



## OPTIONS CENTER HEALTH TOPIC



### HELP FOR CANDIDA YEAST INFECTIONS

Candida is controversial. Candida is a somewhat controversial topic. In many cases, it is not widely recognized except in limited situations. Candida is the popular term for Candidiasis (yeast overgrowth), a condition first identified by American physicians in the 1970s.

#### Common Symptoms of Candida

A minority of sufferers have numerous symptoms; the vast majority have thrush plus a few others; however, not every sufferer has thrush.

**Group 1:** The damage to the intestinal wall allows undesirable toxins to permeate into the bloodstream. This condition called 'leaky gut syndrome' often leads to:

- food allergies and intolerances
- migraines
- foggy brain
- muscle aches

**Group 2:** Once through to the rest of the body, Candida has the ability to disrupt the endocrine system causing symptoms such as:

- thrush
- cystitis
- PMS
- menstrual irregularities
- joint pains
- asthma
- hay fever
- sinusitis
- fungal infections of the nails/skin e.g. athlete's foot
- weight gain or weight loss
- ear infections
- chronic tiredness
- allergies
- sensitivity to perfume, tobacco smoke and gasoline

**Group 3:** Symptoms in the intestines include:

- bloating
- gas
- diarrhea and/or constipation
- itchy anus

### Contributory Factors

The popular perception is that Candida is the consequence of antibiotics use. Some in the medical field question this relationship, saying that antibiotics could not have that effect in a healthy individual. But it may be that antibiotics act as a final contributing factor where health has already been compromised, most probably by one or more of the following:

- use of the contraceptive pill or HRT
- use of steroids (hydrocortisone, prednisolone etc.)
- use of immuno-suppressive drugs
- repeated use of broad-spectrum antibiotics e.g. for acne
- dental mercury amalgam poisoning
- other heavy metal poisoning e.g. lead, cadmium
- chemical poisoning from the home, garden, workplace etc.
- hormonal changes e.g. puberty, pregnancy, menopause
- stress

In addition, Candida involvement has been implicated in some cases of other illnesses e.g. Myalgic Encephalomyelitis [Chronic Fatigue Syndrome], Endometriosis.

### Detection and Correction

Candida is not just the result of a faltering hormonal system, as it in turn aggravates the situation by binding to hormones, making them less effective at reaching their target sites. At this point new symptoms appear, adding to the misery.

Eat only these proteins – beef, turkey, eggs, fish.

Eat only these carbohydrates – low-carb vegetables (such as: celery, carrots, tomatoes, peppers, mushrooms, onions, broccoli, cauliflower, summer squash, green beans, asparagus)

Eat only these fats – olive oil; unroasted, unsalted seeds and nuts

Eat little to no fruit and avoid grains.  
Information adapted from Diagnos-Techs, Inc literature and Medline Plus Medical Encyclopedia.

### OPTIONS ALSO OFFERS YOU

- ✓ Women's hormone levels can be determined through a saliva Female Hormone Panel or a Post Menopause Hormone Panel. Candida overgrowth levels can be determined through a GI Health Panel.