

# **Candida (Candidiasis)**

Many alternative and preventative health care practitioners find that a surprisingly high number of chronic health conditions are related to an overgrowth of yeast in the body (Candida albicans).

## **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 too high in sugars and refined carbohydrates and/or too low in fresh fruits and vegetables (3-5 servings a day recommended), fad diets .
- Stress

## **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**

### **Brain/Nervous System**

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

### **Immune/Respiratory**

Frequent infections, 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 or itching

### **Digestive**

Colitis/ Irritable Bowel disease  
Constipation  
Belching  
Diarrhea  
Bloating/Gas  
Abdominal Pain  
Bad Breath  
Heartburn  
Mucous in stools  
Rectal Itching  
Cravings for sweets, breads or alcohol  
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

- Reduce yeast growth - increase friendly bacteria
  - Garlic
  - Optiflora Pre and Probiotic system
  
- Strengthen the immune system
  - VitaLea Multivitamin/Multimineral
  - Sustained Release Vita-C
  - Immune Building Complex
    - Unique, formula of 4 natural plant extracts which significantly increases the activity of the immune system and stimulates natural interferon production
  - CarotoMax
    - Powerful antioxidants which improve the health off mucosal membranes making them more resistant not only to candida, but also cancer (e.g. precancerous cervical dysplasia)
  - Zinc
  
- Reduce cravings
  - Glucose Regulation Complex (aka Craving Reduction Complex )
    - Usually, the greatest challenge in following the Candida reduction program is eliminating sugars and refined carbohydrates from the diet. Glucose Regulation Complex reduces cravings by improving the transport and utilization of blood sugar by the cells. Contains Alpha Lipoic Acid, banaba leaf extract and minerals essential for insulin receptors
  - B-Complex
    - Essential for the brain, the nervous system, balancing hormones and reducing cravings. B vitamins have been shown to help improve mood swings, irritability, nervousness, fatigue, depression, mental confusion, headaches, dizziness, stress and help reduce risks of heart disease.
  - Fiber Blend Tablets, Crunch or Daily Mix
  - Instant Protein Soy Mix
  
- Balance hormones/ reduce inflammation
  - Essential Omega-3 Complex
  - GLA Complex (Omega-6)
  - CorEnergy
    - These essential fatty acids help reduce symptoms of Candida related to inflammation and hormonal imbalances. They have been shown to help lower blood pressure, reduce menopausal and PMS symptoms, improve eczema, reduce heart disease risk, stops and reverses diabetic neuropathy, etc.
  
- Detoxify
  - Liver DTX – helps eliminate yeast die-off
  - BestWater – ½ ounce for every pound of body weight
  - Alfalfa
  - HerbLax- 2 to 3 bowel movements a day to carry off the candida

- Cranial-sacral adjustments , massage and energy therapy
- Colonics -- bowel irrigation by trained professional

**“Die Off”**

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

Pamper yourself – be patient. Removing yeast overgrowth takes time. To help during die-off periods, consider massages, hot baths in Epsom Salts or Aromatherapy preparations.

**Diet**

<u><b>Remove Foods that Feed Yeast</b></u>	<u><b>Include Foods that Nourish Cells</b></u>
<p>Sugars: white sugar, maple syrup, honey, molasses, corn syrup, fruit juices, dried fruit, Chocolate, bananas, alcohol</p> <p>Refined Carbohydrates: White flour products i.e. Crackers, snacks, chips, pasta</p> <p>Other: artificial sweeteners, artificial Color, caffeine, all dairy, MSG, Fried foods, peanuts, peanut Butter.</p>	<p>Protein-rich foods: poultry, fish, eggs, soy</p> <p>Low-carb vegetables: Dark salad greens, spinach, asparagus, broccoli, brussels sprouts, peppers, summer squash, cucumbers, cauliflower, green beans</p> <p>Fruit: pears, apples, blueberries, peaches, Papayas, mangoes,</p> <p>Grains: brown rice, quinoa, millet</p>