

# The naturopathic advisor



Experts from the College of Naturopathic Medicine answer your health questions. This issue, you asked:



## Q Why does candida cause problems in some people?

Candida is a common fungus that lives in and on us. When in balance, it causes no problems, but if its growth is unchecked, it can become a distressing and multi-faceted health issue.

Anything that compromises our immunity can precipitate candida overgrowth. Antibiotic use is also linked with candida as, in the absence of beneficial bacteria following antibiotic use, unhealthy flora can get out of control. A Western diet high in refined carbohydrates, alcohol, sweets and caffeine will raise blood sugar and sugar is the number one fuel for candida.

Sensitivities to foods such as milk, gluten and additives can also increase the load on our immune system and allow candida the chance to thrive. High stress can reduce immunity. As candida overgrowth can increase anxiety, it becomes a vicious cycle.

Supporting our immune system is key to helping avoid candida overgrowth. A naturopathic practitioner can help you discover your food triggers and any other factors that may be contributing to your candida issues. They can also create a personalised diet and lifestyle plan to help reduce your susceptibility. They may consider supplementation to boost immunity, mucous membrane and gut health, and a feeling of calm.

Adaptogenic herbs such as rhodiola or withania can help deal with feelings of stress. A naturopathic herbalist could tailor-make a combination of anti-fungal and immune boosting herbs such as barberry, oregon grape, garlic, black walnut and olive leaf, in a dose appropriate to you.

As well as avoiding your known triggers, steer

clear of refined carbohydrates, so no white flour products, sweets, biscuits or cakes. No alcohol or anything that has a high glycaemic load. Improve your diet, primarily by eating more vegetables, and preferably switch to organic eating. Find useful ways to cope with stress and take regular exercise.

The oil, milk and water of coconuts contain caprylic acid, which is a candida fighter. Ensure that you also eat probiotic and prebiotic foods, such as sauerkraut, kimchi, apple cider vinegar, onions and leeks, to help repopulate the bowel with friendly organisms. Many spices are anti-fungal and anti-inflammatory, and contain antioxidants which can help mop up candida-induced damage.



### Your expert

**Naturopath, Gemma Hurditch, lectures for CNM. CNM trains students for successful careers in Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy,**

**Naturopathy, and Natural Chef in class and online. Visit [www.naturopathy.ie](http://www.naturopathy.ie) or call 01 878 8060.**

## The health store, your natural larder



HEALTH STORES IRELAND UPDATE



**Health Stores Ireland President, Gerald Colfer, from Only Natural explains why your local health store is such a valuable resource.**

**S**umac, goji berries, freekah, miso, jackfruit, asafoetida, kimchee, all staples of traditional diets around the world, all fascinating and alluring to the foodie who doesn't want to miss a thing, all available to us here in Ireland today.

In a shrinking world, we're all becoming more cosmopolitan in many ways, not least in our taste for exotic foods. Many of us, me included, love to cook and the palette of new and interesting flavours available to us these days is mind boggling. As well as this, the health benefits of some of these 'exotics' are being constantly

researched and frequently found to be significant.

Health stores vary in where their emphasis lies but, if you're lucky enough to live close to one with a foodie bias, then I'd suggest it's the first place to look for that latest ingredient. Only yesterday, a customer came into Only Natural looking for tempeh (a protein food, akin to tofu and often used in Indonesian cooking). I don't think he expected to find it there and then and I think he was pleasantly surprised when I showed him two types and explained what its health benefits were and how to use it.

And therein lies the difference; these foods may be slowly finding



their way into mainstream outlets but you won't find someone as passionate or as knowledgeable about them there.

So, if you're getting into ethnic, wholefood cookery, either as a way to better health or just out of

love for the amazing tastes to be sampled, don't underestimate your local health store, they probably have it and they may have made dinner with it last night.

Find out more at [www.healthstores.ie](http://www.healthstores.ie)