

Candida (Candidiasis)

Many alternative and preventative health care practitioners find that a surprisingly high number of chronic health concerns are related to an overgrowth of yeast in the body (Candida albicans). This overgrowth has been found to be a common occurrence with many disorders and is also present in millions of people who cannot figure out what is wrong with them or what to do about it.

Using the questionnaire and score sheet that follows you can determine if Candida is an health problem that you might have.

What is Candida?

Candida can be a serious problem. Candida is a single-celled fungal yeast that is impossible to keep out of the body. Normally, it does no harm because probiotics (like acidophilus) keep it in check. When probiotics are destroyed by birth control, antibiotics, steroids, extreme stress, etc. Candida can grow out of control.

Cause

This overgrowth occurs when we disturb the natural balance in the body:

- By introducing antibiotics, hormones, including birth control pills, or steroid based medications, i.e. cortisone, or chemotherapy.
- By consuming diets high in sugars and refined carbohydrates and/or too low in fresh fruits and vegetables (3-5 servings a day recommended), fad diets or stress.
- Health concerns such as multiple pregnancies, low thyroid and diabetes can also contribute to Candida.

Result - Yeast Overgrowth

The result is yeast, which normally coexists with friendly bacteria (lactobacillus and bifidus) in the gut and other mucosal membranes of the body, now grow out of control. The yeast feeds on the sugars and carbohydrates while the friendly, but fragile bacteria, which normally keep the yeast in check, are easily destroyed by medications, intestinal disturbances, stress, etc.

Symptoms

Symptoms vary from person to person and fluctuate in severity, or may come and go. Most symptoms are invisible, which makes it difficult for others to understand the vast array of problems that a person is experiencing.

Brain/nervous system

Anxiety
disease
Depression
Headaches
Irritability
Mood swings
Poor memory
Poor mental focus

Digestive

colitis/ irritable bowel

constipation
belching
diarrhea
 bloating/ gas
abdominal pain
bad breath

Dizziness

Immune/ Respiratory

Frequent infection, especially ears/tonsils

Sinus congestion

Chronic cough

Pain/tightness in chest

Environmental sensitivities, i.e. mold

Asthma-like symptoms

Reproductive

Endometriosis

Uterine fibroids

Cervical dysplasia

PMS

Infertility

Loss of libido

Prostatitis

Impotence

Pelvic pain

Vaginal discharge/itching

heartburn

Mucous in stools

rectal itching

cravings for sweets, breads

food allergies

redness around rectal area

Other

acne/skin disorders

white coated tongue

athlete's foot

nail fungus

canker sores

burning tongue

rash/blisters in mouth

fatigue

joint pain/arthritis

muscle aches/ weakness

diabetes

blurred vision

Spots in front of eyes

Getting back in Balance

Before going on a yeast kill diet or supplement program it is best to complete the Candida Questionnaire in this workbook. If your score is high then you can contact our office for a consultation to see what amounts of nutrients are necessary for killing your level of Candida or if other tests might be recommended. Not all forms of Candida should be treated the same.

The program listed below is a healthy approach that any one could follow and get good results for a minor Candida problem.

- reduce yeast growth - increase friendly bacteria (yogurt)
- increase your garlic consumption- therapeutic doses
- take a pre and probiotic system (must state: active cultures at time of absorption in intestine)
- B- complex (key for cervical dysplasia, optional bonus for Candida)
- Multi-vitamin

Be sure to read about yogurt, garlic, probiotics, B-Complex, etc in this workbook for a better understanding on how they will help your body heal.

"Die Off"

Be aware that when the yeast "dies off", toxins are released which can cause headaches, fatigue, achy joints, diarrhea or any of the other yeast overgrowth

symptoms. Make sure you are getting plenty of fiber in your diet to increase the bowel movements to quickly move the toxins out of the body.

Candida Diet

Remove Foods that Feed Yeast

Sugars: Maple syrup, honey, molasses, corn syrup

Refined Carbohydrates: White flour products - including crackers, snacks, chips

Include Foods that Nourish Cells

Protein-rich foods: poultry, fish, eggs

Low-Carb vegetables: dark salad greens, spinach, asparagus, broccoli, cauliflower, green beans, Brussels sprouts, peppers, summer squash, and cucumbers

Sources:

The Yeast Connection Handbook; by William G. Croke

Digestive Wellness; by Elizabeth Lipski