

## Yeast Infection Home Remedies

Yeast infections affect millions of people all around the world. Most people tend to associate candidiasis as a problem that only women experience. While women do get yeast infections more often than men, men are prone to yeast infections as well.

### What is a yeast infection?

A yeast fungus called *Candida albicans* lives inside your body naturally. It works with your immune system to fight and destroy harmful bacteria that could cause serious problems to your body. *Candida* is controlled both by your immune system and other helpful bacteria in your body to make sure that this fungus is kept from overgrowing. Sometimes, though, various factors can result in a rapid growth in *candida*, and your body is not able to control it. When this occurs, a yeast infection, complete with its uncomfortable and often painful rash, will appear.

### Why do people get yeast infections?

Various factors contribute to why people get yeast infections. An impaired immune system is often the biggest culprit. If the body's attack force is not able to

function, then any number of infections can grow inside the body. There are numerous reasons a person's immune system can be down. One reason is HIV. This virus wipes out the <sup>body's</sup> ~~body's~~ ability to fight infection. Yeast infections in some adults can actually be an indication of HIV.

Deficient immune systems can also be due to an individual undergoing chemotherapy or recently receiving an organ transplant. High stress over a prolonged period~~s~~<sup>delete s</sup> of time, consistently poor sleep, or an extended illness can also lower a person's ability to fight yeast infections.

Diabetics are also more prone to yeast infections, especially if they <sup>poorly</sup> ~~poor~~ control their blood sugar levels. *Candida* likes to feed on sugar. Consequently, high sugar levels in the blood give yeast fungus the opportunity to grow.

Those who are on antibiotics can also get yeast infections. Taking antibiotics can kill the bacteria that control <sup>capitalize</sup> ~~capitalize~~ *candida albicans*, giving the yeast ~~delete s~~ fungus~~s~~ a chance to grow.

**bold**

**What types of yeast infections are there?**

There are several different types of yeast infections. Each type <sup>has</sup> **have** certain characteristics that make a person more susceptible to getting that kind of candidiasis than another.

Depending on where the yeast infection appears, it receives its name, and consequent treatment is determined. Home remedies are frequently used to attack and cure yeast infections. Some home treatments work across the board for any yeast infections, whereas others are specific to certain types of candidiasis.

### **How do you treat a yeast infection?**

Natural treatments for yeast infections are popular because they tend to be less invasive than medications offered over the counter or through doctors' offices. They also tend to be cheaper and often can be found right at home using common, <sup>one word</sup> **every day** products.

While home treatments are very common, no medical proof has been found that clearly demonstrates that home remedies for yeast infections actually <sup>spacing</sup> **itcannot** be guaranteed by the medical field that they are effective. However, many previous sufferers from yeast infections

strongly stand by the home cures they have found to work for them. And many homeopathic doctors will even recommend these treatments.

If you have any questions at all about whether or not you actually have a yeast infection, it is wise to get an appointment with your doctor before you begin treating candidiasis yourself.

### **Why are babies prone to yeast infections?**

Babies frequently get diaper rashes. However, a yeast diaper rash is particularly painful and can be more difficult to treat than a regular diaper rash.

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Thankfully, yeast diaper rashes are not very common.

Yeast diaper rashes will spread not only around the groin, but also down **delete comma** **one word** in **side** the fat **rolls** **roles** on the thighs and even to the baby's stomach. A normal diaper rash will not affect such a large area. A diaper yeast infection will also have splotchy red bumps that are filled with fluid.

Some babies are more prone to yeast diaper rashes than others, though doctors are not exactly sure why. The baby's behind is constantly covered up with a diaper, and when the baby soils **its** **their** diaper, the area created is moist and warm. This is the perfect place for yeast infections to grow. A baby can also get a

diaper yeast infection if <sup>its</sup> **their** mother has a nipple yeast infection and transfers <sup>one word</sup> the infection to the baby's mouth. Oral thrush can then turn **in to** a diaper yeast <sup>delete comma</sup> **infection**, as the candidiasis travels down the digestive tract.

## How do you treat yeast infections in babies?

One type of home remedy that can work very effectively in reducing the occurrence of diaper yeast infections is to practice prevention. Make sure you change your baby's diaper frequently. Never let a soiled diaper remain on long.

If you are a breastfeeding mother and you develop nipple thrush, treat yourself immediately. Also treat your baby for oral thrush even if the baby does not show signs of oral thrush. This way you can reduce the chances of passing the <sup>delete s</sup> yeast **infections** <sup>add hyphens</sup> **back and forth**.

Give your baby frequent <sup>add comma</sup> **baths** and make sure you completely wipe them off when you change their diaper. Give your baby's behind a <sup>add comma</sup> **break** and let them have some time off from the diaper. Keep them on a surface that you can easily clean up if need be.

<sup>one word</sup> Pat **corn starch** on the baby's behind after diaper changes even if they do not have an infection. This will keep the area free from excess moisture.

As with vaginal yeast infections, plain yogurt can be applied to diaper yeast infections. Gently rub it on the affected areas. Or mix a solution of one part vinegar and one part water, and apply the mix to the infected area after each diaper change.

### What are oral yeast infections?

Oral yeast infections affect both men and women. It is most common in infants and the elderly, <sup>but</sup> teens <sup>and</sup> adults can <sup>also</sup> get oral thrush. Babies tend to get yeast infections in their mouths (oral thrush). It usually clears up within a couple of weeks without treatment. If you are an adult with an oral yeast infection, it is wise to consult a doctor or dentist to make sure it is not a sign of an <sup>one word</sup> **under lying** issue.

Oral yeast infections normally appear on your tongue or on the <sup>roof</sup> **roof** of your mouth. They can also spread to the gums, sides of the cheeks, back of the throat, and tonsils. More serious oral yeast infections even spread down into the esophagus. If this occurs, seek treatment from your doctor.

The yeast infection appears as whitish spots that cover up red <sup>lesions</sup> **lesions**. These red bumps cause the swelling associated with oral candidiasis. They can bleed when <sup>scraped</sup> **scraped**. People often complain of a cottony feeling in the mouth,

pain, and loss of taste. Sometimes the sides of the mouth may crack and get infected as well.

### **Who usually suffers from oral yeast infections?**

Oral yeast infections can be common in individuals suffering from low immune systems. The elderly are more prone to oral candidiasis if they wear dentures, especially if their dentures do not **fit** **fill**. People with tongue piercings or people who frequently smoke are more prone to getting oral yeast infections.

Diabetics (especially those who do not control their blood sugar levels) can frequently get oral candidiasis. Because *Candida* feeds on sugar, the heightened levels of sugar in saliva make the mouth a perfect breeding ground for oral yeast infections.

Babies are prone to oral thrush, though doctors are not sure why some babies get it more often than others. If a breastfeeding mother has nipple thrush, **she feeds her baby** it is easy to pass it on when **they feed their babies**.

### **How do you treat an oral yeast infection?**

Oral yeast infections left untreated can result in the spread of the infection. Babies and women with oral candidiasis can eventually get diaper yeast infections

or vaginal yeast infections. If you can attack the oral infection as soon as it starts, you have a better chance of the infection not spreading more inside your mouth, as well as preventing issues in other areas.

For babies, you can apply **gentian** violet to their mouths. This is a deep purple liquid you can find in health stores. Rub on the oral thrush in your **babies** mouth. Be aware that it does stain everything it comes in contact with. Your baby will have a very purple mouth for a few days as well, but it does not harm the baby in any way.

Gentian violet can work in adult men and women as well. Adults also have other options that babies obviously do not, such as gargling liquids around the mouth.

Dip a new toothbrush (separate from the one you use for daily brushing) into a **3% (CMOS 9.18)** hydrogen peroxide solution. Gently brush the infected areas of your mouth several times a day. You can also mix together half a teaspoon of salt into one cup of warm water and swish it around your mouth.

Be sure to get a new toothbrush after your oral yeast infection disappears. This way your daily brushings do not accidentally reintroduce the yeast infection to your mouth.



Using these methods will hopefully keep yeast infections from spreading and getting worse.