

Candidiasis infection Major Issue In Autoimmune Syndrome

Many people suffer from Candidiasis infection... yeast overgrowth. Estimates are that 80% of the population does. If you have an autoimmune syndrome, your likelihood of having Candidiasis infections is even higher as your immune system is **damaged** and probably your intestinal flora too. A major Candidiasis infection can produce similar symptoms to those produced by autoimmune syndrome, and may even be the cause. **Extreme fatigue, aches and pains, mind fog, skin eruptions, food sensitivities, allergies, etc.**

The intestinal tract in general is involved when you have an autoimmune syndrome. Anything from the common intestinal disorders to the pesticide mutated bacteria and other organisms that could be spewing toxic chemicals in your guts. If you want to get healthy, your gastrointestinal disorders have to be dealt with first. Naturally creating an intestinal environment with the right pH, eliminating the Candidiasis infection and bad bacteria poisoning your body, and repopulating the intestines with the friendly healthy aerobic bacteria your body needs. That can help alkalize your body, keep the "bad" bacteria under control and help to digest food and eliminate waste.

In autoimmune syndrome and other chronic conditions, the reason Candidiasis infection causes so many problems is this. If your body loses its proper immune protection due to antibiotics or a less alkaline pH, whatever has destroyed its friendly intestinal bacteria, Candida can **overgrow**, as it is not killed by antibiotics and can "morph" from being beneficial yeast into a **harmful** fungus. There are other fungal forms which invade our system when it is depleted. These can be even more destructive. All fungus develops rhizoids (long root-like structures) that are invasive and penetrate the mucosa. Once this happens, the boundary between the intestinal tract and the rest of the circulatory system breaks down, and this allows partially digested proteins to travel into the bloodstream where they are interpreted as invading organisms, or toxins. (leaky gut syndrome) See allergies, clinical kinesiology, candida systemic cleanse

There are many theories as to why this happens. Most naturopaths concur that the conversion happens due to a reduction in the natural pH balance of the body, leaving the environment unfriendly to good gut flora, which die off, but friendly to the acid-loving foreign fungi. This leaves our immune system vulnerable. An attack on our immune systems – either prolonged antibiotic use, taking steroids or oral contraceptives, or other powerful pharmaceutical drugs, on a regular basis, or a high sugar diet, will tip the balance against health and trigger immune dis-function. Or it could be any combination of these. It is also conjectured that Candidiasis infection increases during periods of stress and lowered immune states, leading to autoimmune syndrome development. Stress changes our pH to more acidic also. See alkalizing diet, stress

Candida thrives on the foods that are a large part of the typical British and Irish diet, high in carbohydrate and sugar, which in addition, alters intestinal pH unfavourably. Stress contributes to its proliferation. And, because of its adaptability, it is easily **transmitted** from person to person in a family. See candida cleanse

Simple Home Candidiasis infection Test:

Try this simple test to see if you have Candidiasis infection. First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill with water and work up a bit of saliva, then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have a Candidiasis infection, you will see strings (like legs) travelling down into the water from the saliva floating on the top, or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, you are probably Candidiasis infection free.

If you have a bunch of threads or cloudiness, and especially if it develops quickly, you can be pretty darn sure you have a serious case of Candidiasis infection. A few threads or light cloudiness indicate not as serious a Candidiasis infestation.

Should you be suffering from any autoimmune syndrome, or other chronic condition, it is worth having a clinical kinesiology diagnostic test to ascertain whether you have a candidiasis infection. Once diagnosed, it can be treated successfully, and return you to vibrant health. (see candida systemic cleanse)

Keywords

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