

Helping Parents Make a Difference

What Does Yeast Look Like In Your Child?

By Lori Knowles



When my son Daniel was diagnosed with Autism in October 2000, I knew from the Organic Acid (OAT) and Comprehensive Stool Analysis that yeast was a big problem for him. We had already started on the gluten/casein-free diet and had already seen big improvements with receptive and expressive language, eye contact, awareness of his environment, and bowel movements. So, as I was getting ready to take on the yeast monster, the MOST IMPORTANT question I was asking myself was “**which of my child’s autistic symptoms are caused by yeast?**”

Why is this important? First of all, it is important to understand that for most children with autism, the yeast problem is not going to go away with one treatment. The yeast is often entrenched, resistant (or easily becomes resistant) to both prescriptive and natural remedies, and often returns once yeast treatment stops. Their immune systems are not able to keep the proper balance of good and bad flora in check on their own. I have seen this over and over again with my son Daniel. One of the main causes of yeast making a comeback in him is when he consumes food or drink high in sugar. When I first became aware of this problem, I realized that letting him drink 100% apple juice was only feeding and encouraging yeast overgrowth. Because my son would not drink water, I had to significantly water down all juices, and I used [Stevia](#) (which does not feed yeast) to sweeten the juice so he wouldn’t notice. A major key to successfully controlling yeast is to significantly reduce or eliminate foods containing sugar, and to limit carbohydrates and even fruit consumption. This is especially hard for high functioning kids who are very aware of what their typical peers are eating and they feel deprived. However, as difficult as it is, it is important to stay the course to eliminate yeast in our children because it will significantly hinder their progress.

Our first DAN! physician prescribed Nystatin for my son. Within one week I was noticing many positive changes. He was more clear and articulate in his speech, had more formed stools, less STIMS, and overall was much more focused and “with it.” I took note of these improvements so when some of these improvements disappear, it is a sign that the yeast has returned. For other parents, yeast may look like nighttime awakenings, head banging, inappropriate laughter, or many more symptoms that are familiar with autism. Because yeast symptoms can look different in each child, it is necessary for every parent to do the detective work so they too can answer the question, “what does yeast look like in my child?”

Although I still re-test periodically to evaluate my son’s digestive system, now that I know my child’s yeast symptoms, I’m not dependant on a test every time I suspect yeast. I reach in to my natural yeast treatment supply and treat him with 2-3 natural products, rotating every five days. My favorites are [Candidid Forte](#), [Oregano Oil](#), [Uva Ursi](#), [MCT Oil](#), [Grapefruit Seed Extract](#) and [Liquid Garlic Extract](#); these products will also eradicate harmful bacteria as well. Make sure that you check with your practitioner to verify which products and what dosage they suggest for your child. Yeast and bacteria flare-ups are less likely to occur while rotating high quality, high potency probiotics in conjunction with diet modification.

Yeast may only be one of the many pieces of the autism puzzle, but it is a BIG piece that can be stubborn and reoccurring. Knowing your child’s yeast symptoms, making the necessary diet modifications and utilizing natural products can make a big difference in helping to control yeast (and bacteria) in your child.