

# Yeast Infection For Men

*a*

*Free Report from*

<http://beatyeastinfection.com>

# Contents

## Table of Contents

Introduction to yeast infection:.....	<a href="#">3</a>
How do men acquire yeast infection?.....	<a href="#">6</a>
Manifestations of yeast infections in men:.....	<a href="#">7</a>
Candidiasis of the penis (balanitis):.....	<a href="#">7</a>
Candidiasis of the urinary bladder (cystitis):.....	<a href="#">8</a>
Generalized candidiasis of the skin:.....	<a href="#">8</a>
Candidiasis of the skin folds (intertrigo):.....	<a href="#">8</a>
Candidiasis of the nails and skin nail folds (paronychia):.....	<a href="#">9</a>
Candidiasis of the oral cavity and pharynx:.....	<a href="#">10</a>
Candidiasis of the respiratory tract:.....	<a href="#">11</a>
Natural cures for yeast infection in men:.....	<a href="#">12</a>
Plain yoghurt.....	<a href="#">12</a>
Garlic.....	<a href="#">12</a>
Apple cider vinegar.....	<a href="#">13</a>
Oil of Oregano .....	<a href="#">14</a>
Coconut oil.....	<a href="#">14</a>
Olive Leaf Extract.....	<a href="#">14</a>
Neem .....	<a href="#">15</a>
Cellulase.....	<a href="#">15</a>
Lifestyle Changes to Eradicate Male Yeast Infection.....	<a href="#">17</a>
References.....	<a href="#">20</a>
Disclaimer.....	<a href="#">21</a>

## **Introduction to yeast infection:**

Yeast refers to a type of fungus which is scientifically known as Candida. Sometimes, these infections are called thrush, candidiasis or jock itch.

Yeast infections are considered amongst the most common infections in all parts of the world. Candida can lead to a wide array of infections such as vaginal candidiasis ([click here](#) for a complete guide for women), oral thrush and interdigital candidiasis which refers to infection of the skin between the fingers and/or toes.

The patterns and species of yeast infection in cold countries differ markedly from those occurring in temperate and/or tropical countries. This is due to variation in the trends and medications used to treat these infections.

Candida albicans is the most common species of candida leading to superficial infections in both males and females. Candida guilliermondii and Candida tropicalis are less common than Candida albicans. Candida albicans is present all around you especially in damp places that get contaminated with human secretions such as drinking bowls and washbasins.

Candida is a rather weak organism; hence, infection occurs in the presence of certain predisposing factors, see table (1).

**Table (1)**

Children younger than 2 years
Pregnancy
Old age (>65 years)
Occlusion of mucosal and/or skin surfaces by e.g. occlusive dressings, dentures...etc
Diseases with impaired immunity e.g. AIDS, congenital immune deficiency
Anti-cancer drugs
Prolonged use of antibiotics
Diabetes mellitus
Cancer
Damaged nail folds

Candida species are considered the most common fungi causing infection in humans leading to superficial and deep systemic disease.

Candida cannot infect individuals with a good immunity system; hence, they are named opportunistic organisms. Although superficial yeast infection is not uncommon, deep or systemic candidiasis is rather uncommon.

Advances in chemotherapeutics, medical biotechnology and organ transplantation techniques have markedly reduced the complications of candidiasis.

## **How do men acquire yeast infection?**

Superficial yeast infection is more common in females and by far, vaginal candidiasis is among the most common forms of yeast infection. The following are forms of yeast infection that can affect men:

- Candidiasis of the penis (balanitis)
- Candidiasis of the fingernails (paronychia)
- Oral candidiasis
- Candidiasis of the gastrointestinal tract

Yeast infection requires certain environmental conditions to grow. Candida needs dampness, warmth and darkness.

The female vagina offers a suitable environment for yeast infection, but the penis doesn't. Accordingly, candidiasis cannot colonize on the penis and males usually acquire candidiasis from their female sexual partners.

However, coexistence of one or more of the predisposing factors in table (1) increases the likelihood of a given male to acquire candidiasis.

## **Manifestations of yeast infections in men:**

### **Candidiasis of the penis (balanitis):**

Yeast infection of the penis is associated with development of whitish patches on the penis.

Moreover, patients report an itching sensation of the penis. Candidiasis of the penis is usually acquired via direct sexual intercourse with a female partner that has vaginal candidiasis.

At first, vesicles develop on the penis. Later on, the vesicles coalesce together forming white patches on the skin of the penis. The lesions may spread to the buttocks, thighs and scrotum (Figure 1).



**Figure 1**

### **Candidiasis of the urinary bladder (cystitis):**

Occasionally, the infection spreads to involve the urinary bladder. This may lead to the following urinary symptoms:

- 1- Frequency: increased frequency of urination.
- 2- Urgency: strong desire to urinate without being able to control passage of urine for a long time.
- 3- Dysuria: pain and/or burning sensation during urination.
- 4- Hematuria: passage of bloody urine.
- 5- Pain in the lower part of the abdomen.

### **Generalized candidiasis of the skin:**

Generalized yeast infection of the skin is somewhat uncommon in men. It leads to a diffused skin rash over the chest, trunk and extremities.

Affected individuals complain of itching which is even more severe in areas of friction such as the armpit, groin and the buttocks.

### **Candidiasis of the skin folds (intertrigo):**

Intertrigo is a form of yeast skin infection that affects areas where skin surfaces are near each other, providing moist and warm conditions that are perfect for

candidiasis. Intertrigo begins as a group of vesicles that develop in areas such as the armpit.

The vesicles then rupture leaving a red macerated fissured area (Figure 2).



**(Figure 2)**

**Candidiasis of the nails and skin nail folds (paronychia):**

Candidiasis can involve the skin nail folds causing paronychia. It usually occurs in men who immerse their hands in water for long periods.

Furthermore, paronychia is more common in men with diabetes. Patients often complain of pain and redness in the area of the skin around the nail and the skin of the nail bed.

The infection can lead to nail loss (Figure 3).



**(Figure 3)**

**Candidiasis of the oral cavity and pharynx:**

This form of yeast infection occurs only in men with weak immunity such as those with an HIV infection or diabetes.

Men with this form of yeast infection can complain of: a painful and sore mouth, burning sensation of the tongue, difficulty in swallowing and white patches on the tongue and oral cavity (Figure 4).



**Figure 4**

## **Candidiasis of the respiratory tract:**

Yeast infection of the respiratory tract occurs in hospitalized patients.

Candidiasis of the larynx is a form of candidiasis that usually occurs in men with cancer. It leads to hoarseness of voice and sore throat.

## Natural cures for yeast infection in men:

### Plain yoghurt

Plain yoghurt contains several special species of bacteria that are beneficial to humans. These bacteria compete with candida for the nutrients in the stomach and intestine, so yoghurt helps in the eradication of candida from the gastrointestinal tract.

Furthermore, sometimes yoghurt is supplemented with special bacteria known as [Actobacillus bifidus](#) that compete powerfully with candida.

Cold plain yoghurt can be applied directly to the areas of the skin infected with candida. This is reported to soothe the burning sensation that is sometimes intolerable.

Moreover, plain yoghurt reduces itching and irritation. When using plain yoghurt locally, apply a small diluted amount initially to make sure that your skin is not hypersensitive to yoghurt.

### Garlic

Garlic is a well known immunity booster. Moreover, many alternative medicine practitioners consider garlic **yeast's biggest enemy**. The bioactive ingredient in garlic

is known as acillin which is a powerful antifungal, antiviral and antibacterial.

[No odor garlic tablets](#) are highly recommended for men with yeast infection. Shaklee garlic tablets or Kayolic garlic tablets are great in this setting.

Alternatively, you can swallow a whole garlic clove with some water, if you can stand its smell. For candida, we recommend eating 2 organic garlic cloves daily.

Fresh cloves can be squeezed into a glass of juice. When eating garlic for yeast infection, don't heat it as heat destroys acillin.

Generally speaking, garlic has a wide range of health benefits that include better control of blood pressure as well as it acts as a natural antibiotic.

### **Apple cider vinegar**

The health benefits of [apple cider vinegar](#) have long been known. Whether it is taken orally, or applied externally to the skin, apple cider vinegar can help eradicate yeast infection in both males and females.

Candida hates acidity and apple cider vinegar is an acidic solution that inhibits candida and thus, aids in the eradication of yeast infection in men.

## Oil of Oregano

This North American mountain herb has magical effects on yeast infection in men. It is present in the market as a solution for both oral administration and local application to the skin.

You can take one to two drops under the tongue daily and/or you can apply two drops to the areas of the skin affected three times daily.

## **Coconut oil**

Coconut oil is a safe yet effective natural antifungal that can be powerful in eradication of male yeast infections. Coconut oil is particularly valuable for affected men who suffer from allergic reactions to conventional antifungal preparations.

We recommend 3 to 6 tablespoons of coconut oil daily for 1 to 3 weeks. Coconut oil contains special forms of fatty acids which are known as long chain polyunsaturated fatty acids. These fatty acids have numerous health benefits.

## **Olive Leaf Extract**

Olive leaf extract is one of the most potent natural cures for candidiasis in men. Its strong antifungal properties can help you get rid of your candidiasis.

Oleuropein is the active ingredient in olive leaf extract that has a bitter taste and strong antimicrobial properties.

Oleuropein has strong antifungal and antibacterial actions. For male yeast infections, you need to take two 500 milligram capsules every 6 hours. The dose is better taken with meals.

## **Neem**

[Neem leaves](#) have been traditionally used in cleansing and purification for hundreds of years in India. Neem leaves have been proven in some clinical studies to possess antifungal properties that can help men eradicate yeast infections.

1000 milligrams of neem leaves' extract should be taken daily for 1 to 3 weeks to eradicate candidiasis.

## **Cellulase**

The cell wall of candida albicans is mostly made of cellulose. Accordingly, natural occurring cellulose digesting enzymes, or [cellulases](#), can disrupt candida's cell wall leading to its death.

Cellulases are usually of plant origin and include many forms such as cellulase, hemicellulase, amylase, invertase and glucoamylase.

**Despite the fact that candida can develop resistance against a wide range of antifungals, it is defenseless against cellulase. [Cellulase](#) is useful for men and women who suffer from different forms of yeast infection.**

## **Lifestyle Changes to Eradicate Male Yeast Infection**

Longstanding yeast infection can lead to dysfunction and damage of the tissues of many organs. This occurs because of the numerous toxins produced by candida albicans species.

Many of these toxins increase the levels of oxygen free radicals in the body; hence, it is useful to take a natural antioxidant such as Vitamin E. [Vitamin E](#) is present in seeds, nuts and vegetable oils.

It is important to eat as much vegetables and fruits as you can. Vegetables and fruits are rich in vitamins and minerals which are needed to regenerate the tissues damaged by yeast infection.

Eat fruits that are rich in [Vitamin C](#) such as tomatoes, lemons, grape fruit, oranges and guavas. Moreover, vegetables and fruits rich in [Vitamin B](#) are helpful in promoting the regeneration of tissues infected with candida such as potatoes, bananas, liver, whole grains, beans, turkey, and tuna.

Essential fatty acids or long chain polyunsaturated fatty acids are essential for the healing of tissues damaged by yeast infection. Palm oil, coconut oil, sunflower oil, safflower oil and corn oil are rich in essential fatty acids.

Generally speaking, bacteria and yeast can easily invade our bodies when we eat more carbohydrates and fats.

Accordingly, diet control is indispensable if you want to cure your yeast infection once and forever.

Candida flourishes in dampness. Learn to dry yourself well after a bath. Men who don't dry themselves thoroughly after a shower are more prone to develop candidiasis that is resistant to treatment.

Good hygiene is also pivotal to prevent yeast infection in men. Keeping the genital area clean is the key factor to prevention of yeast infection in this particular area.

Moreover, good hygiene accelerates the rate of tissue healing when treatment of candidiasis is started.

Drinking plenty of water is essential to boost your immunity and decrease the likelihood of acquiring infections including candidiasis.

Water comprises more than 60% of a man's total body weight. Adults are better to drink about 8 glasses of water per day. This stabilizes your body pH and helps in eradication of toxins from your body.

Reducing your alcohol intake can sure help you decrease the incidence of catching yeast infection. Alcohol aids yeast infection.

Men who have yeast infection shouldn't wear tight clothing. Instead choose clothes that are a looser fit. If you go for swimming, make sure to change your swimming suit immediately after finishing your swimming session.

Your socks and shoes represent the perfect environment for candida, as it grows best in damp, dark places and underneath the nails.

Make sure to change your socks often. Cut your nails straight across or side to side. You can soften the nails by soaking them in warm presalted water before cutting them. Don't forget to dry your feet well.

Avoid scented toilet paper whenever possible. Artificial odors can cause irritation of the genital area which facilitates colonization of candida. Moreover, it is better to avoid applying powder to the genital area.

Alleviation of stress is crucial to boost your immune system. Sometimes, yeast infection is the result of stress. Control your stress, resort to meditation, yoga... etc.

This concludes this ebook into the cures for yeast infection as well as some guidelines on how to stop getting them in the future.

We hope you have found the contents useful.

## References

1. **Abe, S et al** (2003). "Anti-Candida albicans activity of essential oils including Lemongrass (*Cymbopogon citratus*) oil and its component, citral." *Nippon Ishinkin Gakkai Zasshi* **44(4)**: 285-91.
2. **Awang DVC, Dawson BA, Ethier JC, et al.** "Naphthoquinone constituents of commercial lapacho/pau d'arco/taheebo products". *J Herbs Spices Med Plants* 1994;2:27-43.
3. **Chalcat J, et al.** "Correlation between chemical composition and antimicrobial activity". VI. Activity of some African essential oils. *J Essent Oil Res.* 1997;9:67-75.
4. **De Tommasi N, Conti C, Stein ML, et al.** "Structure and in vitro activity of triterpenoid saponins from *Calendula arvensis*". *Plants Med* 1991;57:250-3. Inouye S, Uchida K, Nishiyama Y, Hasumi Y, Yamaguchi H, Abe S. Teikyo University Institute of Medical Mycology, Tokyo, Japan; 2007
5. **Della Loggia R, Tubaro A, Sosa S, et al.** The role of triterpenoids in the topical anti-inflammatory activity of *Calendula officinalis* flowers. *Planta Medica* 1994;60:516-20.
6. **Dutta, BK et al** (Mar 2007). "Anticandidial activity of some essential oils of a mega biodiversity hotspot in India." *Mycoses* **50(2)**.
7. **Gershon, H., et al.** "Fungitoxicity of 1,4-naphthoquinones to *Candida albicans* and *Trichophyton mentagrophytes*." *Can. J. Microbiol.* 1975; 21: 1317-21.
8. **Giuraud, P., et al.** "Comparison of antibacterial and antifungal activities of lapachol and b-lapachone." *Planta Med.* 1994; 60: 373-74.
9. **Hammer K, et al.** "Antimicrobial activity of essential oils and other plant extracts". *J Appl Microbiol.* 1999;86:985-990.
10. **J Agric Food Chem.** 2000 Jun;48(6):2576-81. GC-MS analysis of essential oils from some Greek aromatic plants and their fungitoxicity on *Penicillium digitatum*. Daferera DJ, Ziogas BN, Polissiou MG. Laboratory of General Chemistry and Laboratory of Phytopathology, Agricultural University of Athens, Greece.
11. **J Food Microbiol.** 1988 May;6(3):263-8. Inhibitory effects of selected Turkish spices and oregano components on some foodborne fungi. Akgül A, Kivanç M. Ziraat Fak., TUT Böl, Erzurum, Turkey.

12. **J Food Prot. 2002 Apr;65(4):683-7.** Spice oils for the control of co-occurring mycotoxin-producing fungi. Juglal S, Govinden R, Odhav B. at the Department of Biological Sciences, M. L. Sultan Technikon, Durham, South Africa.
13. **Patrick KFM, Kumar S, Edwardson PAD, Hutchinson JJ.** "Induction of vascularisation by an aqueous extract of the flowers of *Calendula officinalis* L the European marigold". *pHytomedicine* 1996;3:11–8. Kloucek-Popova E, Popov A, Pavlova N, Krusteva S). ("Influence of the physiological regeneration and epithelialisation using fractions isolated from *Calendula officinalis*". *Acta pHyssiol pHarmacol Bulg.* 1982;8(4):63-67.
14. **Salgueiro LR, et al.,** at the Laboratório de Farmacognosia, Faculdade de Farmácia/CEF, Universidade de Coimbra, 3000 Coimbra, Portugal. 2003
15. **Sokovic M, et al.** at the Department of Plant Physiology, Institute for Biological Research, Belgrade, Yugoslavia. 2002

## Disclaimer

This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved. You are allowed to give this guide to anyone you choose but it must not be altered in any way. You may not sell this guide to anyone.

Although the authors and publisher have made every reasonable attempt to achieve complete accuracy of the content in this guide, they assume no responsibility for errors or omissions. Also, you should use this information at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; you should adjust your use of the information and recommendations accordingly.

Finally, use your head. Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader.