

Yeast Overgrowth

Commonly Seen in Children with Autism, Asthma, Allergies and ADHD

Signs and Symptoms

- Belly bloating especially after eating yeast or yeast promoting food
- Thrush on tongue or in mouth
- Yeast infection, jock itch, athlete's foot, genital, toenails, fingernails
- Fatigue for no apparent reason
- Depression for no apparent reason
- Poor memory, poor cognition, or brain fog
- Chronic nasal congestion from mucous, or nasal membrane swelling
- Insomnia, restlessness
- Joint pain, with or without swelling
- Swelling of hands, feet, face, tendency to retain water chronically
- Muscle aches, headaches
- Weight gain, difficulty losing weight
- Cravings for sweets and other refined carbohydrates including pasta and bread
- History of steroid use
- History of antibiotic use

Treatment

1. Anti-yeast diet - this happens to be one of the hardest diets to follow but the benefits are rewarding, You can do this! And it is crucial to get yeast overgrowth under control and start healing the body's gut and brain.
2. Supplements - individualized by your provider
3. Medication - Typically use herbals in rotation or a herbal blend, your provider will guide. This will be done typically 6-18 months in rotation. It takes time to heal. Some children respond faster and some slower. Herb are gentle on the gut microbiome unlike anti fungal medications or antibiotics the can further deteriorate the gut microbiome.

Anti-Yeast Diet

Avoid foods with yeast (bread) and foods that stimulate yeast growth (sugar) or contain other molds or fungus like mushrooms and cheese. See my other posting for specifics.

Foods / Products that Stimulate Yeast OverGrowth

- Sugar, honey, syrup, corn syrup, fruit juices
- Raisins
- Cheese
- Vinegar, vinegar based dressings, pickles, capers, olives, cider
- Ketchup
- Sauerkraut
- Some BBQ sauces
- Tea
- Sour cream
- Mustard
- Tempeh