

sci.med: Re: how come you can't consume bread, mushrooms, vinegar, beer, etc. if you have yeast infection?

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From: The Joneses (famjones_at_swbell.net)

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Can't consume bread, mushrooms, vinegar, beer, etc. if you have yeast infection?

"Sbharris[at]ix.netcom.com" wrote:

- > *The short answer is there's no reason in the world not to eat these*
- > *foods when you have a yeast (candida) infection. Anybody telling you*
- > *otherwise is just pushing non-understanding of physiology, plus perhaps*
- > *some stupid Chinese astrological horseshit that manages to retain*
- > *respect only because a lot of English speakers figure that anything*
- > *that hard to understand, must contain some secret wisdom (plus, they*
- > *watched David Carrodine Kung Fu people on TV, when they were kids).*
- >
- > *You want to know what drinking vinegar does to the pH of your body?*
- > *Exactly nothing. It's metabolized to CO2 and water, and the CO2 goes*
- > *off in your breath. Vinegar is no more acidifying than sugar or fat.*
- > *And less acidifying than protein.*

It's wierd tho – my gyn doctor recommends yogurt for chronic yeast infections. In spite of the OP's notion that a fermented acid product is bad news, we are sure it helps reduce yeast infection. She was quick to point out it should be eaten, not used otherwise!

Edrena

Re: how come you can't consume bread, mushrooms, vinegar, beer, etc. if you have yeast infection?!