

CAPRYLIC ACID

TREATMENT

FOR

CANDIDA

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IMPORTANT

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Introduction

Caprylic acid is a fatty acid that has antifungal properties. It is produced by the body in small quantities and can be extracted from plant fats, such as coconut and palm oil. Complementary Practitioners commonly recommend taking caprylic acid in supplement form for Candida overgrowth syndrome.

Candida

Candida is yeast that naturally resides in small numbers within the human gastrointestinal tract, along with other essential bacteria. However, problems can arise when the balance between this yeast and the bacteria gets upset- this is a condition that is termed "Candida Overgrowth Syndrome". Bloating, gas, diarrhoea, fatigue, headache, depression, oral thrush, and repeated vaginal yeast infections are some of the common symptoms of Candida overgrowth.

Restoring a normal balance of microorganisms in the body involves eliminating excess Candida and making dietary changes that encourage healthy microflora within the digestive tract.

Older research studies have indicated that caprylic acid interferes with Candida's growth and replication.

Since caprylic acid is so quickly absorbed through the intestines and delivered into the bloodstream, it is best to take a timed-release or an enteric-coated form of the supplement which allows the active ingredient to be released gradually, so it can be effective throughout the entire length of the intestinal tract.

A three-to-four month course of caprylic acid is typical; and the usual dosage is 1,000 to 2,000 mg 3 x daily with meals.

However, you can start with a smaller dose (e.g. 500 mg 1 x, or 2 x daily) and then slowly increase the dose by adding one capsule every two to three days until the full recommended dose is achieved.

This prevents symptoms of "yeast die-off," which is a harmless but uncomfortable flulike sensation that can occur when large amounts of Candida are eliminated in a short space of time.

Caprylic acid supplements can be safely used with other natural or prescription antifungal medicines.

Contra Indications

Caprylic acid should not be used if the individual has an inflammatory bowel condition such as ulcerative colitis.

Side effects when taking Caprylic acid are rare; however, reports of mild stomach upset and headaches have been associated with caprylic acid. Consequently, to avoid such reactions, take caprylic acid with meals.

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