Candida Overgrowth

Regain Your Energy & Vitality!

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✓ Eliminate Candida and yeast overgrowth
✓ Reduce food and sugar cravings
✓ Improve digestion
✓ Better weight control
WHAT IS CANDIDA?

Candidiasis is a medical term used to describe a condition where a common digestive yeast overgrows to the point that it becomes a medical problem. Most women know this as the uncomfortable symptoms related to the common yeast infection. However, there are many types of yeast which affect different parts of the body, in both women and men. The medical community recognizes the yeast Candida Albican, as the cause of problems like vaginal yeast infections and thrush in children. What is often unrecognized is that this yeast starts in the digestive tract, and that the overgrowth needs to be controlled in the gut or the yeast may become systemic. Systemic is when the yeast is able to enter the blood stream and travel throughout the body, where it can spread to the vagina, urinary tract, skin, fingernails, toenails, mouth, organs and tissues. This is when yeast becomes Candidiasis, which is the underlying cause of many health problems.

How does Candida affect my health?

Yeast is normally present in our intestinal tract in small amounts. The ideal ratio of Candida (yeast) to good bacteria in the body is 1 yeast to 1 million bacteria. As long as the amount of yeast in the body remains small, internal balance is maintained and all is well. Most holistic experts agree that the alarming number of Canadians with Candida is due to the over-prescribed use of broad spectrum antibiotics. Antibiotics not only kill the bacteria we want to get rid of, but also the good bacteria in the digestive tract. This leads to Candida overgrowth. Other drugs which can affect the balance include; anti-inflammatory, cortisone, and birth control pills. Poor diet (too many refined carbs), stress and nutrient deficiencies can also lead to an imbalance.

Yeasts are parasitic organisms that take nutrients from us and eliminate toxic waste. They have been found to produce over 70 known toxins. When Candida changes
from its yeast form into a fungal form, it creates waste products known as 'mycotoxins'. Among the mycotoxins produced is 'acetaldehyde'. Acetaldehyde is a poison that is converted by the liver into alcohol, resulting in 'brain fog' which is one of the most common symptoms of Candida. In its fungal form, Candida grows long roots called 'rhizoids' that puncture the intestinal lining leading to a condition called Leaky Gut Syndrome. This means that the digestive tract has holes in it, allowing Candida, as well as toxins and undigested food particles to pass through into the bloodstream.

Candida toxins are carried through the leaky gut into the bloodstream. From there, they can proceed to any other organ in the body. In the initial stages of the process, symptoms may be mild including:

- Persistent bloating / gas
- Joint and muscle pain
- Recurring vaginal yeast infections
- Food sensitivities / allergies
- Recurring bladder infections
- Fatigue
- Sugar cravings
- Brain fog
- Bad breath
- Blurred vision
- Chemical sensitivity
- Depression
- Sinus problems
- Insomnia

Undigested food particles can also leak through these holes in the intestines and enter the bloodstream. The body views them as foreign invaders and this can result in food allergies / sensitivities. As mycotoxins become abundant in the body, more serious and chronic conditions can develop including:

- Arthritis (Rheumatoid)
- Fibromyalgia
- Chronic fatigue syndrome
- Crohn's disease / Colitis
- Diabetes
- Lupus
- Multiple sclerosis
- Skin disorders

Toxins tend to settle in the organs and tissues of greatest weakness. As everyone has different areas of genetic or acquired weakness, we will each manifest different disorders in different areas of the body. This is why the symptoms of Candida can vary between individuals.

**DO I HAVE CANDIDA?**

People of any age or sex can have Candida. On page 3 you can take our simple to use self test, developed by Dr. William Crook, M.D. It can help you to determine if you have, or are likely to have, problems with Candida / yeast.
SECTION A HISTORY

Circle the number next to the questions you answer "yes" to, add up all the circled numbers and write the total in the box at the bottom.

1. Have you taken tetracycline (Sumycin®, Panmycin®, Vibramycin®, Minocin®, etc.) or other antibiotics for acne for 1 month or longer? 50
2. Have you at any time in your life, taken "broad spectrum" antibiotics for respiratory, urinary or other infections for 2 months or longer, or for shorter periods, 4 or more times in a 1 year span? 50
3. Have you taken a broad spectrum antibiotic drug - even for 1 period? 6
4. Have you at any time in your life, been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs? 25
5. Have you been pregnant
   a) 2 or more times? 5
   b) 1 time? 3
6. Have you taken birth control pills for
   a) more than 2 years? 15
   b) 6 months to 2 years? 8
7. Have you taken prednisone, Decadron® or other cortisone - type drugs by mouth or inhalation
   a) for more than 2 weeks? 15
   b) for 2 weeks or less? 6
8. Does exposure to perfumes, insecticides, fabric shop odours, or other chemicals provoke
   a) moderate to severe symptoms? 20
   b) mild symptoms? 5
9. Are your symptoms worse on damp, muggy days or in mouldy places? 20
10. If you have ever had athlete's foot, ringworm, jock itch or other chronic fungus infections of the skin or nails, have such infections been
    a) severe or persistent? 20
    b) mild or moderate? 10
11. Do you crave sugar? 10
12. Do you crave breads? 10
13. Do you crave alcoholic beverages? 10
14. Does tobacco smoke really bother you? 10

Total Score for Section A _______

CANDIDA TEST RESULTS

IF YOUR SCORE IS:
180-260 (women) - Almost certainly yeast connected
140-240 (men)
120-180 (women) - Probably yeast connected
90 -140 (men)
60 - 120 (women) - Possibly yeast connected
40 - 90 (men)
Below 60 (women) - Probably not yeast connected
Below 40 (men)
SECTION B - MAJOR SYMPTOMS

For each symptom that is present, enter the appropriate number in the Point Score column:
If a symptom is occasional or mild - SCORE 3 POINTS
If a symptom is frequent or moderately severe - SCORE 6 POINTS
If a symptom is severe and/or disabling - SCORE 9 POINTS
Total the scores for this section and record them in the box at the bottom of this section.

1. Fatigue or lethargy
2. Feeling of being "drained"
3. Poor memory
4. Feeling "spacey" or "aloof"
5. Inability to make decisions
6. Numbness, burning or tingling
7. Insomnia
8. Muscle aches
9. Muscle weakness or paralysis
10. Pain and/or swelling in joints
11. Abdominal pain
12. Constipation
13. Diarrhea
14. Bloating, belching or intestinal gas
15. Vaginal burning, itching, discharge
16. Prostatitis (inflammation of the prostate gland)
17. Impotence
18. Loss of sexual desire or feeling
19. Endometriosis or infertility
20. Cramps / menstrual irregularities
21. Premenstrual tension
22. Attacks of anxiety or crying
23. Cold hands or feet and/or chilliness
24. Shaking or irritability when hungry

Total Score for Section B _______

SECTION C - MINOR SYMPTOMS

For each symptom that is present, enter the appropriate number in the Point Score column:
If a symptom is occasional or mild - SCORE 3 POINTS
If a symptom is frequent or moderately severe - SCORE 6 POINTS
If a symptom is severe and/or disabling - SCORE 9 POINTS
Total the scores for this section and record them in the box at the bottom of this section.

1. Drowsiness
2. Irritable or jittery
3. Uncoordinated
4. Inability to concentrate
5. Frequent mood swings
6. Headaches
7. Dizziness/loss of balance
8. Pressure above ears ...feeling of head swelling
9. Tendency to bruise easily
10. Chronic rashes or itching
11. Psoriasis/recurrent hives
12. Indigestion or heartburn
13. Food sensitivities and/or intolerance
14. Mucus in stools
15. Rectal itching
16. Dry mouth or throat
17. Rash or blisters in mouth
18. Bad breath
19. Foot, hair or body odour not relieved by washing
20. Nasal congestion or post-nasal drip
21. Nasal itching
22. Sore throat
23. Laryngitis (loss of voice)
24. Cough or recurrent bronchitis
25. Pain or tightness in chest
26. Wheezing or shortness of breath
27. Urinary frequency, urgency or incontinence
28. Burning upon urination
29. Spots in front of eyes or erratic vision
30. Burning or tearing of eyes
31. Recurrent infections or fluid in ears
32. Ear pain or deafness

Total Score for Section C _______
The total score will help you or your health care practitioner decide if your health problems are yeast-connected. A comprehensive history and physical examination are also important. Scores for women will run higher, as 7 items in this questionnaire apply exclusively to women, while only 2 apply exclusively to men.

If your total score for all three sections above was below 60 for a woman or below 40 for a man, then you are less likely to have a problem with Candida. However, if you scored higher than this, then you may wish to consider lifestyle and dietary changes, as well as a detoxification and cleansing program. All of these will help you reduce or eliminate your candida related health problems.

**HOW CAN I GET RID OF CANDIDA?**

1. **ELIMINATE** or minimize antibiotics, steroids, immune suppressing drugs and oral contraceptives (only after consulting your health care provider).

2. **CLEANSE** your system with anti-fungal herbs.

3. **RE-ESTABLISH** good bacteria with acidophilus and bifidus supplements.

4. **INCREASE** fibre consumption (flax seeds are an excellent source of fibre.) This will help absorb and sweep out the Candida toxins. 30 - 40 grams of fibre per day is required, but most Canadians only get 10 - 20 grams.

5. **CHANGE** your **DIET** to one that will not encourage growth of Candida. Eliminate all sugar & sweeteners including fruit, fruit juices, carbohydrates and dairy products. Eliminate all fermented & moldy foods including alcohol, soy sauce, vinegar, mushrooms, and peanuts. Eat plenty of vegetables and lean proteins.

6. **DRINK** plenty of water: at least a half (1/2) ounce of water per pound of body weight (For a 120 pound person, that would mean 60 ounces (1.7 Litres) of water - or about 7 tall glasses. Ex. 120 ÷ 2 = 60 ounces of water).

7. **ENHANCE** digestion by eating more raw foods, chewing thoroughly and taking digestive enzymes with every meal.

8. **STAY ON** probiotic and fibre supplements daily as maintenance.

9. **IMPROVE** immune function by stimulating lymph flow through exercise and deep breathing.

**References**


1. CLEANSING HERBS
CandiGone is a 15 day broad spectrum antifungal and antibacterial herbal cleanse. It specifically targets yeast organisms and eliminates them from the body. CandiGONE is formulated with a broad spectrum of antifungals, in order to target the many different types of yeast organisms. By using more than one type of antifungal, yeast is not likely to adapt. CandiGONE also includes antibacterial herbs. When bad bacteria overgrows, it produces an environment where Candida can thrive. By removing the bad bacteria, good bacteria (i.e. acidophilus) can thrive and greatly reduce the chance of candida reinfestation.

This formula, combined with proper dietary changes, is a step in the right direction to help balance the inner eco-system. I would recommend that you start this cleansing program slowly; at half strength for the first few days. Further, if you have serious or chronic Candida problems, you may need to perform this program twice to fully address the problem.

2. ENZYMES
CandiZYME is a scientifically formulated multi enzyme product that helps to destroy the cell wall of Candida / yeast, while at the same time, breaking down sugar and carbohydrates which Candida and yeast use as nourishment. By degrading the cell wall of Candida and yeast, the anti-fungal herbs contained within CandiGONE are able to destroy and eliminate a greater quantity of yeast cells. This greatly reduces the underlying cause of Candida and yeast overgrowth.

3. FIBRE
An important aspect of cleansing is to ensure that fibre intake is at an optimal level (30 - 40 grams). FibreSMART absorbs toxins and yeast so they can be eliminated from the colon. It also contains L-Glutamine, which helps restore the protective lining of the digestive tract. It is recommended that you use FibreSMART as part of your cleansing program and as maintenance afterwards. FibreSMART is available in powder and in capsules.

4. PROBIOTICS
Probiotics are 'friendly' bacteria which help to ensure a healthy balance between 'good' and 'bad' bacteria in the intestinal tract. Ultimate Flora Critical Care is a 50 billion culture, 10 strain probiotic formula designed for treating Candida overgrowth. Taking it along with CandiGONE will ensure that your good bacteria repopulate in the digestive tract. Once you have completed CandiGONE and your symptoms are under control you can switch to FloraSMART Extra Strength for maintenance.

Please Note: If your main Candida symptom or only Candida symptom are vaginal yeast infections use Ultimate Flora VS instead of Ultimate Flora Critical Care. Ultimate Flora VS is formulated to help maintain a healthy balance of vaginal and urinary tract bacteria. Each capsule contains 45 billion live Lactobacillus cultures and 5 billion live Bifidobacteria, mirroring the prevalence of Lactobacilli and the lesser numbers of Bifidobacteria in the vagina.
The “Can Do” Candida Diet

If you follow these guidelines MOST of the time, you will succeed. The main principle is to:

**REPLACE THE FOODS THAT PROMOTE CANDIDA WITH ONES THAT PREVENT IT**

**ENJOY freely:** vegetables, lean protein (eggs, chicken, turkey, fish, red meats), healthy fats (olive oil, coconut oil, avocado), herbal teas, water, lemon and seasonings. Snack on small portions of raw nuts, seeds, veggies and hummus.

**ADD daily if desired:** 1 cup of berries, 1 cup of non-gluten grains (brown rice, millet, quinoa), 1 cup of unsweetened yogurt (greek yogurt is a great choice).

**LIMIT:** sugar, simple carbohydrates (such as bread, pasta, white rice, potatoes, processed foods), dairy (except for plain yogurt), mushrooms, vinegars (except apple cider vinegar), coffee and most fruit.

Once you eliminate Candida from your body you may notice:

- Increased energy
- Fewer food cravings
- Less gas and bloating
- Weight loss
- Reduction in headaches and joint pain
- Clearer skin
- More stable moods

**Candida Myth #1 Candida only affects women**

Candida does not discriminate! It affects men and women, young and old. While a common symptom for women may be vaginal yeast infections, men often suffer from jock itch, athlete’s foot and “beer belly”. Not only can it affect the health of both men and women, it can also be passed between partners. Therefore, if one partner is treating Candida, it is wise that the other do the same.

**Candida Myth #2 You can treat Candida by diet alone**

Diet is important when combatting Candida as Candida yeast needs sugar and starchy carbohydrates to grow. That said, diet alone will not treat Candida. Treating Candida requires a multi-faceted approach. If you have heard all about the strict Candida diet and are thinking “I can’t do that!” there is hope. With the right products, you can have great success even if you aren’t following the dietary suggestions 100% of the time.