

CANDIDA

Yeast overgrowth/Microflora imbalance

What is Candida?

A type of parasitic yeast-like fungus that inhabits, and is normally confined to, the colon and in females, the vagina. Normally, these 'yeastie beasties' live in a healthy symbiotic relationship with other crucially important 'good' bacteria. Numerous influences can create an overgrowth of 'yeastie beasties', resulting in a condition known as Candidiasis or Candida.

What are some contributing factors?

Insufficient 'good' bacteria; antibiotic use (antibiotics kill off both dangerous & beneficial bacteria); Birth Control Pill use; alcohol; drug use; X-rays; chlorinated drinking water; diet of refined, processed, sugar, junk foods; high carb/starch diet; poor bowel management (constipation/diarrhea); underactive stomach (poor digestion); lack of being breast-fed in infancy.

How can Candida develop?

The above factors contribute to the development of Candida in one of two ways: harm the 'good' bacteria or feed/encourage yeast growth. A major player in the battle between 'good' & 'bad' gut organisms is antibiotics. Many of us have had them & they definitely have their benefits, but they have their side effects too. Antibiotics are designed to kill bacteria. The problem is they don't distinguish between the 'good' & 'bad' bacteria; they just kill them all, including the 'good' bacteria inhabiting the colon. With this void the yeast have the opportunity to grow unchallenged. If this process continues they can quickly take over the home of the 'good guys'. Unfortunately, this is not the end of the story. Once in control, the yeast want more room to grow. They begin to encroach into the small intestine and disrupt all digestive processes. And that's not all they are capable of. They have the ability to 'burrow' through the intestinal walls and gain

access to the bloodstream. And guess where that can take them? Anywhere, thus creating all manner of other symptoms. Once these organisms have entered the bloodstream the condition is known as systemic Candidiasis.

How do Yeastie Beasties live?

Like all living organisms they like to eat and they adore sugar (glucose) in any & all forms. Have you ever baked bread from scratch? Notice how the yeast culture will not grow without sugar? Notice how the recipe says to put the bread in a warm place to grow. Well, your insides are nice & warm and our diets are *full* of sugar. Carbs (bread, pasta, etc.) & anything containing any form of sugar is broken down into glucose molecules through the digestive process. If you don't digest your food properly, the undigested food in your gut can ferment, producing glucose. 'Yeastie beasties' tend to be well fed by our modern diets & lifestyles. Their need for a 'sugar fix' is so strong, it creates strong cravings for sugar, carbs, alcohol, etc.

How does all this affect health?

Strong sugar cravings contribute to symptoms of **hypoglycaemia & weight issues**. As organisms eliminate, the toxic wastes 'given off' by the 'yeastie beasties' contribute to numerous problems. They disrupt numerous digestive processes, creating **digestive & bowel complaints**. They have the ability to cross the blood-brain barrier resulting in the '**brain-fog/fuzzy head**' feeling. They have a detrimental effect on the nervous system, joints, muscles & numerous other tissues & organs. They contribute to a condition known as **estrogen dominance**. Still another problem created by these toxic wastes is an immune response. The immune system's job is to patrol the body for foreign/detrimental substances & eliminate them. Because these 'yeastie beasties' are constantly giving off these toxic wastes, the immune system is working 24 hours a day trying to control them. Don't forget the immune system still has to fight off other invading pathogens (bacteria, viruses, parasites, etc.) at the same time. The result is an **overworked, exhausted immune system**. When these natural defense mechanisms are weak or confused, that's when real trouble can start. All manner of immune & dis-ease issues can develop. As with any good strategist, the weak areas will be targeted first. This is where genetics may

become involved. A genetic weakness may be the perfect place for pathogens to take hold, or for the exhausted immune system to 'put up its hands in surrender'. The stage has now been set for ill health. Numerous symptoms may begin to surface, from everyday complaints to potential life-threatening diseases.

What can I do to support my body when dealing with microflora imbalance?

DETRIMENTAL (strive to decrease/eliminate)

- Foods high in sugar (white flour products, sweets, cakes, donuts, muffins, bagels, white pasta, etc.)
- Antibiotic use without beneficial microflora support
- Birth Control Pill use without beneficial microflora support
- Dairy products; Yeast-containing foods; Moldy foods (peanuts, pistachios, etc); Alcoholic beverages

BENEFICIAL (strive to increase &/or improve)

- Replenish 'good' bacteria daily with a Flora/Bifidus supplement
- 6-8 cups of purified water daily to hydrate & flush
- Fresh, raw fruits & veggies, Consider fresh veggie juicing
- Investigate a complete Candida protocol & diet
- Ensure regular (at least 2X a day) bowel movements
- Consume plenty of fresh garlic, onions, fresh lemon juice
- Consider Oil of Oregano, Grapefruit seed extract, Caprylic acid, Pau'd'arco tea, chlorophyll