


Candida

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Candida albicans, a single-celled fungus, is typically found in small amounts in the mouth, intestinal tract and on skin. At normal levels, the fungus is not problematic.

If it is present in disproportionate quantities, however, it can cause havoc.

The microbiome keeps *Candida* levels under control. However, if healthy bacteria levels are disrupted (by overuse of antibiotics, prescription drugs, stress, diet etc) *Candida* begin to overproduce AND **CAUSE A WIDE VARIETY OF SYMPTOMS:**

SIMPTOMS

- **The way you feel:** inability to focus, anger, poor memory, brain fog, irritability, dizziness, depression, low libido, panic attacks, extreme fatigue, insomnia, cravings for SUGAR and alcohol...
- **Your Digestive System:** acid reflux, flatulence, bloating, nausea, diarrhoea, constipation, stomach cramps, indigestion, itching anus ...
- **Your Skin:** acne, cysts, hives, night sweats, eczema, psoriasis, fungal infections of nails and skin, body odour, athlete's foot ...
- **Your Respiratory System:** mucus in throat, sore throat, persistent cough, sinus congestion, nasal drip, flu-like symptoms, sinusitis, asthma ...
- **Your Ears and Eyes:** eye pain, itchy eyes, blurred vision, sensitivity to light, bags under eyes, ringing in the ears, ear infections...
- **Your Urogenital system:** recurring yeast infection, painful intercourse, thick white discharge from the reproductive organs, recurring urinary tract infections, PMS and menstrual irregularities, cystitis, fungal rash ...
- **Your Immune system:** frequent colds and flu, allergies, sensitivities to food, fragrances & chemicals...
- **Your Weight:** inability to lose weight, water retention, weight loss ...
- **Babies:** Thrush and nappy rash

4 BASIC STEPS TO MANAGE & CONTROL CANDIDA

1 KILL THEM The following herbs & supplements are beneficial in killing *Candida*:

- **Golden Seal:** contains a phytochemical, "Berberine" that acts as an antifungal
- **Origanum Vulgaris:** fights free radicals, inflammation, and bacterial/viral/fungal infections. Immune booster.
- **Olive Leaf Extract:** has antifungal, anti-parasitic, antiviral and bactericidal properties. Stimulates your immune system's response to unwelcome invaders like *Candida*. It also helps to stabilize blood sugar levels.

- **Caprylic Acid:** comes from the coconut. It has an 8-carbo-medium chained triglyceride with antifungal and anti-microbial properties. It disrupts the cell membranes of yeast which kills the yeast cells.
- **Grapefruit Seed Extract:** this is a natural immune stimulator with antibacterial activity. GSE disrupts the bacterial membrane.
- **Pau D'Arco/TAHEEBO:** Good for all types of infections.
- **PharmaWell Plus:** Organic plant acids that have a broad antimicrobial effect and work synergistically with conventional prescribed antibiotics.
- **Candida-Fast:** Excellent Herbal formulation (Echinacea, Sodium Caprylate, Amla, Burdock, Zinc & Oregano)
- **Serra-Fast:** In a so-called biofilm, bacteria can join together to form a protective barrier around their group. This biofilm acts as a shield against antibiotics, allowing bacteria to grow rapidly and cause infection. Serrapeptase is a strong antimicrobial. It weakens biofilms around antibiotic-resistant bacteria, which can make it a great way to get rid of pathogens.

SIMPLE HOME CANDIDA TEST

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-30 minutes, look in the glass. If strings are coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, YOU MAY HAVE A CANDIDA CONCERN! Heathy saliva will simply float on the top.

2 STARVE THEM Reduce/avoid the following foods that feeds the fungi:

FOODS TO AVOID

All sugar (Candida thrives in a sugary environment)	Fruit (initially)
Natural sweeteners (e.g. honey)	Dried fruit
Alcohol	Dairy foods
Fermented foods	Malted food
Yeast (e.g. bread)	Allergens (wheat, dairy)
Refined foods	

INCREAS FOODS LIKE:

Herb teas	Meat, chicken, fish
Whole foods	Olive Oil
Avocados	Vegetables
Sauerkraut/kimchi/kefir	Fibre
Garlic	Water
Cold pressed organic Coconut oil	

Hey, just a heads-up: Sugar is like fuel for cancer and candida; it makes your body all acidic, amps up inflammation, and can even lead to diabetes. So yeah, sugar's pretty much useless. And get this—it's even more addictive than cocaine, like 8 times more! So next time you're craving something sweet, maybe go for some natural snacks and sip on some mineral water instead. Remember, it's better to prevent than to deal with the consequences later.

3 GET RID OF THEM / CLEAN OUT

In addition to speeding the elimination of Candida organisms from the intestines, the soluble fibre portion of **psyllium** may help absorb toxins that are produced when Candida dies, thereby reducing the unpleasant die-off reaction. Fibre is also crucial in promoting healthy bowel ecology via its use by probiotic organisms as a primary source of food. Regular bowel movements are extremely important.

4 RESTORE MICROBIOME / REPAIR GUT LINING

Helpful gut bacteria may control Candida albicans in the digestive tract.

Firstly, probiotic organisms produce a variety of organic acids that help to lower the pH (increase the acidity) in the intestinal tract, making the environment inhospitable for Candida and other pathogenic organisms.

Secondly, probiotic strains compete with Candida for food.

And **Thirdly** they compete with candida for implantation space on the intestinal wall.

HOW CANDIDA OVERGROWTH & LEAKY GUT REINFORCE EACH OTHER:

Candida produces toxins and causes inflammation, which damages the gut lining and increases permeability and passage of foreign substances through the gut wall. A compromised gut barrier can lead to a dysregulated immune system and an imbalanced gut microbiome, which provides a favourable environment for Candida to thrive.

L-Glutamine heals the gut lining.

- **It's important to know the difference between symptoms and diseases.** For example, diabetes is a disease, and high blood sugar is a symptom.
- If you have any chronic diseases, there might be a chance of candida overgrowth. Dr. Tullio Simoncini, an Italian oncologist, even wrote a book called "**Cancer is a Fungus.**" Cancer grows in an acidic environment and hates oxygen. Cancer is a high glucose consumer.
- Symptoms often get worse in damp or mouldy places or after eating foods with sugar or yeast. **Candida overgrowth is often overlooked as part of the problem of diagnosed diseases.** If you've been on long-term antibiotics or chemotherapy, you're at a higher risk for candidiasis.
- **Don't forget to de-worm properly.** Parasites can carry bacteria, fungi, and viruses around your body like taxis.
- **Dealing with systemic candidiasis takes a lot of willpower and commitment over time. This info is just to get you interested and aware—do your own research and take charge of your health.**

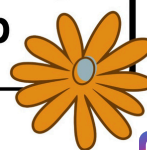
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