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Is it possible to treat *Candida* fungus infection without the use of anti-fungicides medication

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Introduction & Aim: Candidiasis is an infection caused by *Candida*, which is already living inside the body (mouth, throat, gut, vagina, skin). Sometimes *Candida* can multiply causing an infection, if the environment changes. The study aims to demonstrate if it is possible to treat *Candida* infection without the anti-fungicides.

Method: The method used was two case reports. In both cases, the patients were being treated for vaginal candidiasis with anti-fungicides and the condition would relapse after the end of the anti-fungicide medication treatment. They were treated with Traditional Chinese medicine approach, using auricular acupuncture with apex ear bloodletting, diet regulation and correction of the emotional factors through acupuncture.

Results: With the use of Traditional Chinese Medicine approach, with diet regulation and seeing the patient as whole, not only focusing the spot of infection, both patients were cured without the use of anti-fungicides. Each patient is seen individually, but the main factor maintaining the fungus was the humidity, caused by the spleen-pancreas deficiency. Correcting the humidity in the body through diet and acupuncture, the factors maintaining the fungus growth were corrected and both cases were cured without the use of any antifungicide medication.

Conclusion: We conclude in this study that *Candida* infections can be treated without the use of antifungicides. For this aim, we need to see the patient as a whole looking to their energy imbalances, changing the dietary habits and using acupuncture, to restore the balance between the internal energy.

Biography

Huang Wei Ling has completed her Graduation in Medicine in Londrina State University. She is a specialist in infectious and parasitic diseases. She is a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist.

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