

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

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From: Dieter Zakas (dieterzakas_at_enter.net)

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in article 1105137527.f9ae705115257adbc040685123dad92d@teranews, Piezo Guru at gubusey@honmail.com wrote on 1/7/05 17:41:

> *How would vinegar get metabolized into these compounds? Magic?*
>
> *"Sbharris[at]ix.netcom.com" <sbharris@ix.netcom.com> wrote in message*
> *news:1105065763.629826.248530@f14g2000cwb.googlegroups.com...*
>> *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.*
>>
>> *SBH*
Piezo,

Vinegar is nothing more than a dilute solution of acetic acid. Supermarket vinegar is 5% acetic acid by volume. Cut that in half, and you could also use it in the film development process – the stop bath, which stops the developer action, is often nothing more than an acetic acid solution!

Dieter Zakas

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