



Candida

What Is Candida?

- Fungal infection that can spread to all parts of the body.
- Can create serious symptoms and health concerns.
- Serious when the immune system is not functioning optimally.

Common Symptoms of Candida Overgrowth Syndrome

- Allergy issues
- Bloating
- Brain fog
- Cognitive issues
- Concentration issues
- Craving sweets
- Digestive issues
- Exhaustion
- Foul breath
- Hormone imbalance
- Joint pain
- Loss of sex drive
- Memory issues
- Sinus issues
- Sore throat
- Weakened Immune System
- White coating on the tongue
- Urinary tract infections

What Causes Candida?

- Antibiotic use or medication
- Weakened immune system
- Chronic stress
- Processed foods
- Refined carbohydrates
- Alcohol
- Diet high in sugar
- Heavy metal toxicity
- Chronic constipation
- Unknown food allergies

The following are well-known causes for developing candida:

- Broad-spectrum antibiotics
- Oral corticosteroids
- Weakened immune system
- Cancer treatment
- Diabetes
- Birth control Pills

What To Look For With Candida Infections

Candida Symptoms of the Digestive System

- Abdominal pain
- Acid reflux
- Anal itching
- Bloating
- Blood sugar problems
- Constipation
- Craving sweets
- Diarrhea
- Distended belly
- Flatulence
- Food allergies
- Hemorrhoids
- Indigestion
- Water retention
- Weight gain

Candida Symptoms Related To Mood

- Anxiety
- Depression
- Muscle aches
- Insomnia
- Irritability
- Mood swings
- Night sweats
- Panic attacks

Candida Symptoms Related To The Brain

- Attention issues
- Brain fog
- Coordination issues
- Exhaustion
- Headache
- Inability to focus
- Lethargy
- Low energy
- Mental confusion
- Migraine
- Poor memory

Affected Areas of the Respiratory System

- Lungs
- Mouth
- Nose
- Throat

Symptoms of Candida of the Respiratory System

- Allergy symptoms
- Asthma
- Chronic cough
- Clearing of throat
- Excessive mucus in throat
- Hay-fever
- Itchy nose
- Nasal congestion
- Post nasal drip
- Shortness of breath
- Sinus infections
- Sniffing repeatedly
- Throat infections
- Tightness in chest

Oral Thrush

The same strain of candida that affects the vagina and other mucous membranes causes oral thrush.

Affected Areas of Oral Thrush

- Gums
- Inner cheeks
- Mouth
- Throat
- Tongue
- Tonsils

Candida Symptoms of Oral Thrush

- Bleeding gums
- Canker sores
- Coated tongue
- Cracked tongue
- Difficulties swallowing
- Dry chapped lips
- Dry mouth
- Halitosis (*bad breath*)
- Metallic taste in mouth
- Sore throat
- Teeth grinding
- White bumps on tongue
- White spots inside mouth & tongue
- Recurring urinary tract & vaginal infections

Candida Symptoms Specific To Women

- Burning
- Dryness
- Early menopause
- Inflammation of the bladder
- Itching
- Low sex drive
- Menstrual irregularities
- Milky white discharge
- Painful intercourse
- Pain during urination
- Urinary tract infections
- White spots on vaginal walls

Candida Symptoms Specific To Men

- Burning
- Dryness
- Itching
- Discharge from the penis
- Discharge under the foreskin
- Painful intercourse
- Pain during urination
- Peeling
- Red rash
- White blisters

Fungal Infections of the Skin & Nails

Affected Areas of the Skin

- Armpits
- Buttocks
- Entire skin area
- Feet
- Genitals
- Groin
- Inner thighs
- Nipples while breastfeeding
- Skin folds
- Under breasts

Candida Symptoms of the Skin

- Acne
- Athlete's foot
- Blisters & Bumps
- Dermatitis
- Dry Skin
- Eczema
- Edema
- Erythema
- Hives
- Jock Itch
- Keratosis pilaris
- Psoriasis
- Pustules
- Rash
- Ringworm
- White patches on the skin

Candida Symptoms of the Nails

- Brittle
- Discolored
- Dull & Dry
- Foul Odor
- Fragile
- Separate from nail-bed
- Ragged skin around nail
- Thickened
- Unusual shape

How Do You Test For Candida?

- Presents different symptoms in different people, making it difficult for doctors to pinpoint and diagnose.
- Healthcare providers have several methods:
 - Overgrowth including stool & serum testing
 - Nail & skin scrapings
 - Candida DNA testing
 - Microbial organic acids testing
 - Stool PCR testing

How Is Candida Treated?

- Dependent upon the type and location of the infection.
- Candida Cleanse & Diet

Why You Feel Poorly While Trying To Feel Better

- Die-off occurs as the result of a metabolic reaction releasing toxins causing flu-like symptoms.
- Severity of symptoms is dependent upon severity of infection.

Die-off Symptoms

- Bloating
- Constipation
- Dizziness
- Fatigue
- Fever
- Flu-like symptoms
- Gas
- Headache
- Impaired brain function
- Intestinal Distress
- Nausea
- Sinus infection
- Skin breakouts
- Sweating

Prevention

- Eat organic, whole foods diet high in protein and high-fiber vegetables.
- Limit grains, sugars, fruits, and high-starch vegetables that led to the development of candida.
- Add fermented foods to your diet like kefir, yogurt, kimchi, sauerkraut, and kombucha helping maintain balance by adding good bacteria to your gut and digestive system.