Naturopathic Treatment Guide for Yeast Infections

Candida Overgrowth • Root Cause Treatment • Antifungal Protocol • Dietary & Probiotic Support

Yeast infections (Candida overgrowth) are among the most commonly mismanaged conditions in women's health. While conventional treatment focuses on short-course antifungals that address local symptoms, recurrent infections almost always signal an underlying systemic imbalance — in the gut, immune system, hormones, or diet. Lasting resolution requires treating the root cause and restoring the microbial ecosystem that keeps Candida in check naturally.

Understanding Root Causes

Address these underlying factors for comprehensive, lasting treatment:

- Recent antibiotic or steroid use — disrupts normal flora and allows Candida to overgrow
- High sugar intake, refined carbohydrates, processed foods — Candida's primary fuel source
- Hormonal imbalances — elevated estrogen levels, birth control, hormonal fluctuations
- Compromised immunity or gut microbiome dysbiosis
- Excess moisture, irritation, synthetic fabrics, or poor hygiene habits
- Chronic stress — suppresses immune function and alters vaginal pH
- Blood sugar dysregulation — insulin resistance and high glucose feed Candida

Diagnostic Testing

Laboratory Tests

- Vaginal swab culture — direct identification of Candida species and sensitivities
- Comprehensive stool analysis (GI-MAP / Gut Zoomer) — Candida levels and full microbiome assessment — available at tecayahealth.com
- Urine organic acids test — metabolic markers of systemic fungal overgrowth — available at tecayahealth.com
- Blood Candida antibodies (IgG, IgA, IgM) — indicates systemic immune response

Probiotic Restoration Protocol

Oral Probiotics: ProFlora Women's Probiotic

- Dosage: 1 capsule twice daily
- Duration: 2 months minimum — microbiome restoration takes sustained effort
- Key strains: Lactobacillus rhamnosus and L. reuteri — colonize vaginal epithelium and lower pH
- Optional: add Saccharomyces boulardii for enhanced antifungal support

Vaginal Probiotic Support

Phase 1 — Week 1 (Acute Treatment)

- V-Boric Pro vaginal suppositories — 7 consecutive nights at bedtime
- Boric acid restores vaginal pH to 3.8–4.5 — creating an environment hostile to Candida
- Effective for azole-resistant Candida strains and recurrent infections

Phase 2 — Ongoing Maintenance

- SEED Vaginal Synbiotic Starter Kit — for long-term microbiome balance and infection prevention
- Contains strains clinically shown to maintain healthy vaginal Lactobacillus colonization

Signs of Systemic Candida Overgrowth

Beyond vaginal symptoms, watch for these indicators of broader involvement:

- Brain fog and difficulty concentrating
- Chronic bloating, gas, and digestive discomfort
- Persistent fatigue disproportionate to activity
- Recurring skin rashes, eczema, or fungal nail infections
- Intense sugar and carbohydrate cravings
- Oral thrush, white coating on tongue
- Recurrent UTIs or vaginal infections (3+ per year)
- Mood instability, anxiety, or depression

Internal Antifungal Protocol

Primary Formula: Candi-Stat by Vitanica

A comprehensive botanical antifungal formula using synergistic plant-based ingredients:

Ingredient	Dose	Action
Caprylic acid (calcium caprylate)	350 mg	Disrupts Candida cell membrane integrity
Garlic extract (2500 mcg allicin)	250 mg	Broad-spectrum antimicrobial and antifungal
Oregon grape root extract (4:1)	100 mg	Berberine — disrupts fungal biofilm formation
Oregon grape root (whole)	100 mg	Additional berberine and alkaloid support
Lactobacillus acidophilus	400 mg	Probiotic — competes with and displaces Candida
Milk thistle extract (80% silymarin)	140 mg	Liver protection during die-off phase
Grapefruit seed & pulp extract	20 mg	Antimicrobial and antifungal activity

Therapeutic Diet Protocol (4–8 Weeks)

Foods to Eliminate

- All sugars — including honey, maple syrup, agave, and artificial sweeteners
- Alcohol — complete elimination during active treatment phase
- Gluten — wheat, barley, rye, and contaminated oats
- Refined carbohydrates — white bread, pasta, crackers, processed and packaged foods
- Dairy products — eliminate initially; may cautiously reintroduce after improvement
- Fermented foods — temporarily limit during active infection (vinegar, kombucha, aged cheeses)

Recommended Foods

- Non-starchy vegetables — leafy greens, broccoli, cauliflower, zucchini, peppers, asparagus
- Lean proteins — wild-caught fish, grass-fed meat, free-range poultry, pasture eggs
- Healthy fats — avocado, olive oil, coconut oil (antifungal), nuts, seeds
- Low-glycemic fruits — berries (blueberries, raspberries), green apples in limited amounts
- Garlic, ginger, turmeric, oregano — natural antifungal and anti-inflammatory foods

Additional Dietary Strategies

- Intermittent fasting (16:8) — may enhance antifungal effects by starving Candida
- Bone broth — supports gut lining healing and immune function
- Low-FODMAP approach — consider if severe bloating or GI symptoms persist

Topical Treatments & Lifestyle

Topical Options for Vaginal Infections

- V-Boric Pro suppositories — vaginally at bedtime, 7–14 nights as needed
- Apple cider vinegar sitz bath — 1 cup raw ACV in bath water, soak 15–20 min, 2–3x/week during acute phase

Supporting Supplements

- Molybdenum 250–500 mcg daily — minimizes die-off (Herxheimer) reactions by supporting acetaldehyde detox
- Tox-Affix — binding agent to reduce toxin load during die-off and prevent reabsorption
- Saccharomyces boulardii — beneficial yeast that directly competes with and displaces Candida
- N-Acetyl Cysteine (NAC) — breaks down Candida biofilm, enhancing antifungal effectiveness

Hygiene, Clothing & Lifestyle

- Cotton underwear only — allows proper air circulation, reduces moisture
- Loose-fitting clothing — avoid tight pants and synthetic fabrics
- Post-intercourse care — urinate immediately after sexual activity
- Stress management — meditation, yoga; chronic stress raises cortisol and feeds Candida
- Quality sleep 7–9 hours — essential for immune function and hormonal balance
- Liver detox support — hydration, cruciferous vegetables, avoid alcohol
- Partner treatment may be necessary to prevent reinfection

Treatment Timeline

Phase	Actions	What to Expect
Weeks 1–2Initial Phase	Begin antifungal protocol (Candi-Stat) and full dietary changes. Start vaginal suppositories if indicated. Add Molybdenum and Tox-Affix to manage die-off. Monitor for Herxheimer reactions (temporary symptom worsening is normal and expected).	Die-off reactions: fatigue, brain fog, temporary worsening. This is a sign the protocol is working. Rest, hydrate, and support detox pathways.
Weeks 3–4Adjustment Phase	Continue all protocols. Assess symptom improvement — most patients see significant relief by week 3. Adjust antifungal dosages based on response. Begin oral probiotic if not already started.	Most vaginal symptoms should be improving. GI symptoms may continue shifting. If no improvement, provider will review for resistant strains or systemic factors.
Weeks 5–8Maintenance Phase	Gradually begin reintroducing some lower-risk foods. Continue probiotics (2 months minimum). Switch to SEED Vaginal Synbiotic for ongoing vaginal microbiome balance. Focus on long-term prevention.	Sustain dietary habits, stress management, and sleep. Plan follow-up testing if symptoms recurred previously. Maintain probiotic rotation.

Consistency is everything. Die-off reactions in weeks 1–2 are a sign the protocol is working, not failing. Recurrent infections almost always require addressing root causes — gut, hormones, and immune function — not just repeated antifungal courses.