

Nutritional Healing



The Road
To Healthy Living

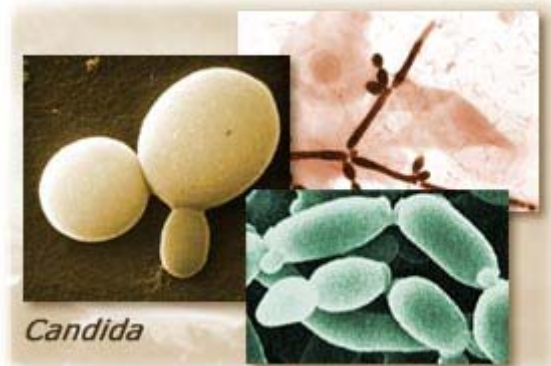


Candida

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What is Candida/Candidiasis? Candida is a yeast overgrowth that is generally found in the intestinal area and other tissues of the body. It is often referred to as the great mimicker as you will see below. It likes to attach itself to the intestinal wall and remain as a permanent resident of the internal organs.

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Candida a symptom or disease?

Candida has been linked to many diseases/syndromes. Some of them are: Fibromyalgia, Hypoglycemia, Hypothyroid, Lupus Type Symptoms, PMS, Sinusitis, Skin Rashes, IBS, Food Allergies, Endometriosis and the list goes on. . .

Some symptoms of candida overgrowth are: Gas/Bloating, Digestive Issues, Diarrhea &/or Constipation, Food Cravings, Food Sensitivities, Depression, & Mood Swings to name a few.

Candida overgrowth is an incredible destroyer of health. It is unfortunately, very overlooked by allopathic medicine today.

So how do we get excessive yeast overgrowth? Here are some of the reasons:

1. Excessive Antibiotics
2. Weakened Immune System
3. SUGAR, SUGAR, SUGAR
4. Steroids
5. Birth Control Pills

The above helps to perpetuate the life of these organisms. Antibiotics are often given out like candy to people who insist on having them when they aren't even warranted. Antibiotics do not distinguish between good and bad bacteria. They also kill off the good gut flora. The good gut flora helps to keep a balance and keep yeast overgrowth in check. . . this is only one of the many important criteria that probiotics provide.

When taking an antibiotic one should, (discuss with their healthcare practitioner), replenish with a good bacteria such as Acidophilus and Bifidus. These good bacteria are also known as Probiotics. One should take the probiotic either 1-2 hours away from the antibiotic or finish the antibiotic and then double up on the probiotic for a couple of weeks. Ask your practitioner for

guidance on how they would like you to do this.

Another factor heavily linked to candida overgrowth is Mercury/Metal Toxicity - Some believe that until mercury toxicity is addressed, the candida will be very difficult to get under control permanently. This is something else that a qualified health practitioner can help you determine.

As said earlier, Food Allergies/Sensitivities are very prominent with yeast overgrowth. There is food sensitivity panels that are available which can help pinpoint which foods are giving you trouble. Eliminating those particular foods can be very instrumental in the healing of the individual.

There are many Auto-Immune sufferers that can benefit from doing the following: AVOID. . . Sugars, Wheats/Glutens, Dairy, Coffee, Commercial Animal Products, Artificial Sweeteners etc. They should increase. . . pure water, green leafy veggies, raw nuts and seeds, sprouts, if doing animal protein. . . free range when possible, eat frequent small meals and get plenty of rest and sunshine.

It doesn't matter what the name of the disease is. . . If you start to peel away all of the different layers that on a day-to-day basis weigh down the body. . . you allow the body a chance to heal. The above "AVOID" foods are extremely acidic to the body, which in turn helps to perpetuate illness. You want to alkalize the body by eating more of the good foods mentioned above.

What are some things that candida overgrowth does to the body? How does sugar complicate things? First, sugar is extremely acidifying. . . if sugar is eaten in abundance it can help create stickiness in the blood. Sugar feeds candida. The more candida, the more mycotoxins are circulating in the body. (Mycotoxins are toxins given off by yeast). These mycotoxins are extremely destroying to the body. One of the major waste products of yeast cells is called "Acetaldehyde". This acetaldehyde poison is transformed into ethanol and converted by the liver to an alcohol. This is extremely toxic to the liver. The less oxygen that is in the body the more alcohol is produced. An abundance of this mycotoxin may give some people the feeling of being Dizzy/Hungover, Panic Attacks, or even Elevated Liver Enzymes. These toxins can also produce neurological type symptoms like a fogged out feeling mentally, lack of focus, headaches etc.

Candida is not new. . . it has been around forever. You may hear about it more now, due to the rise in antibiotic use as well as the rise in, steroids, birth control pills etc. These drugs are being prescribed now more than ever.

So, do we all have yeast? The answer is yes. . . but it depends to what degree. . . Some of us genetically have a strong Immune System etc. which helps to keep this organism at bay. The answer to candida control is to clean up our diets, support our body with the proper nutritional supplementation and to learn how to create healthier lifestyle habits that will allow us to experience an overall balance in our body, mind and spirit. . . To further learn how to get candida under control, please don't hesitate to contact us at 570-421-0665.

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