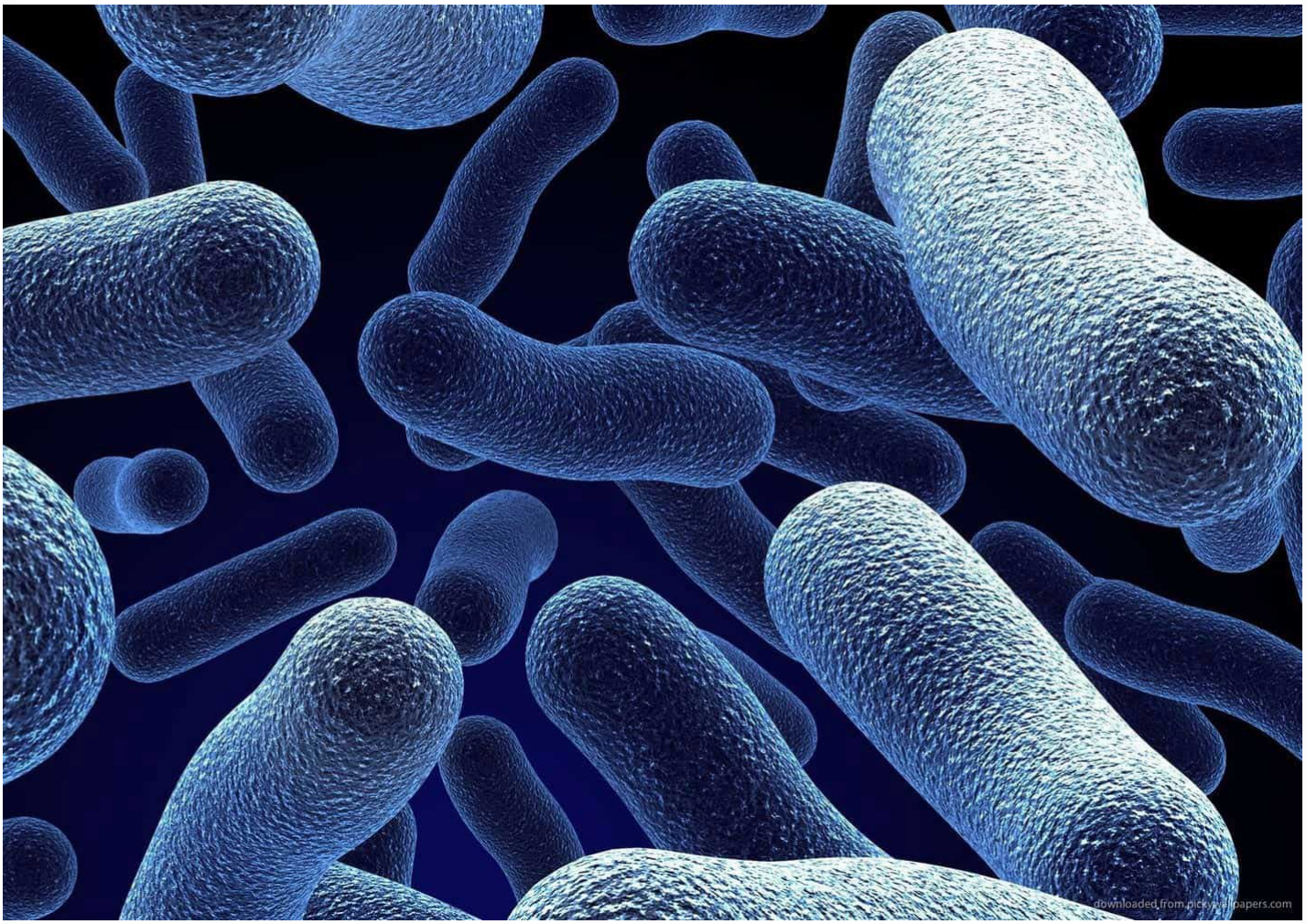
?How do probiotics kill Candida



You may be wondering how probiotics kill Candida and how useful they are in treating vaginal yeast infections. Probiotics, known as friendly bacteria, can provide many health benefits, such as boosting the immune system or reduce .the number of dangerous fungus, parasites, and viruses in the body

They produce lactic acid and acetic acid which help to maintain the correct levels of acidity in your body and stop Candida from changing into its pathogenic form that causes an infection. So it's crucial to keep the levels of friendly :bacteria at the right level to prevent the overgrowth of harmful microorganisms. The balance between probiotics and potential harmful fungus and bacteria can be disturbed by

- taking estrogen-based contraceptive pills
- changes in hormone levels caused by the menstrual cycle, pregnancy or menopause
- vaginal douching
- low immunity
- taking antibiotics

In case of vaginal yeast infection, you will need *Lactobacillus rhamnosus*, *Lactobacillus reuteri, Lactobacillus acidophilus and Lactobacillus plantarum*. It's worth knowing that because women need different probiotic strains to .maintain a healthy vaginal flora, depending on their genes and geographical location, a probiotic supplement should contain multiple probiotic strains to ensure its effectiveness

There are many great products on the market when it comes to probiotic supplements for women. However, not all of the offer high quality and there is often the risk of buying a supplement with no live probiotic cultures present, .making it completely useless

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