

# CANDIDA Overgrowth

Candidiasis is a condition in which *Candida albicans* (a fungal form of yeast) grows out of control and causes infection. Although there are over 20 strains of candida, *Candida albicans* is the most common digestive yeast, and can become problematic in the body when they proliferate.

## Contributing Factors

Systemic candidiasis can occur when the balance between yeast and beneficial bacteria in the digestive tract is upset and *Candida* gains the upper hand. This condition often develops as a result of an imbalance in the gut where the ratio of beneficial bacteria is overrun by harmful bacteria. An overly acidic pH can also contribute to candidiasis, as this condition allows for overgrowth of harmful bacteria, parasites, and candida.

Other drivers to *Candida* infection include heavy metal toxicity, certain medications (such as birth control pills, antibiotics, non-steroidal antiinflammatory drugs – NSAIDs, stress, a weakened immune system and consuming too many refined carbohydrates and sugars.

## Signs and Symptoms

There are numerous signs and symptoms associated with *Candida* overgrowth. Some of these include bad breath, brain fog, chemical sensitivity, depression, fatigue, food sensitivities and allergies, persistent gas and bloating, recurrent bladder infec-

tions, sinus problems, sugar cravings and itchy rashes.

An overgrowth of candida can cause increased intestinal permeability. Undigested food particles can then leak into the bloodstream (a disorder known as leaky gut syndrome), triggering an immune response – allergies. Once leaky gut occurs, the toxins produced by *Candida* are carried by the bloodstream to other organs of the body such as the brain, nervous system, joints, and skin. The liver can also become overloaded with stored toxins, which greatly impairs its ability to work as a detoxifier, which can lead to many other health concerns.

## Natural Therapies that Combat Candidiasis:

- Increase healthy intestinal flora with high quality Probiotics.
- Increase fiber intake.
- Change your diet to avoid alcohol, caffeine, chocolate, dairy, sugar and highly refined or acid-forming foods.
- Detoxify metals. IMPORTANT: Do not undertake a heavy metal detox without the supervision of your practitioner.
- Homeopathic Therapy.
- Drink plenty of water (1/3 to 1/2 of your body weight in ounces daily. Example: weight is 150 lbs, drink 50-75 ounces per day).