets into your blood you then suffer from symptoms that include...

- Poor memory
- Depression
- Lack of concentration
- Mood swings
- Lethargy
- Muscle and joint pains
- Irritability
- Acne

Once the Candida and/or its toxins are in your bloodstream they will start attacking your internal organs including your liver and brain. This is why you'll suffer from the memory problems and the lethargy. The toxins will also give you the muscle aches and joint pain.

### **Who suffers from yeast in the bloodstream**

If you have taken many courses of antibiotics or other anti fungal drugs you can start suffering from a yeast infection of the bloodstream ( systemic candidiasis ). These drugs upset your body's natural bacterial balance in such a way that the Candida yeast has completely taken over the intestines and then infected the bloodstream.

If you have been suffering from an intestinal yeast infection for a long time then you could be suffering from systemic candidiasis. It would have started with digestive disorders then you would start suffering from the symptoms listed above.

Sufferers of systemic candidiasis can also have a serious illness like AIDS/HIV. These illnesses cause the immune system to be very weak, so the human body is unable to fight off the mutated Candida.

## **Can a yeast infection spread to other parts of your body?**

This question is asked a lot because when someone is suffering from one infection they can start suffering an infection on another part of their body. Read how and why this can happen.

### **How your yeast infection spreads**

Your yeast infection doesn't spread in the sense that it will start in your vagina, and then spread so it starts infecting your feet ( athlete's foot ). What happens is, your body's natural bacterial balance has become unbalanced and is now dominated by the mutated *Candida Albicans* yeast. This yeast usually lives harmlessly in your intestines and on your skin before it has the opportunity to mutate.

Once your body's natural balance is lost the *Candida* yeast can start infecting more than one area of your body. The mutated *Candida* yeast will always infect the warm moist areas of your body. That's why your vagina is usually the first area that will be infected. Other areas that can get infected are, under folds of skin, your feet, in your mouth ( oral thrush ) and your intestines.

### **Intestinal yeast infections**

If you're suffering from yeast infections on more than one area of your body it can be a sign that you're suffering from an intestinal yeast infection. Once the *Candida* has infected your intestines it can then infect your blood if it isn't treated as soon as possible then your whole body becomes vulnerable.

A yeast infection anywhere on your body is a sign that something isn't right. Many women find this out when they try to cure themselves, and the cure doesn't work. If your yeast infection has infected more than one part of your body then you need to find the cause as soon as possible, as too much yeast in your body can cause many symptoms that you would link to a yeast infection.

## **How long will it take to cure my yeast infection?**

Yeast infections are not very pleasant, and knowing how long they will take to cure is something many sufferers ask when they are battling the Candida Albicans yeast.

### **Every yeast infection is different**

Every person is different, which means, every yeast infection will be different, and they will take different amounts of time to cure them. It also depends on what area of your body you are suffering your yeast infection.

### **Vaginal yeast infection**

It should only take a few days to a week to cure your vaginal yeast infection. If it takes longer or your yeast infection returns after you have finished your treatment then there could be another cause to your yeast infection that needs attention first. This could be a health issue or an intestinal yeast infection.

### **Intestinal yeast infections/candidiasis**

If you're suffering from an intestinal yeast infection/candidiasis then it can take anywhere from weeks to months to fully cure yourself. Once the mutated Candida Albicans yeast has mutated it will adhere itself to your intestinal walls, and then this perforates your intestines so toxins are allowed to enter your blood. [Intestinal yeast infection symptoms](#) are high in number and the more symptoms you're suffering from the longer you have had the intestinal infection.

An anti Candida protocol is needed to cure an intestinal yeast infection as drugs will only make it worse.

### **Systemic candidiasis**

If you have been suffering from an intestinal yeast infection for a long time then the Candida yeast can start entering your bloodstream via your perforated intestines. This type of yeast infection will be the hardest to cure.

The Candida can cause a high level of toxins in your blood so these need to be eliminated as well as the yeast. This type of yeast



infection will usually infect people with AIDS/HIV and/or people that have taken antibiotics frequently throughout their lives.

If you are an AIDS/HIV sufferer then you will probably need anti fungal drugs continually to keep you alive. If you have been on numerous courses of antibiotics then an anti Candida protocol will need to be used to cure your systemic candidiasis.

## **Why has my yeast infection returned after a course of antibiotics**

I hear from many men and women saying that their yeast infection has returned after a course of antibiotics. People naturally assume that an anti fungal drug like antibiotics is the best weapon against the Candida Albicans yeast but this is not the case.

It's hard for many people to believe this fact especially when they have been prescribed the medication by their doctor.

## **What antibiotics do to you**

Antibiotics *are* the best weapon against bacteria and fungus, and this is why they are no good against yeast infections of any kind. When you took your course of antibiotics to kill the bacterial infection you were suffering from the antibiotics also killed all the friendly bacteria in your body. Your body needs this friendly bacteria to protect it from infection causing yeast and fungus such as the Candida Albicans yeast.

## **When the course of antibiotics has finished**

When you finish your course of antibiotics your body has no friendly bacteria to stop the Candida yeast from populating your intestines and skin. The Candida yeast now has the chance to thrive with no other bacteria protecting you. The Candida yeast also enjoys our modern diet that is high in sugar and refined carbohydrates.

## **The Candida mutates**

The Candida Albicans yeast lives harmlessly in everyone of us, but when it is allowed to dominate its environment it mutates into a more aggressive form. This is when you start suffering from the [symptoms of your yeast infection](#).

## **What you can do now**

Your body is now in the position where you can only treat your yeast infection naturally. Antibiotics and other anti fungal drugs will now just make your yeast infection worse because they all work in exactly the same way. They will all kill all the bacteria in and/or on your body.

A natural cure will not only kill the Candida but it will cleanse your body of toxins and repopulate your intestines with friendly bacteria. A natural cure brings your body's natural bacterial balance back to where it should be.

The two most successful products on the internet for naturally curing your yeast infection are...

- [Sarah Summer's Natural Cure For Yeast Infection](#)
- [Linda Allen's Yeast Infection No More](#)

## **You can't beat experience**

Sarah Summer and Linda Allen were both recurrent yeast infection sufferers who were prescribed every drug that was suppose to cure their yeast infections. None of the drugs worked, infect they just made their yeast infections worse.

They have now put their years of research together, and made them easily accessible to you.

- [Click here for Sarah Summer's Natural Cure For Yeast Infection](#)
- [Click here for Linda Allen's Yeast Infection No More](#)

## **Do I have to finish my yeast infection medication**

A high percentage of women who cure the symptoms of their yeast infection ask this question because they think that it's ok to finish using their yeast infection medication. This can be a huge mistake when it comes to curing your yeast infection, and lead you down the road of chronic yeast infections.

Over the counter yeast infection medications work in the same way as antibiotics, apart from easing your symptoms they kill the Candida yeast in your vagina. Although you will cure your

symptoms within a few days it's important to finish the course of anti fungal cream or suppositories.

### **Resistant Candida**

If you stop your treatment before the course has finished you will create a Candida yeast that is resistant to the medication you're using. This will not only cause your yeast infection to become recurrent, but you'll have more difficulty curing your next yeast infection when your yeast is resistant to one type of medication.

### **Listen to your doctor**

If you get a prescription from your doctor for an anti fungal medicine it's important that you use the medication exactly how he tells you to use it. If your symptoms have gone after three days and the medication is a seven day course then you will need to use the medication for the full seven days.

### **Recurrent yeast infections**

Thousands of women now suffer from recurrent yeast infections because they never finished the course of their very first yeast infection treatment. If they had, that first yeast infection could have been their last. Please don't be one of those women.