

How to Treat Candida

The following is a YouTube transcript extract from Dr Eric Berg DC on How to Treat Candida.

Dr Eric Berg DC: YouTube Channel <https://www.youtube.com/@DrEricBergDC>

YouTube Video Transcript: <https://youtu.be/a9wWC7M0Qxl>

Understanding Candida

- Candida is a type of yeast or fungus that can overgrow in the body.
- Normal levels of Candida are present in the mouth, digestive tract, and other locations.

Factors Leading to Candida Overgrowth

- Antibiotics are a significant cause of Candida overgrowth by suppressing beneficial bacteria.
- Approximately 80% of antibiotics are used in agriculture, impacting the food chain and human health.

Vegetarian Concerns

- Even vegetarians may indirectly consume antibiotics through plant growth in soil treated with animal manure containing antibiotics.

Symptoms of Candida Overgrowth

Candida overgrowth symptoms:

- Cravings for sugar and carbs
- Itchiness
- A white tongue
- Fatigue
- A UTI (urinary tract infection)
- Bloating and digestive issues
- Sinus congestion
- Skin issues
- Achy joints
- Ammonia breath

Creating an Alkaline Environment

- Candida thrives in an alkaline environment. When you kill your microbes, your pH changes, and you become more alkaline.
- Candida lives on sugar. Factors like excessive sugar consumption, stress, birth control pills, being pregnant, and antacids can contribute to alkalinity.

Preventing Candida

- Adopting a ketogenic diet and intermittent fasting to run the body on ketones.
- Taking probiotics, including acidophilus, to maintain a balance of microbes.

- Consuming fermented vegetables, oregano oil, garlic, apple cider vinegar, coconut oil, and MCT oil.

Preventive Measures

- Implementing the mentioned strategies to ensure Candida does not come back.
- Recommends watching a related video on friendly bacteria for further information.

Next Recommended Video

- The next video suggestion is about friendly bacteria, providing additional insights on maintaining a healthy microbiome.

Recommended Video: <https://www.youtube.com/watch?v=KbLAe1T7mUw>

Summarized by <https://chrome.google.com/webstore/detail/cbgecfllfhmmnknmamkejadjmnpfjmp>