Tobacco Plant May Hold the Answer to Treating Dangerous Fungal Infections

A newly published study in Nature Communications has discovered that a peptide found in tobacco plants, NaD1, is able to combat Candida albicans cells. The compound is found in the plant *Nicotiana alata,* which is one of roughly 70 species of tobacco not grown for commercial use. The outer layer of Candida albicans, the most common cause of yeast infections, is torn apart by the peptide, causing the death and explosion of the fungus. According to Dr. Mark Hulett, a study author from the La Trobe Institute for Molecular Science,

> *They [the peptides] act in a different way to existing antibiotics and allow us to explore new ways of fighting infections. It's an exciting discovery that could be harnessed to develop a new class of life-saving antimicrobial therapy to treat a range of infectious diseases, including multi-drug-resistant golden staph, and viral infections such as HIV, Zika virus, Dengue and Murray River Encephalitis."*

Candida's Diet

Candida is an especially insidious fungus. Since the candida is always present in the body, keeping the opportunistic microbe in balance is key. Unfortunately, the standard American diet, high in sugar and processed foods, is incredibly suited to the fungus.

Recommended: *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*

Figuring out the Future

The discovery of this plant's effectiveness in killing Candida could be a breakthrough in treating the fungus. Or it could be devastating in a way we haven't anticipated. Candida serves a necessary function, aiding in nutrient absorption and digestion. It also releases toxins as it dies, and death by explosion seems guaranteed to cause significant die-off symptoms.

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Maybe this will work. Likely it won't because it doesn't deal with how the candida got out of control in the first place. The issue is diet, and that will take a more thoughtful and holistic approach than pharmaceuticals can offer.

Sources:

- *La Trobe's Infection-Busting Discovery* – Latrobe.edu
- *X-ray structure of a carpet-like antimicrobial defensin–phospholipid membrane disruption complex* – Nature Communications
- *6 Most Common Types of Candida* – yeastinfection.org
- *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections* – Organic Lifestyle Magazine