

THERE IS A FUNGUS AMONG US

Is Candida affecting your health?

Believe it or not, your intestines are home to many beneficial intestinal bacteria. This bacteria is absolutely necessary to break down food, absorb nutrients, metabolize hormones and prevent disease causing bacteria, parasites and fungus like Candida from taking over.

What is Candida?

Candida is yeast, which is normally present in the bowel. It is estimated that up to 85% of the population have an overgrowth of Candida in their body. Candida feeds on sugars, simple carbohydrates and fermented products. This invasive fungus can penetrate the mucosa of the intestinal system and travel to other parts of the body.

Why is Candida bad?

Candida produces toxins. These toxins are very difficult for the body to cope with. The result is a weakened immune system.

Candida also creates a digestive conflict and robs people of the vital nutrients they need from the food they eat. Many people with Candida digest less than 50% of the nutrients in the food they intake. As a result of the damage done by this invasive fungus, partially digested dietary proteins travel into the bloodstream and can cause other health issues including food allergies and sensitivities. Not only does Candida wreak havoc in the intestinal system, it travels to other parts of the body. Unpleasant and often long-term symptoms can occur.

What are common problems caused by Candida?

Typical Candida symptoms include, heartburn, indigestion, gas, bloating, constipation, diarrhea, food cravings, fatigue (especially after meals), brain fog, ADD, ADHD, headaches, vaginal yeast and bladder infections, coated tongue, sinus congestion, post nasal drip, food and environmental allergies, unexplained aches and pains. Most of these symptoms can also have other causes however, if you have several of these symptoms, there is a good chance that Candida is an issue.

How did I get a Candida overgrowth?

Our twentieth century diet and lifestyle are largely responsible for the Candida epidemic we are now experiencing. Too many antibiotics, hormone intake (including the hormones in our meat), sugar, refined food, alcohol, pesticide, chemical use and stress in our lives are all factors that are contributing to the problem.

How do I get rid of Candida?

After a detailed assessment, your health practitioner will evaluate the need for treatment. You will be asked to eliminate refined sugar from your diet (to starve the yeast). White breads, pastas and rice should be avoided because they quickly turn to sugar in the body. A probiotic (high doses of “good bacteria”) may be recommended. Other whole food anti-fungal supplements like garlic, oregano and cinnamon can also be helpful. You may be able to rid yourself of this invasive pathogen in a few weeks or it could take several months to complete this process.