

Fungal infection and Candida

Major cause of disease in modern society.

Candida is nearly an epidemic in our society and is responsible for many of the chronic illness categories we see so frequently. Candida symptoms are vast and all encompassing and can even incapacitate the individual.

Most people are unaware that it even exists, because most main stream doctors are uneducated about its impact on our health. People suffering from this condition often go from doctor to doctor for years and are usually told they are a hypochondriac or that it is stress or a psychiatric problem, before ever discovering the real culprit.

Candida Albicans is a yeast that occurs naturally in the human body. Normally it lives in harmony with a variety of other microorganisms and actually performs a couple important functions. **The problem occurs when something upsets the balance of bacteria in the body and this allows the yeast organism to proliferate and take over all the healthy microorganisms.** Not only that, but not all fungal infections are actually yeast infections...there are many pathological fungi in our environment which are opportunistic, and will invade and live in a host who has an internal environment that suits their needs. Most of these pathological fungi emit waste products which are extremely toxic to our physiology and can lead to the onset of seemingly unrelated diseases such as gut problems, ulcers, diverticulitis, Asthma, skin diseases, allergies, even autoimmune disorders and cancer.

Fungi normally resides in the intestinal tract, mouth, throat and genitals, however it can burrow holes in the intestinal tract,(leaky gut syndrome) enter the blood stream and then make it's way into any organ of the body. To make matters worse it emits over 70 different toxins into the body. Some people may even become allergic to the yeast itself.

Once this hardy organism proliferates in the body, it wreaks havoc in many ways and is the initiator of many common maladies, conditions, syndromes and illnesses in our population.

Some of the most frequent Candida symptoms are:

- abdominal gas and bloating
- headaches
- migraines
- excessive fatigue
- cravings for alcohol
- anxiety
- vaginitis
- rectal itching
- cravings for sweets
- inability to think clearly or concentrate
- hyperactivity
- mood swings
- diarrhea
- constipation
- hyperactivity
- itching
- acne
- eczema
- depression
- sinus inflammation
- pre-menstrual syndrome
- dizziness
- Infertility Female and Male

- poor memory
- persistent cough
- earaches
- low sex drive
- muscle weakness
- irritability
- learning difficulties
- sensitivity to fragrances and/or other chemicals
- cognitive impairment
- thrush
- athlete's foot
- sore throat
- indigestion
- acid reflux
- chronic pain

One of the most well-known forms of yeast is the **vaginal yeast infection**. However, it may play a role in just about any **mental health** condition or **chronic illness** you can think of. Yeast overgrowth is considered to be a leading contributor in **alcoholism** anxiety disorders, asthma, **irritable bowel syndrome**, addison's disease, **mcs - multiple chemic sensitivities** crohns, autism, **cfs - chronic fatigue syndrome**, leaky gut syndrome, pms, endometriosis, **fms - fibromyalgia syndrome**, prostatitis, attention deficit disorder, multiple sclerosis, asthma, **food allergies**, muscle and joint pain, clinical depression, repeated urinary tract infections, hormonal imbalances, **migraines**, digestive disturbances, **difficult menopause** psoriasis, lupus, **chronic pain**, tourette's, vulvodynia, rheumatoid arthritis and many more.

Men also get fungal infections which can lead to erectile dysfunction, itching, impotency, infertility, low sperm count and much more

The brain is the organ that is most frequently affected by Candida Symptoms, but it also has profound negative effects on these systems:

- digestive
- nervous
- cardiovascular
- respiratory
- reproductive
- urinary
- endocrine
- lymphatic
- musculoskeletal

Candida symptoms can vary from one person to another and often move back and forth between systems within the same individual. One day you may experience symptoms in the musculoskeletal system and the next day it could be the digestive system ,etc.

There are a variety of **causes of candida**, but the two leading contributors are a diet high in sugar and refined foods and the overuse of antibiotics. However fungal infections are only the tip of the iceberg. They are a symptom of a deeper cause. Anything which stresses our us causes a change in our acid/alkaline balance. When we are stressed our blood Ph. becomes too acidic, which changes our internal environment into one which is deadly to our good gut bacteria which are 80% of our immune system, but friendly to the pathological fungi.

To completely resolve any fungal infection we need to find out what is stressing your system and irradiate it. The most common stressor is toxicity of various kinds (toxic metals, chemicals, radiation, hydrocarbons etc) We all accumulate toxins as the byears go by and our food and environment become more polluted. The very worst of these toxins cannot be

handled by our Liver, so it stores them in our body relatively safely. However as they accumulate eventually the sea saw will tip and we will become ill. It is essential to identify what toxic elements are present in our body and eliminate them safely. This can be done using Clinical Kinesiology Root Cause Diagnosis. Once identified a specific safe detoxification protocol can be prescribed for you, to eliminate your toxins safely and without side effects.

The second most important factor in Candida symptoms is to follow a **Candida diet**. A diet high in sugar is a haven for yeast. It's crucial to **eliminate sugars** and refined foods to reduce overgrowth. Initially even fruits and high carbohydrate foods may need to be eliminated and then reintroduced to the diet later as you get better. Meat, eggs and low carbohydrate vegetables are what is best to stick with and a small amount of nuts, seeds and low sugar fruit. This will be discussed in detail and you will receive a diet sheet during your consultation.

Most people with fungal overgrowth are also suffering from nutritional deficiencies and correcting your deficiencies can help you in your battle over Candida symptoms.

Some of the most effective and popular natural health approaches used in the **treatment of Candida symptoms** include caprylic acid, oregano oil, garlic, taheebo tea, grapefruit seed extract and colloidal silver. Prescription medication like Nystatin, Diflucan or Nizoral may be obtained by a physician, but carry a few risks. However although useful these natural remedies on their own do not address the underlying toxic cause of fungal infection, so will not cure it.

It is also essential to keep your home environment healthy and not-toxic. Chemicals weaken the immune system and if the immune system is weak this also allows the yeast to proliferate. So keeping your home chemical free by using non-toxic and natural cleaning supplies, personal care products etc. will help your body stay stronger.

Do You Have Candida?

Candida is really insidious, tricky yeast and once you have overgrowth it can be extremely difficult to get under control. It takes a lot of patience, education and persistence. If you need to talk to someone who understands, you may, like hundreds of my clients, find my diagnostic and treatment approach to be helpful. I can give you an accurate diagnosis not only of whether you have Candida, but why...after all if we don't eradicate the underlying cause of Candida it will keep recurring. I will be able to prescribe exactly the precise diet and supplements you require, lifestyle changes or whatever you may want to talk about.