



Understanding

Fungal & Yeast Exposure

Common Sources • Hidden Risks • Natural Support

Body • Soul • Spirit

Shiloh Wholistic Wellness Center

theshilohcenter.com • 928-800-8153

Where Does Yeast Exposure Come From?

■ Environment	■ Home	■ Daily Habits
• Dust storms • Gardening • Bird & bat droppings • Soil fungi	• Hidden plumbing leaks • Damp basements • Humidifiers • Air conditioners	• Wet swimsuits • Sweaty gym clothes • Synthetic activewear • Excess moisture on skin

Why This Matters

Yeasts and fungi thrive in warm, dark, moist environments. Exposure alone doesn't create illness — but repeated exposure combined with stress, immune burden, mold toxicity, or microbiome imbalance may increase your susceptibility.

■ *Did You Know? Fungi are everywhere in our environment. The goal isn't zero exposure — it's building a terrain that can respond and recover.*

Hidden Medical & Hospital Risks

When Yeast Becomes More Than an Environmental Exposure



Biofilms

Yeast can form protective shields that allow them to attach to medical devices and become difficult to remove.



Hospital Surfaces

Certain strains like *Candida auris* can survive for extended periods on equipment, bed rails, and other surfaces.



Surgical Procedures

Any disruption to the skin barrier creates opportunities for increased microbial exposure.

Key Takeaway

Most hospital visits are safe. However, individuals with weakened immune systems, chronic illness, implanted devices, or prolonged hospital stays may face greater risk. If this applies to you, it's worth having a conversation with your care team.

Foods That May Contribute to Yeast Overgrowth

■ Contains Active Yeast	■ Higher in Yeast or Mold	■ Feeds Existing Yeast
• Bread • Sourdough • Beer & wine • Kombucha • Nutritional yeast	• Aged cheeses • Vinegars • Dried fruits • Cured meats • Overripe fruit	• Sugar • White flour • Refined carbohydrates • Sweetened beverages

An Important Distinction

The goal is not lifelong restriction. The goal is understanding which foods may contribute to overgrowth while healing is taking place. Once balance is restored, many foods can be reintroduced mindfully and without fear.

Natural Support Options



Oil of Oregano

Supports healthy microbial balance in the gut and body.



Caprylic Acid

Derived from coconut oil. Helps support healthy yeast management.



Berberine Herbs

Found in goldenseal, barberry, and Oregon grape. Traditional antimicrobial support.



Raw Garlic

Traditionally used across cultures to support healthy microbial balance.

Supporting Detoxification Matters Too

When yeast dies, the body must process and eliminate the metabolic waste it releases. Without adequate detox support, this process can create its own burden.

- ✓ Hydration
- ✓ Liver support
- ✓ Bowel regularity
- ✓ Methylation support
- ✓ Cellular detoxification pathways

Why Personalized Care Matters

■ No Two Microbiomes Are Identical

- ✓ Different yeast strains
- ✓ Different toxin burdens
- ✓ Different immune responses
- ✓ Different detoxification capacity
- ✓ Different nutritional needs

Your Personalized Strategy May Include

- | | | |
|--------------------------|-------------------------------|----------------------------|
| ■ Functional testing | ■ Nutritional recommendations | ■ Targeted supplementation |
| ■ Detoxification support | ■ Nervous system regulation | ■ Lifestyle modifications |

The goal is not just elimination.

The goal is **restoration**.

A healthy microbiome exists in balance with the rest of the body. When we support the terrain, improve detoxification pathways, and address underlying stressors, the body often moves back toward the state it was designed for:

Wholeness.

Ready to build a personalized plan? Reach out to schedule a consultation.