

Candida cleanse

Background

Candida is a type of yeast that lives in and on the mouth, intestines, and skin and uncontrolled growth can lead to candidiasis, e.g., a fungal infection resulting from an overgrowth of yeast in the body. At regular levels, this fungus is not problematic, however, excessive growth can cause many fungal infections in humans. The current candida formula capsules are designed as an adjunct for those immunocompromised individuals taking antifungal drugs to potentially amplify treatment effects, or as standalone for those seeking to boost natural resistance mechanisms. Most importantly, this supplement formulary is designed to promote a healthy gut microbiome, a facet of health that cannot be underscored, as it has profound implications for mental and physical health, including the development of many chronic diseases.⁸

Research

Candida is associated with one of the most common sources of fungal infections in humans.¹ Candida albicans is highly adaptable, e.g., vast potential to change morphology and create biofilms is a main feature of its pathogenesis.¹ According to Spampinato & Leonardi (2013) Candida albicans is the most essential fungal opportunistic pathogen, with the genus Candida comprised of about 200 different species, and likely to take advantage and initiate infection in the immunocompromised.² Candida caused infections can be skin-deep and affect the skin or mucous membrane or potentially enter the bloodstream and spread to internal organs, potentially causing life threatening conditions.³ In fact, the use of some antibiotic drugs in and of it itself and a diet high in sugar and refined carbohydrates have led to the development of candida overgrowth in many with the former promoting antifungal resistance.⁴ Therefore, there is a need to explore new antifungal agents such as natural products, e.g., plants, related essential oils and extracts, which contain several compounds that are important sources of biologically active molecules and potential anti-candida activity.^{5,6} Butler (2006) suggests natural product chemistry is important to investigate as many pharmaceuticals have not reached their full potential in providing lead compounds in areas such as immunosuppression and anti-infectives, and natural product extracts could be critical to bridge this delivery gap.⁶

The dietary ingredients of the current candida cleanse are carefully assembled based on their association with potent anti-candida activity and supporting a healthy gut microbiome. This list includes oregano leaf powder, caprylic acid, lactobacillus acidophilus, protease, cellulase, aloe vera leaf gel, arabinogalactan, anise seed, black walnut hull powder, wormwood powder, and reishi mushroom extract. Few of these ingredients have been clinically investigated. Aloe vera extract was shown to exhibit anti-candida properties against candida comparable to standard antifungal agents, and Lactobacillus species antagonize candida host colonization, promoting its use as an adjunct to fight candidal infections.^{9,10,11}

Conclusion

Dietary choices play a crucial role in maintaining gut balance of beneficial bacteria, and today's diets often high in sugar, refined carbohydrates, and processed meats can promote *Candida* overgrowth.⁷ Additionally, the administration of some antibiotic drugs in and of itself can cause antifungal resistance and candida overgrowth. A contemporary class of natural product chemistry agents like the current formulary is important to support resistance mechanisms and add additional defense against opportunistic and invasive fungal diseases, especially in the immunocompromised.

References

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