

Yeast Infection

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

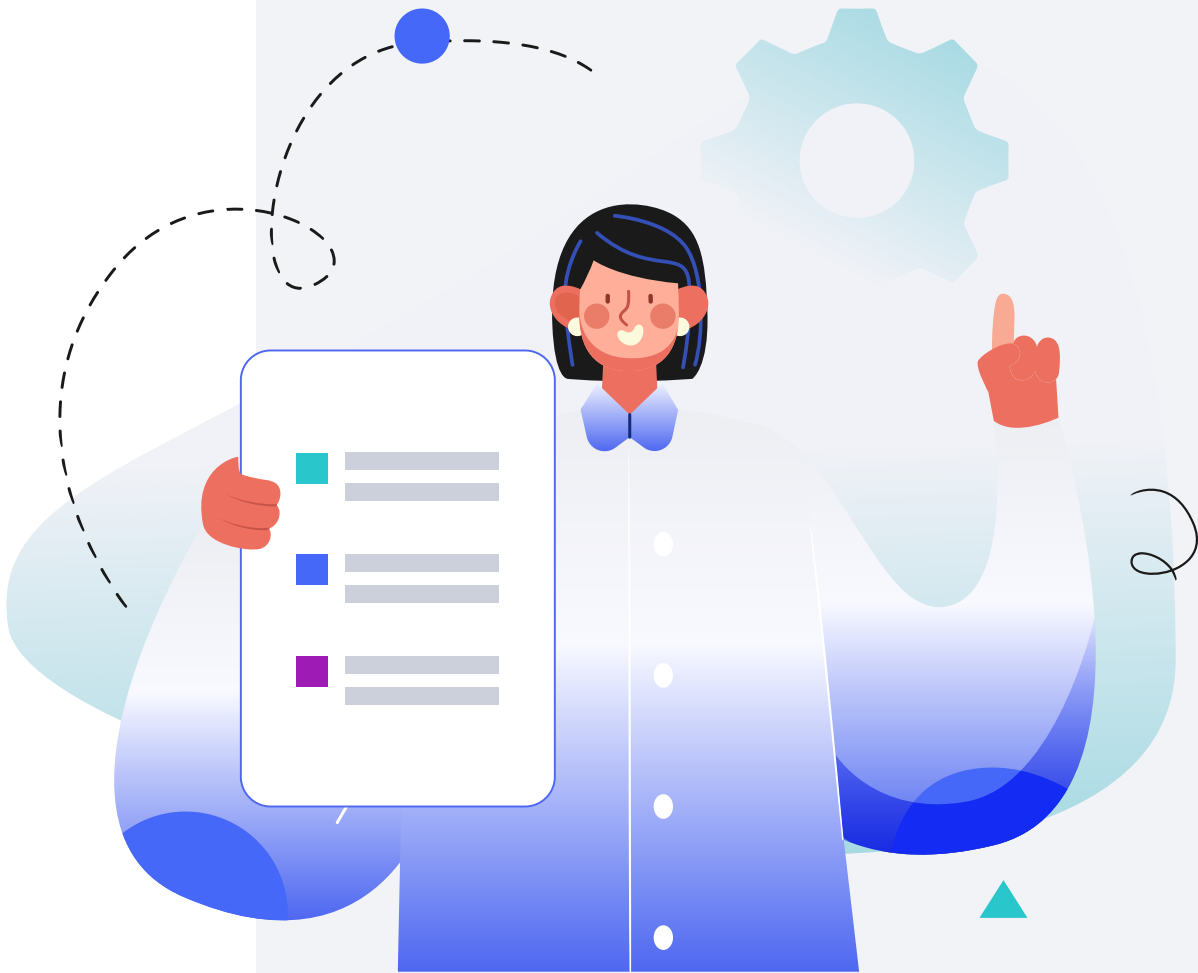
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Almost every day of your life, you happily live alongside the 39 trillion microbes which call your body home [\[R\]](#).

To put this into perspective, your body is made up of around 30 trillion cells, so you’re actually outnumbered!

Yeast is a type of microbe which is found in a range of different places from soil to bread. There are 500 different species of yeast in the world [\[R\]](#).

The species of yeast that is commonly found in the body is called ***Candida albicans***. This yeast is found all over the body from your digestive system to your genitals [\[R\]](#).

Candida is one of the many friendly microbes which help keep us healthy. But if your immune system is run down or the conditions are optimal for their growth, the amount of yeast in your body can become unbalanced, leading to a yeast infection [\[R\]](#).

The type of yeast infection you’ve most likely heard of is **thrush**, occuring in the mouth or the vagina, but yeast infections can also occur all over the body on the skin, feet, and nails [\[R\]](#).

In severe instances, these infections can even enter the blood, leading to potentially life threatening sepsis [\[R\]](#).

Some people may be more susceptible to yeast infections than others. One factor which may affect your susceptibility is your DNA.

People who carry a specific variant of the [TLR1](#) gene may be more prone to yeast infections than others, potentially due to a weakened immune response. Probiotics may help these individuals by supporting immunity [\[R\]](#), [\[R\]](#), [\[R\]](#).

Alternatively, some individuals may be more likely to eat sugar than others as a result of carrying a particular [FTO](#) gene variant.

Yeast eat sugar, so too much food may cause them to overgrow, leading to an infection. People carrying this variant could influence their risk by cutting back on sugar [\[R\]](#), [\[R\]](#), [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in yeast infections**
- **Your genetic risk score based on over 108,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Yeast Infections

Candida albicans is a fungus that normally lives in and on the body. If its environment changes and promotes its growth, *Candida* can multiply and lead to an infection. This is called **a yeast infection** or **candidiasis** [R].

A yeast infection usually happens in the [R, R, R]:

- Mouth (oral thrush)
- Vagina (vaginal yeast infection)

Vaginal yeast infections are a common problem. They affect up to **3 out of 4 women** at some point in their lives. Many women have more than one in their lifetime [R].

Risk factors for yeast infections include [R, R, R]:

- Untreated or uncontrolled diabetes
- Weakened immune system (e.g., from HIV or certain cancer treatments)
- Antibiotics

Classic symptoms of a vaginal yeast infection include [R]:

- Vaginal itching, irritation, and pain
- Burning feelings while urinating or during sex
- Vaginal redness and swelling
- Thick and white or watery vaginal discharge

Symptoms of oral thrush include [R]:

- White lesions in the mouth that may bleed
- Redness, burning, or soreness in the mouth
- Loss of taste
- Cracking and redness at the corners of the mouth
- A cottony feeling in the mouth

Yeast infections can become more complicated in those who [R, R, R]:

- Are pregnant
- Have diabetes
- Have weakened immune systems (e.g., people with HIV)

Thankfully, most yeast infections are easy to treat with medication [R, R].



MORE LIKELY

More likely to have yeast infections based on 104,352 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TRAF5	rs569660383	AA
FGFR2	rs139149394	CC
KIF17	rs150119925	GG
EIF4G3	rs142368506	GG
HP1BP3	rs114327939	CC
CNR2	rs184601170	CC
FMN2	rs549043672	CC
EIF4G3	rs563320351	CC
NAV1	rs146733481	CC
TCERG1L	rs78303108	CC
ADGRL4	rs78913903	GG
MGMT	rs78280217	CC
TXLNA	rs575793596	GG
HP1BP3	rs149468462	CC
OR2M3	rs144885655	CC
LCK	rs184521150	GG
DCDC2B	rs142941874	AA
SH3PXD2A	rs532548209	GG
LRRN2	rs574609503	GG
EIF4G3	rs146278869	GG
OR2M3	rs189270715	CC
EIF4G3	rs138788956	GG
SORCS1	rs79325704	CC
IVNS1ABP	rs181512063	GG

Additional strategies to help manage yeast infections include [R](#), [R](#), [R](#), [R](#), [R](#):

- Saltwater rinses
- Changes to oral or vaginal hygiene
- Wearing clothing (such as underwear and pantyhose) that is breathable and not too tight

People’s chances of getting yeast infections may be affected by genetics. Genes involved in yeast infections may influence the immune response [R](#), [R](#).

GENE	SNP	GENOTYPE
RPE65	rs145772585	CC
SLC41A1	rs78016499	GG
HP1BP3	rs150174738	CC
TXLNA	rs111527763	TT
CHRM3	rs112646057	GG
GPAM	rs115759809	CC
HP1BP3	rs150268294	AA
/	rs138982938	GG
PTPRE	rs376735609	CC
CYP2J2	rs147807489	AA
GDAP2	rs78159682	AA
MTRNR2L11	rs147719295	CC
ECE1	rs193297355	CC
FAM71A	rs115476707	AA
CHRM3	rs111411999	TT
GDAP2	rs74735009	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Good Oral Hygiene	2 minutes	2	Probiotics	10 billion
3	Good Feminine Hygiene		4	Probiotic Yogurt	
5	Topical Honey		6	Avoid Sugary Foods & Drinks	
7	Lactoferrin	100 mg	8	Cinnamon	500 mg
9	Probiotic Dairy		10	Gentian Violet	
11	Topical Sodium Bicarbonate		12	Lactobacillus Rhamnosus	10 billion CFU
13	Avoid Douching		14	Topical Lemongrass	
15	Topical Propolis		16	Dill	
17	Topical Tea Tree Oil		18	Topical Lemon Juice	
19	Topical Pomegranate Extract		20	Topical Garlic	
21	Bifidobacterium Breve and Lactobacillus Casei	10 billion CFU	22	Lactobacillus Acidophilus NCFM	10 billion CFU
23	Garlic Supplement	200 mg	24	Sage Extract	300 mg
25	Topical Yarrow		26	Lactobacillus Acidophilus	10 billion CFU
27	Lactobacillus Plantarum	10 billion CFU	28	Lactobacillus Casei	10 billion CFU
29	Bifidobacterium Breve	10 billion CFU			

1



Good Oral Hygiene

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Brush your teeth at least twice a day for two minutes each time using fluoride toothpaste. Floss daily to remove plaque from places your toothbrush can't reach and consider using mouthwash. Visit your dentist at least twice a year for professional cleanings and checkups.

TYPICAL STARTING DOSE

2 minutes

Description

Good oral hygiene, which includes regular brushing, flossing, and dental check-ups, is crucial for preventing tooth decay, gum disease, and maintaining overall oral health. A healthy mouth contributes to overall well-being and can prevent dental issues that may impact systemic health.

Oral hygiene refers to practices that keep the mouth healthy. Good habits include [R](#), [R](#):

- Gently brushing the teeth and tongue for two minutes, at least twice a day
- Flossing daily
- Using a toothpaste with fluoride and a soft toothbrush
- Replacing a worn toothbrush at least every 3 months

To help maintain good oral hygiene, it is also important to regularly see dental professionals. They can help prevent and address issues with your teeth and gums.

How it helps

Poor oral hygiene may increase the presence of candida in the mouth. People facing challenges in maintaining oral hygiene such as those with orthodontic brackets and dentures, may have more candida in their mouths [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#).

Oral candida colonization is linked to a 48-600% higher risk of cavities [R](#), [R](#), [R](#), [R](#), [R](#), [R](#).

In line with this, experts emphasize the importance of good oral hygiene practices to prevent candidiasis in the mouth and throat, including [R](#), [R](#):

- Rinsing your mouth and brushing your teeth, especially after using inhaled corticosteroids
- Brushing at least twice a day
- Flossing regularly
- Ensuring proper denture fit and cleanliness
- Remove your dentures at night
- Regular dental check-ups, especially for those with diabetes or denture wearers.

Additional hygiene measures may benefit especially in the elderly. They include [R](#), [R](#):

- Microwave disinfection of dentures
- Regular professional oral care

2



Probiotics

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE
10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Probiotics may help improve oral thrush. They may also prevent *Candida* from coming back. Helpful species include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- *Lactococcus lactis*
- *Lactobacillus rhamnosus*
- *L. acidophilus*
- *L. reuteri*
- *L. casei*
- *Bifidobacterium breve*

When added to standard therapy, oral or vaginal probiotics may help with vaginal yeast infections. Eating yogurt containing *L. acidophilus* (1 cup/day for 6 months) may also help. However, the quality of the evidence is low [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may help by maintaining “good” bacteria and supporting the immune system [\[R\]](#), [\[R\]](#).

3

Good Feminine Hygiene

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Wash your genital area once a day with warm water and mild, unscented soap. Wear cotton underwear and change it daily or more often if it gets damp. Avoid using scented products like douches, sprays, or powders in the genital area.

Description

Good feminine hygiene practices, including regular cleansing and maintaining a balanced vaginal pH, can help prevent infections and discomfort while promoting overall intimate health for women.

How it helps

Experts warn against practices that may disturb the natural bacterial balance of the vagina, potentially increasing the risk of infection, including [\[R, R\]](#):

- Douching
- Using scented products (e.g., bubble baths, pads, and tampons)
- Hair washing in bathwater

Research on over 2,500 people revealed that douching may raise the risk of vulvovaginal candidiasis (VVC) by 80-250% across several studies, though not all studies found this link [\[R, R, R, R, R, R, R, R, R\]](#).

Similarly, not maintaining hygiene, especially before or after sex, may increase candidiasis risk by more than 13 times [\[R, R\]](#).

One study linked menstrual tampon use to candidiasis, another suggested that pad use may lead to greater risk, and two studies suggested that panty liner use does not increase candida risk. These results suggest varied risks based on personal hygiene practices [\[R, R, R, R\]](#).

4



Probiotic Yogurt

IMPACT3 / 5

EVIDENCE1 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains "good" bacteria known as lactobacilli that can help to restore balance in the vagina, thereby preventing or treating yeast infections. They do this by producing lactic acid and hydrogen peroxide that create a hostile environment for yeast, inhibiting its growth.

13 patients completed the protocol. Women ate yogurt for 6 months of the study period. A threefold decrease in infections was seen when patients consumed yogurt containing Lactobacillus acidophilus. The mean (+/- SD) number of infections per 6 months was 2.54 in the control arm and 0.38 per 6 months in the yogurt arm. Candidal colonization decreased in the yogurt arm [\[R\]](#).

Seven patients completed the entire study protocol. We concluded that daily ingestion of 150 mL of yogurt, enriched with live L acidophilus, was associated with an increased prevalence of colonization of the rectum and vagina by the bacteria, and this ingestion of yogurt may have reduced episodes of BV [\[R\]](#).

5



Topical Honey

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R\]](#), [\[R\]](#).

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

How it helps

Applying a **gel or cream** with honey may help improve vaginal yeast infections. It may help with symptoms like irritation, burning, and abnormal discharge [\[R\]](#), [\[R\]](#).

Honey may help by reducing inflammation [\[R\]](#).

6



Avoid Sugary Foods & Drinks

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Diabetes is a risk factor for oral and vaginal yeast infections. This may be because high blood sugar from diabetes may support the growth of *Candida* [\[R\]](#), [\[R\]](#), [\[R\]](#).

Eating a lot of sugary foods may have similar effects. A low intake of sweet drinks and foods may help protect against intestinal and vaginal yeast infections. However, there is surprisingly little support for limiting carbs and the so-called "Candida diet" [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

7



Lactoferrin

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

100 mg

Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [\[R\]](#).

Lactoferrin may help support [\[R\]](#) [\[R\]](#):

- Immunity
- Iron status

How it helps

Lactoferrin is an antifungal protein that disrupts yeast cell walls, hindering their ability to infect and multiply. It also boosts your immune response which can help the body fight off yeast infections more efficiently.

In a 48-woman RCT for recurrent vulvovaginal candidiasis with *C. albicans*, an oral formula of *Lactobacillus acidophilus* GLA-14, *Lactobacillus rhamnosus* HN001, and bovine lactoferrin (2 capsules/day for 5 days, then 1/day for 10 days) with topical clotrimazole, followed by a 6-month maintenance cycle (1/day for 10 days/month), improved itching and discharge at 3 and 6 months, and reduced recurrences (33.3% vs 91.7% at 3 months, 29.2% vs 100% at 6 months) [\[R\]](#).

In a study involving 48 adult women with bacterial vaginosis, metronidazole was given for 7 days, followed by probiotics and lactoferrin or a placebo. Probiotics with lactoferrin significantly improved symptoms, Nugent score, and recurrence rate, suggesting a promising remedy for recurrent BV [\[R\]](#).

8



Cinnamon

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon can help to combat yeast infection because it contains powerful antifungal properties that can help inhibit the growth of Candida, the yeast causing the infection. By disrupting the yeast’s cell walls, cinnamon helps stop their growth, thus treating the yeast infection.

In a [randomized, controlled, and blinded clinical trial with 36 individuals with oral candidiasis](#), a mouthwash and spray containing essential oil of Cinnamomum zeylanicum Blume (0.5 mg/mL) helped in the treatment of oral candidiasis: It **reduced 61% and 33% of Candida spp., isolates oral mucosa and dentures**, respectively. Candida tropicalis strains were eliminated after C. zeylanicum, in both sites [\[R\]](#).

9



Probiotic Dairy

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate probiotic-rich dairy products, such as yogurt or kefir, into your diet daily. Aim to consume at least one serving, which typically ranges from 100 to 200 grams, per day.

Description

Probiotic dairy products, such as yogurt and kefir, contain live beneficial bacteria that support gut health and digestion, as well as the immune system, blood sugar, and mood. These products are rich in probiotics, calcium, and protein.

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Probiotics can be taken as supplements. They can also be added to dairy products like milk and yogurt [\[R\]](#), [\[R\]](#).

How it helps

Drinking yogurt (150 mL/day for 4-6 months) may prevent vaginal candidiasis, according to two studies of 79 women [\[R\]](#), [\[R\]](#).

10



Gentian Violet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Always consult a healthcare professional before use to ensure it's appropriate for your condition.

Description

Gentian violet, also known as crystal violet, is a synthetic dye with antifungal and antibacterial properties [\[R, R\]](#).

Traditionally, it is used to treat fungal infections such as oral thrush and ringworm, as well as minor cuts, scrapes, and bruises to prevent infection. It is active against *Candida*, a common yeast that can cause thrush in the mouth and other areas. Hence it is often used in places where conventional antifungal treatments are not available or desired [\[R, R\]](#).

Gentian violet can stain skin and fabrics purple and its safety, especially with prolonged use, has been a topic of discussion [\[R, R\]](#).

How it helps

Topical application of gentian violet (0.00165-0.5%, 2x/day for 14 days) improved oropharyngeal candidiasis in two studies on 254 people with HIV patients. However, 0.5% gentian violet offered less benefits than lemon juice in a study of 83 people with HIV and oral thrush [\[R, R, R\]](#).

11



Topical Sodium Bicarbonate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a paste made from mixing sodium bicarbonate (baking soda) with a small amount of water to the affected skin area. Let it sit for 5-10 minutes before rinsing off with water. Repeat this process 1-2 times daily as needed for relief.

Description

Sodium bicarbonate, commonly known as baking soda, is used topically for its mild abrasive properties, making it a gentle exfoliant and skin cleanser. It is a chemical compound primarily used for skincare and minor first-aid purposes.

[Sodium bicarbonate](#) is a popular ingredient in food, medicine, and household products. You probably know it as **baking soda**.

It's often used as an over-the-counter antacid to relieve gut issues like indigestion and heartburn [\[R, R, R\]](#).

How it helps

A sodium bicarbonate solution (3%) used for 14 days may help prevent oral thrush after oral surgery [\[R\]](#).

However, a 5% sodium bicarbonate mouthwash or solution did not reduce the amount of *Candida* in the mouth in two studies [\[R, R\]](#).

12



Lactobacillus Rhamnosus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R\]](#), [\[R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

A study on elderly people with denture stomatitis, a common condition linked to Candida infections under removable prostheses, found that consuming a probiotic, *Lactobacillus rhamnosus* SP1, along with strict oral and prosthetic hygiene reduced the amount of candida and the severity of the infection [\[R\]](#).

13



Avoid Douching

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Stop using any douching products, whether vaginal or rectal, immediately and do not start this practice. Instead, maintain natural balance and cleanliness through regular bathing with water and mild soap if necessary, avoiding inserting any substances or products into the body.

Description

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching. Experts however, recommend against douching because it can lead to health problems, such as vaginal infections, STD's, and difficulties getting pregnant.

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching.

This practice is common in women. However, **experts recommend against douching** because it can lead to health problems, including [\[R, R, R\]](#):

- Difficulty getting pregnant
- Vaginal infections
- Sexually transmitted diseases (STDs).

How it helps

Experts recommend avoiding douching, which removes some of the normal bacteria in the vagina that prevent infections. Vaginal douching is associated with vaginal candida infections [\[R, R\]](#).

Research on 2,585 women associated the practice of douching with an 80-250% increased risk of vulvovaginal candidiasis. However, not all studies have found this association [\[R, R, R, R, R, R, R, R, R\]](#).

14



Topical Lemongrass

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply a lemongrass oil diluted with a carrier oil (like coconut or jojoba oil) directly to the affected area of the skin 2-3 times daily. Lemongrass oil should be diluted in a ratio of 1 to 2 drops of lemongrass oil per teaspoon of carrier oil.

Description

Lemongrass extract, derived from the lemongrass plant, contains essential oils with potential anti-inflammatory and antiseptic properties. It is used in skincare products to provide a refreshing and invigorating aroma and may contribute to skin clarity and balance.

Cymbopogon citratus (*C. flexuosus*) is an aromatic herb also known as **lemongrass**. It is commonly used in cooking in many parts of the world, particularly in Southeast Asia [\[R\]](#).

Lemongrass has a sweet, lemony scent and flavor and is often used as a natural flavoring for teas and other beverages. People also use it as a natural insect repellent and an ingredient in many fragrances [\[R\]](#).

Lemongrass has been used for centuries in traditional medicine for a variety of ailments, including [\[R\]](#):

- Fever
- Colds
- Digestive problems

It may have anti-inflammatory, antibacterial, antifungal, and antioxidant properties [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study on 83 HIV-positive people with oral candida infection found that lemongrass infusion (for 11 days) helped more than gentian violet, a commonly used medication in South Africa [\[R\]](#).

15



Topical Propolis

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply a thin layer of topical propolis cream or ointment directly to the affected area of skin 2 to 3 times daily. Continue this application daily for 1 to 2 weeks or as needed for symptom improvement.

Description

Propolis is a resinous substance produced by bees and is rich in various bioactive compounds. It is often used topically for its potential antibacterial and wound-healing properties, making it beneficial for minor skin irritations and abrasions.

Propolis is a waxy compound, also known as “bee glue.” Honeybees make it from plants and use it to build, repair, and protect their hives [\[R\]](#).

Green propolis is a special type of propolis made from the *Baccharis dracunculifolia* tree. This plant commonly grows in Brazil [\[R\]](#).

People use propolis to potentially help [\[R\]](#):

- Reduce the appearance of acne
- Maintain oral health
- Support the immune system

How it helps

Green propolis extract or gel inside of the mouth (3-4 times/day for 1-2 weeks) may block the growth of *Candida*. It may also help with symptoms like mouth redness and swelling [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Be careful with propolis if you are prone to allergies, especially if you are allergic to pollen* [\[R\]](#).

16



Dill

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a dill supplement in capsule form, as directed on the product label, typically once per day with water. Always follow the manufacturer's recommended dosage or the advice of a healthcare professional. It's essential to check the product label for specific dosage information.

Description

Dill is an herb known for its potential to aid digestion and provide antioxidant benefits. It can be used as a flavorful addition to meals and may support digestive comfort.

How it helps

Dill contains antimicrobial properties that fight against the yeast causing the infection. It may provide relief by restoring the normal balance of yeast and bacteria in your body.

In a single-blind, randomized, placebo-controlled trial of women with microbiology-confirmed vulvovaginal candidiasis, 2% dill vaginal suppositories and 100 mg clotrimazole vaginal tablets **reduced the estimated prevalence of leucorrhoea, burning, and itching similarly** [\[R\]](#).

17

Topical Tea Tree Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil mouthwash may improve oral thrush. Applying tea tree oil solution to the inside of the mouth may also help. Tea tree oil may help by blocking the growth of *Candida* and reducing inflammation [\[R, R, R\]](#).

Please note: *Ingesting tea tree oil is toxic. Applying undiluted tea tree oil to the skin can cause irritation* [\[R\]](#).

18



Topical Lemon Juice

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply fresh lemon juice directly to the affected area of your skin using a cotton ball or your fingertips. Leave it on for about 10-15 minutes before rinsing off with lukewarm water. Repeat this process once daily for a few weeks or until you see improvement.

Description

Lemon juice is a natural topical application derived from the fruit of the lemon tree. It contains citric acid and vitamin C, making it suitable for brightening the skin, addressing hyperpigmentation, and promoting a more even skin tone. Lemon juice is widely used in skincare and home remedies.

How it helps

A study on 83 HIV-positive people with oral candida infection found that lemon juice (for 11 days) helped more than gentian violet, a commonly used medication in South Africa [\[R\]](#).

19



Topical Pomegranate Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a pomegranate extract cream or serum directly to the skin area of concern once or twice daily. Ensure the skin is clean and dry before application. There is no specific duration; use can be ongoing as part of a skincare routine.

Description

Pomegranate extract is derived from pomegranate fruit and contains potent antioxidants like ellagic acid. It is commonly used in skincare products for its potential to promote skin health, reduce signs of aging, and provide protection against UV damage.

[Pomegranates](#) are red fruits that contain seeds covered by edible sweet coats. They are rich in antioxidants [\[R\]](#), [\[R\]](#).

Pomegranate may reduce inflammation and support heart health. People use pomegranate seed oil and peel in cosmetics and traditional medicine [\[R\]](#), [\[R\]](#).

How it helps

A gel with pomegranate peel extract applied inside of the mouth may help improve oral thrush [\[R\]](#).

Please note: *Pomegranate root, stem, and peel may be harmful if consumed in large amounts* [\[R\]](#).

20

Topical Garlic

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Crush or mince fresh garlic and mix it with a carrier oil, like olive or coconut oil, to dilute its strength. Apply this mixture directly to the affected area of the skin, leave it on for about 20 minutes, then rinse off. Repeat this process daily for up to 2 weeks or until you see improvement.

Description

Garlic is a topical application derived from the garlic bulb, known for its potential antibacterial and anti-inflammatory properties. It is commonly used for skin issues like acne and fungal infections due to its main compound, allicin, and its origins can be traced back to the Allium plant family.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

The active component in garlic is called *allicin*.

How it helps

A study involving 56 people with oral candidiasis found that applying garlic paste topically (for 2 weeks) offered equivalent results to standard therapy in reducing symptoms [\[R\]](#).

21

Bifidobacterium Breve and Lactobacillus Casei

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Bifidobacterium breve supplement according to the product's specific instructions, usually 1-2 capsules daily with water, ideally before meals for better absorption. This regimen should be followed for at least 2-4 weeks to start observing benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium breve is a probiotic strain that can contribute to digestive health and support a balanced gut microbiome. People use *B. breve* as a supplement to improve skin health and combat allergies and infection. It is a probiotic species found in human breast milk and the gastrointestinal tracts of infant and adult humans. As an individual ages, the total population of B. breve within their gut decreases [\[R\]](#).

People use *B. breve* as a supplement to improve skin health and combat allergies and infections [\[R\]](#), [\[R\]](#), [\[R\]](#).

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea. It is found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [\[R\]](#), [\[R\]](#).

People mainly take *L. casei* to support a healthy gut microbiota [\[R\]](#).

How it helps

A study involving 42 healthy older people found that a probiotic product containing *Lactobacillus casei* and *Bifidobacterium breve* (1x/day for 4 weeks) reduced *Candida albicans* and other candida species in the mouth, from 92.9% to 85.7%. The probiotic product also improved immunity against those microbes [\[R\]](#).

22



Lactobacillus Acidophilus NCFM

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

[Lactobacillus acidophilus](#) is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

L. acidophilus NCFM is a specific strain that may help relieve diarrhea, improve gut health, and boost the immune system. It can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

In a placebo-controlled trial of 60 denture wearers, consuming cheese with *Lactobacillus acidophilus* NCFM for 8 weeks reduced the oral colonization of *Candida* [\[R\]](#).

23



Garlic Supplement

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a garlic supplement, such as a garlic extract or aged garlic supplement, in a dosage of 600-1,200 mg per day, divided into separate doses. This should be taken with meals to minimize digestive issues. Continue daily for at least 8-12 weeks to evaluate its effects on health markers like blood pressure or cholesterol.

TYPICAL STARTING DOSE

200 mg

Description

Garlic is a pungent herb known for its potential health benefits, including cardiovascular support and immune system enhancement. It contains bioactive compounds that may help reduce the risk of chronic diseases and support overall well-being.

[Garlic](#) is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic. People take garlic to help control their blood pressure and cholesterol [\[R\]](#).

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [\[R\]](#).*

How it helps

A study with 110 women suffering from symptomatic vaginal candidiasis showed that taking garlic tablets (500 mg, 3x/day for a week) improved symptoms, including redness and discharge, by approximately 60%. However, standard therapy offered greater benefits and another study found no benefits from garlic [\[R, R\]](#).

Please note: *Garlic can interact with blood thinners (such as aspirin, Plavix, and Coumadin). In addition, garlic can irritate the stomach in some people. Talk to your doctor before taking garlic [\[R, R\]](#).*

24



Sage Extract

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take sage extract in supplement form, ideally in doses ranging from 300 to 600 mg daily, divided into 2 or 3 doses throughout the day. It is recommended to follow this regimen for at least 1 to 2 months to evaluate its effects on cognitive function and mood improvements.

TYPICAL STARTING DOSE

300 mg

Description

Common sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues [R].

People commonly use sage as a spice and a traditional remedy for [R, R]:

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

How it helps

In a placebo-controlled trial of 111 women with vulvovaginal candidiasis, applying 400 mg sage vaginal tablets for 7 days, both alone and combined with clotrimazole, reduced the frequency of positive tests and improved cheesy discharge, pruritus, and edema [R].

Sage extract contains anti-fungal properties that can help inhibit the growth of yeast, aiding in the treatment of yeast infections. It also can help boost the immune system, further aiding your body to fight off the infection.

Please note: *rosmarinic acid from sage may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using sage extract and always consult with a healthcare provider before taking this supplement* [R].

25



Topical Yarrow

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of yarrow extract or cream directly onto the affected area of the skin, gently massaging it in until fully absorbed. Repeat this application two to three times a day, continuing daily for as long as symptoms persist or improvement is noticed.

Description

Yarrow extract is used topically for its potential anti-inflammatory and wound-healing properties, often applied to minor cuts and bruises. It contains various chemical compounds, including sesquiterpene lactones, and is derived from the flowering plant *Achillea millefolium*.

[Yarrow](#) (*Achillea millefolium*) is a flowering plant native to western Asia and Europe. Its flowers are usually white but can also be pink [\[R\]](#) [\[R\]](#).

The name *Achillea* derives from the legendary warrior Achilles, who supposedly applied yarrow on his battle wounds to heal them [\[R\]](#) [\[R\]](#).

Today, people use yarrow to help with wounds, infections, and pain [\[R\]](#) [\[R\]](#) [\[R\]](#).

How it helps

According to a single study, a cream with yarrow extract may help with vaginal yeast infections [\[R\]](#).

Please note: *Do not use yarrow if you are allergic to plants of the Asteraceae family (such as daisies and ragweed)* [\[R\]](#).

26



Lactobacillus Acidophilus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus acidophilus. Look for products that offer around 10 billion CFUs (colony-forming units) and take it once daily, preferably on an empty stomach, either first thing in the morning or right before bed.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus acidophilus is a [probiotic](#) bacterium that has been traditionally and widely used in the dairy industry to make yogurt [\[R\]](#).

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [\[R, R, R, R\]](#):

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

How it helps

In a placebo-controlled trial of 60 denture wearers, consuming cheese with *Lactobacillus acidophilus* NCFM for 8 weeks reduced the oral colonization of *Candida* [\[R\]](#).

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Lactobacillus Plantarum

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

[Lactobacillus plantarum](#) is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Lactobacillus Plantarum is a probiotic that helps in restoring the healthy balance of bacteria and yeasts in your body. By doing so, it can reduce the amount of Candida, the yeast that typically causes infections, hence treating and preventing yeast infections.

In a [placebo-controlled trial of 93 women with a history of recurrent vulvovaginal candidiasis](#), supplementation with *L. plantarum* P17630 (5x10⁹ cfu/day) for 90 days **improves vagina colonization of acid lactic bacteria, potentially helping prevent candidiasis and bacterial vaginosis** [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus casei is a [probiotic](#) bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [R, R].

People mainly take *L. casei* to support a healthy gut microbiota [R].

How it helps

A study involving 42 healthy older people found that a probiotic product containing *Lactobacillus casei* and *Bifidobacterium breve* (1x/day for 4 weeks) reduced *Candida albicans* and other candida species in the mouth, from 92.9% to 85.7%. The probiotic product also improved immunity against those microbes [R].

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Bifidobacterium Breve

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a Bifidobacterium breve supplement according to the product's specific instructions, usually 1-2 capsules daily with water, ideally before meals for better absorption. This regimen should be followed for at least 2-4 weeks to start observing benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium breve is another probiotic strain that can contribute to digestive health and support a balanced gut microbiome. People use *B. breve* as a supplement to improve skin health and combat allergies and infection.

[Bifidobacterium breve](#) is a probiotic species found in human breast milk and the gastrointestinal tracts of infant and adult humans. As an individual ages, the total population of B. breve within their gut decreases [\[R\]](#).

People use *B. breve* as a supplement to improve skin health and combat allergies and infections [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study involving 42 healthy older people found that a probiotic product containing *Lactobacillus casei* and *Bifidobacterium breve* (1x/day for 4 weeks) reduced *Candida albicans* and other candida species in the mouth, from 92.9% to 85.7%. The probiotic product also improved immunity against those microbes [\[R\]](#).

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

