



WHAT SHOULD I DO IF CANDIDA COMES BACK POSITIVE ON MY INFINITE ALLERGY FAST RESULTS?

Elevated candida markers are indicative of a current or recent intestinal overgrowth of yeast. Some symptoms of a candida overgrowth within the body are:

- Skin and nail fungal infections such as athlete's foot, ringworm, and toenail fungus
- Feeling tired and worn down or suffering from chronic fatigue or fibromyalgia
- Digestive issues such as bloating, constipation, or diarrhea
- Autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma, or Multiple sclerosis
- Difficulty concentrating, poor memory, lack of focus, ADD, ADHD, and/or brain fog
- Skin issues such as eczema, psoriasis, hives, and rashes
- Irritability, mood swings, anxiety, or depression
- Vaginal infections, urinary tract infections, rectal itching, or vaginal itching
- Severe seasonal allergies or itchy ears
- Strong sugar and refined carbohydrate cravings

Diet recommendations for yeast overgrowth are a low-carb, low-sugar diet. Restrict sugar, refined grains, alcohol, and vinegar. Treatment recommendations to kill yeast may include garlic, caprylic acid, berberine, and grapefruit seed extract.

It is important to measure reactions to yeast in the gut because yeast can decrease levels of sIgA, the local immune lining of the gut, and result in an increase in severity and duration of allergies. When yeast is present, treating it will also help food allergies and sensitivities to improve.

