

Red Clover MARKET

Essentials for Healthy Living

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ENZYMES FOR FIGHTING YEAST

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Chronic yeast overgrowth is a complex issue because of the various factors involved and the many ways it affects health. The harm to the body can manifest as physical symptoms, such as eczema, rashes, fatigue, nausea, disrupted sleep, headaches, and many other discomforts. The effects of yeast can also affect your cognitive ability. In children, the symptoms may be most noted as problem behavior and learning disorders. The most common type of yeast overgrowth comes from the *Candida* species, and is known as candidiasis.

Although there is no definitive test, common indicators of yeast are:

- Yeast rashes somewhere else in the body: thrush on the tongue, athlete's foot, vaginal irritation in females
- Intense carbohydrate cravings
- Sudden, inappropriate, uncontrollable giggling or laughter (yeast by-products include alcohol so you get 'drunk-like' behavior particularly after eating carbs or sweets)
- Poor sleep, waking at night, moodiness, emotionalism you don't have a reason for
- Odd behavior about 30 minutes after eating

One of the criteria for diagnosing a yeast problem is a positive response to yeast treatment.

Yeast problems can develop for a number of reasons. For example, eating a lot of processed and prepared foods can promote yeast. Many of the commonly used preserva-

tives are antibiotics which are effective at killing off bacteria. However, when you ingest these preservatives, they do not stop acting as antibiotics, they may kill off beneficial bacteria in your gut as well. This leaves a door open for yeast to expand and grow. Other factors that promote yeast overgrowth are:

- Use of any antibiotic without following up with probiotics
- Lower digestive acid secretion
- Poor diet; artificial additives, preservatives
- Some medications - can be hard on gut integrity
- Nutrient deficiencies
- Low or weakened immune system function
- Weak or impaired liver function
- Chronic diseases



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