

Candida

Candida Albicans is one of approximately 154 species of microscopic fungus. It is a normal part of our flora in our digestive system and our skin. Normally these fungi co-exist with other micro-organisms in our body at a ratio of 1 yeast cell to 1 million bacteria cells in our digestive and reproductive systems. When this balance is disrupted the body starts to experience symptoms of an overgrowth of Candida.

Candida has the ability to take two distinct forms, as a yeast cell or a fungus. In the yeast form it is a round shaped cell. As a fungus this round shape now has roots or rhizoids which can penetrate the mucous membrane of the digestive tract and enter into the bloodstream and create many symptoms in different parts of the body. Some of these symptoms include:

- Brain fog
- Gas and bloating
- Toe and nail fungus
- Skin rashes
- Oral thrush
- Chronic ear and sinus problems
- Vaginal yeast infections

Another condition that can happen from the rhizoids penetrating the walls of the digestive tract is called “leaky gut” syndrome. Undigested food particles, micro-organisms, and other toxins can enter into the bloodstream and cause allergic reactions and other health and immune responses.

How do you deal with this invasive pest?

STOP consuming sugar or other refined carbohydrates. Because yeast multiplies so quickly, it’s necessary to restrict not only sugar and refined carbs in your diet but also all yeast-and mold-containing foods, including: Alcohol, Vinegar (and vinegar-containing foods like mustard and salad dressing), Bread, Carrots, potatoes and beets (high-sugar veggies), Fruits (which contain sugar), Peanuts and corn (which often contain mold), Mushrooms (fungus), Aged cheeses. You can also consider taking digestive enzymes to support your digestion, and using certain herbs that help to balance your intestinal bacteria and fight yeast growth.

These include:

- Caprylic acid
- Pau D’Arco
- Oregano oil
- Black walnut
- Grapefruit seed extract
- Garlic (fresh raw cloves, slightly crushed)
- Beta carotene
- Biotin
- Cinnamon essential oils (*laboratory tests have shown that growth of yeasts that were resistant to the commonly used anti-fungal medication fluconazole were often stopped by cinnamon extracts*)

At Gentle Waters, we recommend the following supplements from Advanced Naturals:

- **Ultra FloraMax 50 Billion**, for a healthy balance of intestinal flora
- **YeastMax**, an advanced herbal cleansing system specifically designed to help the body eliminate Candida

- **FiberMax**, sweeps out the toxins, gives healthy bacteria nourishment and allows for better elimination.
- **YeastZymeMax**, contains an effective blend of enzymes to help breakdown the exoskeleton of the Candida cell.

We also recommend colon hydrotherapy to wash candida out of the colon, stay ahead of die-off reactions and re-balance the intestinal with beneficial flora.

These products and services are available at Gentle Waters. Call for an appointment today.

Recommended Essential reading:

Complete Candida Yeast Guidebook, Revised 2nd Edition:

“Everything You Need to Know About Prevention, Treatment & Diet”

Gentle Waters
48 Public Square
Mount Vernon, OH 43050
Phone (740) 392-3377