

INTERSTITIAL CYSTITIS INFORMATION CENTER  
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YEAST CONTROL (NON-RX AND RX)  
Kay Benton (c) 2002

Yeasts normally live in people, but are kept under control by "healthy" or "friendly" bacteria. Antibiotic use (antibiotics do not discriminate which bacteria they try to get rid of; thus both friendly and unfriendly bacteria alike in the gut may be eliminated), the eating of sugars, or a depressed immune system may allow this balance to be disturbed, and yeast problems develop. (An important point to remember is that ANYTIME you are taking antibiotics, you must take either an RX or OTC remedy to keep yeast from developing or to keep it under control--see below.) This is not just a bladder/vaginal problem, but often becomes systemic (body-wide) and therefore needs to be treated systemically. Vaginal creams generally will not do the job for long-term control but see #8 below.)

Any treatment to prevent/cure a yeast problem must have as its goal not only to eliminate the excessive yeast but also to re-establish colonization with healthy bacteria. This will not only help prevent recurrence of the yeast, but will promote good health. Lactobacillus, one of the "friendly" bacteria found normally in the colon and vagina, produces hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of common ailments.

The following suggestions are offered with the most important ones marked with an \*. The other items may be added or deleted depending upon what works best for you and what your symptoms are. If you are tested for yeast, either by blood or urine, you may or may not show yeast in either of these media; you need to go by your symptoms basically such as an increased number of allergic reactions, dizziness, diarrhea, congestion, hives, asthma, headaches, depression, increased urinary frequency/urgency, itching, weakness, and feelings of all-over body toxicity. Likewise dosages will vary based on symptoms and counsel from your nutritional/healthcare provider. Most of the non-prescription products are available from health food stores, pharmacies, or from Health Products Distributors. Prescription (RX) products are only available through a physician and may require certain tests to periodically monitor for side effects.

Systemic/long-standing yeast problems do not resolve quickly, especially if you have been on and or off antibiotics for a long time without any anti-yeast care. In addition to the following, you may want to avoid yeast-containing foods for awhile. You'll be surprised to find there is yeast even in crackers and of course breads, bagels, etc. But you can buy nearly yeast-free bread (not very tasty but...) usually found in the freezer of your local healthfood stores. You'll probably need to follow these suggestions for several months or for as long as you are doing antibiotic therapy for IC. Then, when symptom-free, start to gradually add yeast-encouraging foods and decrease the medications you are taking. The Yeast Connection and the Woman by Dr.

Wm. Crook, may be helpful; explains connection between food allergies and yeast-related disorders.

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## NON-PRESCRIPTION PRODUCTS

\*1. Diet control: high protein, high complex carbohydrate, low percentage carbohydrate foods. (Helpful resources: The Yeast Connection by William G. Crook, M.D., The Yeast Connection Cookbook by Crook and Jones and The Yeast Syndrome by John Parks Trowbridge, M.D.) New book by Dr. Crook, The Yeast Connection and the Woman, explains the connection between food allergies and yeast-related disorders; includes natural remedies.

\*2. Active acidophilus cultures (e.g., Poly-dophilus, available from HPD), to re-establish good bowel bacteria. Take one hour before or after antibiotic dose so antibiotic and acidophilus don't cancel each other's good work.

\*3. Citrus Seed Extract, now known as Pro Seed, an antifungal - capsules or liquid (from HPD), helps control bacteria, yeasts, molds and viruses before they become systemic.

4. Mycocidin - homeopathic antifungal.

\*5. Biotin - 5mg/day to prevent yeast from progressing from bud to mycelial form which can penetrate into body tissues and become systemic. May need to progress from 1mg to 5mg. Take two hours before or after any carbohydrate.

6. Garlic capsules. Be sure they are yeast-free. HPD has its own Garlic (one a day with no odor) or you can always try some raw or cooked garlic.

7. Eat raw sauerkraut, a rich source of D-lactic acid (an inhibitor of yeast growth). This also is available in the refrigerated section of some healthfood stores on a seasonal basis.

8. Some find using Monistat, GyneLotrimin, FemStat3, and other over the counter vaginal yeast products on a once-a-month or occasional basis to be helpful.

\*9. Can-Plex (HPD) for systemic yeast includes Citricidal (standardized extract of citrus), Pau D'Arco (taheebo) derived from bark of a South American tree (possible anti-microbial) and Calcium undecylenate from castor bean oil which acts similarly to caprylic acid. Inhibits yeast growth in the terminal small intestine and colon. Suggested use: 1-6 capsules daily.

10. Some herbs found to be useful: Yarrow--a superior anti-viral when combined with lots of buffered vitamin C. Marshmallow--has the ability to help treat bladder and kidney infections thus making it a natural choice for reducing yeast in the kidneys, bladder and urinary tract. This herb attaches to toxic poisons and expels them from the body providing a way for the body to cleanse itself from yeast overgrowth. Marshmallow also can calm the urinary tract and may restore a balance to intestinal flora.

11. Pau d'arco Tea. A natural antifungal herb product. Taken in capsule form or brewed as a tea several times daily, this herb helps eliminate yeast infections especially in the breast, lungs or brain. And in tea form, it works effectively as a douche or enema.

12. Tea Tree Oil. Soothes skin irritations that result from yeast overgrowth typically found in

the groin, diaper area and other moist spots of the body such as the throat and mouth. Can be taken internally when highly diluted (1-2 drops in a pint of water). Same solution works well for a douche or enema.

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## PRESCRIPTION (RX) PRODUCTS

\*1. Nystatin oral powder (Nilstat) or tablets. Good for longterm, dosage can be adjusted easily and is safe if pregnant or nursing. If you get the powder, be prepared for an unpleasant taste experience. But most pharmacies have the powder in veggie capsules for you. The tablets are prescribed in 500,000 unit dosages. Whenever you are on antibiotics, you should take six tablets a day, say 2 with breakfast, 2 with lunch, and 2 with dinner.

Nystatin is usually a very innocuous drug even for IC patients; one side effect may be some nausea but that's about it. When first battling the yeast, expect "die-off" symptoms which will seem to make your IC worse and you might feel as if you are coming down with the flu for a few days, but stick with the Nystatin, get through the bad time, and you will be on your way to feeling better.

2. Fluconazole (Diflucan). For systemic yeast: 400mg first day followed by 200mg once daily for minimum of four weeks. Also, can try one dose now available at 150mg which supposedly equals one week of Monistat, etc. Available too as 100mg once/day dose for 14 days. Consult with doctor re dosing; has more side effects than Nystatin but may be helpful shortterm in "kick starting" an already established yeast infection. Then, may begin Nystatin to continue to see that no new yeast develops while on antibiotics.

ALL INFORMATION PROVIDED BY THE ICIC IS OFFERED SOLELY FOR THE PURPOSE OF HELPING YOU MAKE INFORMED DECISIONS ABOUT YOUR HEALTHCARE OPTIONS AND DOES NOT ENDORSE ANY SPECIFIC TREATMENT REGIMEN. AS ALWAYS CONSULT WITH YOUR HEALTHCARE PROVIDER.

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