



Candida and Your Health

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Candida overgrowth, commonly referred to as an infection, is an insidious health problem that most medical communities seldom acknowledge or recognize. Experts estimate that 66% of the population is affected by Candida and probably unaware of it. This is not just a female affliction; this problem affects men too.

That is because we all have Candida in our guts. Candida is a normal part of our internal ecosystem, and other organisms in our system keep the Candida in balance. Once the balance is disturbed and left unchecked, Candida overgrowth can wreak havoc on our mental, physical, and emotional health and well-being.

What destroys this balance? Over use of antibiotics, birth control pills, and steroid use are major contributors of disturbing the balance. Antibiotics not only kill off the unfriendly bacteria, they kill off the friendly bacteria in our system that keeps the Candida in check. Steroids and birth control pills can disturb hormone balances.

The symptoms of Candida overgrowth are as varied and subtle as the weather, and yet can cause very adverse reactions in the body. Many of the symptoms are seemingly unrelated, until one understands that what we are experiencing is the effects of the toxins excreted by Candida. Candida loves to live in its own excrement and as the toxins spread through our system, we begin to feel ill. Additionally, Candida likes to live in an acidic environment, so it behooves all of us to maintain a slightly alkaline pH for our body. For a list of foods and whether or not they are acidic or alkaline go to <http://www.essense-of-life.com/info/foodchart.htm>.

Some of the symptoms are: 1) feeling intoxicated when alcohol has not been used, 2) fatigue, 3) abdominal bloating or gas, 4) patches of itchy or burning skin, 5) inability to lose weight, 7) headaches, 8) depression, 9) anxiety, 10) white coating on your tongue (thrush).

There are three ways to assess Candida overgrowth. One is a blood test that your doctor has to order. Good luck with that, as most MD's do not recognize Candida as a serious problem. Additionally, very few labs perform this special blood test.

Another way is to perform a saliva test as found at <https://www.candidasupport.org/resources/saliva-test>.



The last way is to perform a symptom assessment/analysis. If you would like a free copy of this questionnaire to do a self-assessment, visit my web site at <http://www.lifescryptcounseling.com/candida-screening>. Provide the requested information and a copy of the test will be emailed to you in .PDF format. You will need acrobat reader to open the file. You can download Acrobat Reader free here: <http://get.adobe.com/reader/>

There are a number of web sites that offer information on Candida. Rather than duplicating the information here, I am going to list the web sites and let you do the follow-up. Some offer products to help you with the condition. Others offer diet guidelines and books. If you find you have Candida, I suggest you read "The Yeast Connection" by Dr. William Crook, MD, take a quality probiotic, and engage in a Candida cleanse and dietary changes.

To cleanse your system, you will need a Candida Cleanse Product and a ProBiotic. I recommend products from <http://www.lifeforcevitamins.com/candida-cleanse-90-vcaps-p/canc001.htm>. Use my name when they ask who recommended you. Their ProBiotic is called Dophilus Plus. Take as directed. Also, be aware that this is a SLOW process. If you go to fast, you will get sick from the excessive die-off of Candida.

Other web sites offering information on Candida are:

<http://www.candidasupport.org/>

<http://www.candidafree.net/index.php>

<http://www.yeastconnection.com/>

<https://nutritioninstitute.com/candida-albicans-therapy/>

<http://www.health-truth.com/>

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