

## Welcome to our October Newsletter issue

This month's issue is dedicated to yeast infection and newborns and we have some interesting articles and tips for you on how to get rid of those annoying yeast infections naturally and how to get your newborn to sleep through the night.



## Can food help with your yeast infection?

Believe it or not, yeast is not really the enemy. Although it may seem like it is to those of us who are suffering from yeast infections, in actuality it serves a very useful purpose. Unfortunately, however, it can cause problems in our body that are definitely unwelcome and if we are suffering from a yeast infection, it is difficult to think about the benefits of yeast in our lives.

One of the main problems that is causing yeast infections in individuals is the fact that our body gets thrown out of balance and it is unable to keep the yeast from growing to unnatural levels. It is easy enough for us to be able to correct that problem because we can do so by hydrating ourselves regularly or eating the right kind of food, such as yogurt and apple cider vinegar.

You might be surprised, however, with the fact that in many cases we are actually feeding the yeast infection with the food that we are eating. Instead of thinking about what type of food you should need in order to get rid of the yeast infection, why not think about some of the food that you are eating which might be causing the whole problem.

One of the worst offenders as far as food is concerned is sugar. Many of us enjoy eating sugar and we get it in so many different forms that it is difficult for us to even realize when we are consuming it in the first place. The simple fact is, yeast loves sugar and it thrives on it. If we are eating sugar regularly, we are simply feeding the yeast infection. Remove it from your diet and you remove a lot of the ability of the yeast infection to grow.

Another thing that you may be eating which could be causing yeast infections is processed foods. These are the mainstream of many of our diets but a lot of the things that are contained within processed foods also help to feed yeast infections. Start with a diet which includes plenty of fruits and vegetables and you will begin to see some of your yeast infections disappear as a result.

We are dedicated to providing the best possible service and treatment to our patients. Your satisfaction is important to us. If you have any questions or need any of our services, we are here for you!

**Dr Dana Moisuc**  
**Suite 1, 3 Lyrebird Street**  
**Buderim QLD 4556**  
**P: 07 5478 3533**  
**F: 07 5444 0121**

**E:reception@danamoisuc.com.au**

**www.danamoisuc.com.au**

## The connection between exercise and yeast problems

Do you know what the number one cause of a yeast infection is? It is not yeast in the body, although that is what many people feel that it is. You might be surprised to learn that yeast is actually present in the world around us and it is in our body in natural levels.

The yeast does not cause any harm and as a matter of fact, it provides us with some benefits that can not be found anywhere else in the nature. This yeast is in our body in a limited sense because of natural bacteria which helps to keep the number of spores in check.

The real problem occurs whenever an imbalance happens within our body and the bacteria is reduced to a certain extent. This starts a chain reaction in which our body is no longer able to naturally fight off the yeast and it is allowed to spawn and grow to the point where it becomes a real problem. In order for us to overcome the yeast infection naturally, we need to balance our body out and regain some of the bacteria that was lost.

There are a number of different ways that we can do this but it really all depends on why we are having a problem keeping this bacteria alive in our bodies. One of the main reasons why we have a difficult time with this is because we are so quick to take antibiotics for various health problems. Antibiotics kill both good bacteria and bad bacteria in our bodies which leave us defenseless against yeast infections.

In order for you to truly overcome the problem, you need to do three different things. You need to eat the right foods, drink plenty of water and get some exercise on a daily basis. You might be surprised to learn that exercise is such an important part of this effort but what it does is to help balance our body and to make it healthy from the inside out. You can walk, run, bike, lift weights... As long as you're getting exercise every day your body is going to be healthier as a result.



## Getting your newborn to sleep through the night

It is not easy to get your newborn to sleep all through the night when you first bring them home from the hospital. It may be hard to hear, but a newborn baby really does need to eat every few hours. This means that they are going to wake up in the middle of the night and you need to get up to feed them. However there are ways that you can rearrange your schedule so that they can get into a good routine and this can make nighttime feedings go a lot easier. The most important thing is to get the baby to sleep through the night. This means that you will get to sleep through the night. Getting a good routine is important and if you can get them down early, you are going to notice that it is easier for you to transfer to sleeping through the night when your baby no longer wakes up to eat in the middle of the night.

It is important to put your baby to sleep at the same time every night. Many of the new parents do not do this because they think if they have a newborn, it will be easier on them if the newborn sleeps at the same time that the parents do. However a baby is going to wake up early in the morning and so if your child is put to bed earlier at night this will put them on a schedule and a good routine. This will mean that your child is going to be less cranky during the day.

It is also a good idea for you to remember with your newborn, that the only times they should be waking up at night will be the times that they are hungry and need to eat. This means that if you can keep your baby happy so that they are only waking up to eat, this will be much easier for you to make the transition to having them sleep through the night. Make sure that the temperature in the room is warm and enjoyable for a baby. Your newborn should not need to have blankets on and he or she should not be dressed in many different layers to keep warm. On the same note, they should not be dressed too warmly because if a newborn gets hot he or she will wake up. Know that if you keep the room dark and quiet, you and your baby are more likely to sleep better and more comfortably.