How to Candida Cleanse: Learn the Causes, Symptoms, and Treatments for Yeast Infections

Doing a Candida cleanse when you're suffering from a yeast infection can be a lifechanging decision!

Some of the most common symptoms can be caused by Candida, so read on and learn about the different yeast infection signs, causes, symptoms and how you can cure it.

If you suspect that you have Candida, but aren't sure, keep reading and learn more about it here!

There are a lot of different solutions for curing candida and yeast infections.

My preferred methods are natural, and I hope yours are too, because they are the safest treatments around.

On top of it all, you can do them from the comfort of your own home.

What is a Yeast Infection?

Before we start, I just want to make it clear that Candida and yeast infection are the same thing. The term Candida is the name for a big group of tiny organisms, there are more than 150 species of Candida yeasts and of those 150, about 10 cause trouble for us humans.

Most of the time these little microorganisms do not cause us any trouble at all. We have many different little creatures that are living in harmony inside and outside our body. It is only when we start noticing symptoms that we should start thinking about a Candida cleanse

Causes of Candida and Yeast Infections

There are many different causes of Candida and yeast infections.

There is some conflict whether there are foods that cause Candida or not.

One thing is for certain, if you already have Candida, you have to avoid certain foods in order to get rid of it.

Candida and yeast infections can be cured completely naturally. It may take some effort and persistence, but it's worth it.

But let's get back on topic!

Here is a quick rundown on some of the most common causes:

- Adrenal burnout
- Age
- Allergies
- Antibiotics
- Bacterial infections
- Birth control pills
- Compromised immune system
- Constipation
- Diabetes
- Diet
- Douching
- Environmental toxins
- Exposure
- Heavy metal toxicity
- Hormonal changes
- Hygiene products (most are incredibly bad for us and cause trouble!)
- Parasites
- Stress

As you can see, there are many things that can lead to a Candida infection.

No worries though, if you think you have Candida, all you have to do is go through a proper Candida cleanse to take care of it.

I'll give you a few tips and a free eBook at the end of this article which will help you in the right direction.

Yeast Infection Signs and Symptoms

Yeast infection signs and symptoms can vary tremendously because yeast infections can occur almost anywhere in your body (including your brain!).

Candida and yeast infections are commonly misdiagnosed because there are so many symptoms that are similar to other diseases and ailments.

Sometimes a patient can be hesitant about telling their doctor that they are not feeling better.

I have come across this myself, where doctors care more about their egos than their patients and they say that it is all in their head, trying to blame it all on the patient instead of finding a remedy.

Here is a list of common signs that could mean you have Candida:

- Anxiety
- Asthma
- Bloating
- Chemical sensitivity
- Depression
- Diminished sex drive
- Extreme fatigue
- Habitual cough
- Hay fever
- Headaches and migraines
- Impotence
- Irritability
- Irritable bowel
- Muscle weakness
- Painful gas
- Poor concentration
- Poor digestion
- Recurring infections (oral, skin, genital)
- Sinus problems
- Skin problems
- Sugar cravings
- White coating on your tongue

That is a huge list of yeast infection signs and symptoms, and I haven't even come close to listing everything.

Remember, you may or may not have Candida if you have any of these symptoms.

Related Articles

7 Effective Herbs for Candida

Discover how you can use mother nature to help you cure your problems once and for all. It's simple and powerful.

Anal Yeast Infection

Are you experiencing an itching, redness and other related rash symptoms in your bottom? You might have analyeast infection, read this article to find out more.

Baby Yeast Infection

Is your child suffering from a baby yeast infection? Take a look at this article, which covers the possible causes, signs and available treatments for your baby.

Candida Albicans Disease

Learn the basics of yeast overgrowth and how you can test for it. It is incredibly simple. All you need is a glass of water and your own saliva.

Candida Diet Guidelines

Are you unsure of what you can and cannot eat if you have Candida? This article lists the most important things you need to know and you'll get a free eBook as well!

Candida Free Diet

Following these Candida free diet guidelines can really increase your chances of eliminating yeast overgrowth from your body.

Candida Symptoms in Males

Men can also get yeast infections, so if you're one of them, don't worry, there are plenty of solutions available that work without side effects.

Causes of Candida

What exactly causes Candida? The list ranges from alcohol to bad hygiene products. Read more about what you should avoid.

Foods That Cause Candida

There's more to a Candida albicans infection than foods, an infection is usually caused by different chemicals and harmful products, learn more about them.

Home Remedies for Yeast Infections

Discover 7 potent natural, herbal remedies for Candida. They are extremely simple and safe if you use them with care. A vital aspect of any Candida cleanse.

Intestinal Candida Symptoms

Interested in what kind of intestinal candida symptoms appear when you suffer from yeast overgrowth? Learn about the causes, symptoms and treatments that ...

Natural Remedies for Yeast Infection

Before you do anything else, you might want to check out the natural remedies that are available, because they're often cheap, and very effective.

Penile Yeast Infection

This article goes through the basics of a penile yeast infection: the causes, how to avoid it and what to do if you've already got it.

What is a Yeast Infection

This article goes in-depth and explains what a yeast infection is, where it can show up, myths and how you can do a Candida cleanse to get rid of it