

Rosacean and Candida

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Rosacean Cause

Fact #1

Do you know the fact that Rosacea can be caused by H. pylori? Let me tell you a fact which you may have not known. Once I have a friend who has been suffering with it. So I did a little research on it.

I quote below information from <http://www.acu-cell.com/dis-hpy.html>

"H. pylori only occurs when the stomach acid is low and it cannot exist in normal acid levels. H. Pylori can be easily inhibited by raising stomach acid, or in other words lowering its pH, provided this is done before much damage is done by the bug, which is the reason why people with normal acid levels are generally asymptomatic and don't get ulcers unless they are on certain drugs or consume large amounts of alcohol -- although moderate alcohol consumption in itself also inhibits H. Pylori. Coffee consumption on the other hand has been found to aggravate the symptoms of H. Pylori infections.

Unfortunately, people with reduced acid levels oftentimes suffer from what they assume is high stomach acid (heartburn, bloating, nausea, frequent burping), and as a result frequently take antacids. By doing so, they encourage greater H. Pylori activity and thus increase the risk for ulcers or gastric cancers, with the bug also being implicated for heart disease, gum disease, asthma, rosacea, and chronic headaches or migraines as well. If patients had indeed high acid levels (as some physicians still have them believe), then why do symptoms quickly improve when acid levels are raised?"

So for a recap based on piece of information above, Rosacea may be caused by high pH on your stomach which will trigger higher activities of H. Pylori. Higher pH can also be due to over consumption of antacids by some people who suffer high stomach acid (heartburn, nausea, frequent burping) to lower their pH.

Fact #2

Rosacea, along with other symptoms such as dark circles, puffiness are caused by toxins. When your body doesn't need to detoxify in those areas it will stop, unless you get more toxins after that.

When you are having candida and Rosacea at the same time, Rosacea is very common when you have candida, as well as other skin problems. The body externalizes the healing process to the skin in order to protect vital inner organs. The fact that skin problems exist is evidence your body is trying hard to heal. There are a lot of information about this on the internet, but if you want very detail explanation about it, there is a good source in the "[Rosacean No More](#)" website

Rosacea Treatment

Alternative #1 - Enemas

Enemas is a great solution. Many have stated that they had found great relief with coffee enemas. They made their rosacea almost gone. The effect was immediate.

Alternative #2 – Diet, natural healing

Another way to improve Rosacean is to follow Rosacean Diet Plan (Low Carbs high Protein) which will help to control Rosacea symptoms. If you have sinus problem, your sinus will get improved too. Or you can do a candida diet program. And yes the candida program clears up rosacea. In fact a good friend of mine here had rosacea along with other skin problems, and started on the program last year. She is totally delighted that all of her skin problems, including rosacea, have cleared up on the candida program. She applied coconut oil directly to the rosacea and other skin eruptions, which is very healing and helpful. But the diet is the most important aspect of getting well. Natural healing is the best treatment for any diseases. There are several good books that focusing on this treatment, [How to cure candida](#) ebook and [Yeast Infection No More](#) (Just for note: those products are not mine).

If you decide on natural healing process, then you have selected the best way to get your Rosacea cured, however, one important note you should keep in mind all the time, natural healing takes **time**, **patience** and **persistence**.