CANDIDA — Major Yeast Problem
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Candida albicans is a single celled organism that is part of the plant kingdom. Candida lives in the mucous membranes of the gastrointestinal and genitourinary tract, skin, genital tract, mouth, esophagus and throat.

Candida overgrowth may effect up to 100 million Americans of all ages and sexes. Research has established that yeast is impossible to keep out of the body. Normally, it does no harm because it is kept in check by beneficial bacteria such as acidophilus. The beneficial bacteria can be destroyed if you are using birth control pills, antibiotics, high sugar intake, cortisone drugs, or if you experience extreme stress, anxiety, depression or eat a poor diet low in fiber. The symptoms of Candida typically smolder in some minor form for a long period of time, then flare up each time an antibiotic is used to treat an infection.

Problems arise when the burden of Candida toxins exceeds your resistance. This can throw the body totally out of balance.

Hypoglycemia and low blood sugar are common problems associated with chronic Candida infestation. This may be caused by the depletion of sugar and other nutrients from the intestinal tract by Candida. With today’s population of junk food eaters especially fats and sugars, Candida can find ample food supply to fuel its growth.

One of the major problems caused by Candida is the release of toxins into the bloodstream. These toxins trigger multiple discomforts such as vaginal itching, depression, gas, bloating, diarrhea, headaches, irritability, memory and concentration problems and chronic fatigue syndrome.

Candida can lead to “leaky gut syndrome” resulting in decreased resistance to viral and bacterial infection and increased infestation by other parasitic forms. Leaky gut occurs when the inflammatory process allows free passage of micro-organisms including Candida toxins into the blood stream. Because Candida can produce so many different toxins the body gets overwhelmed and weakens the intestinal lining, allowing toxins to pass into the blood stream at will. When Candida grows out of control, the toxins flood the body and cause a variety of discomforts and health problems.

Children are not immune to Candida. The most common symptoms in children are re-occurring ear infections and colic. When ear, nose and throat infections are treated with antibiotics this can set the Candida growth into full bloom. Children must have a balanced diet. It cannot consist of junk food, sugar and caffeine since this can cause the gut to become irritated and increase Candida cells.

Millions of people turn to antibiotics for Candida. They are given compounds designed to kill specific types of harmful bacteria. Antibiotics do not kill yeast cells and, in fact, promote their growth by killing the good bacteria in the intestines. As they poison yeast, the yeast releases more toxins. Candida is one of the most pathogenic yeast organisms that can produce other problems such as thrush or vaginitis which puts more stress on the already over-burdened immune system.

The best therapeutic program for treating Candida overgrowth is a healthy diet and specific nutritional supplements. The program must bring nutritional stability to your body to strengthen your immune system. The growth of yeast must be controlled to restore the balance of flora in the intestinal tract. You are what you eat, and your digestive tract will reflect it.

If your digestion is a problem then add digestive enzymes at every meal. Candida’s cell wall is made of cellulase. Cellulase enzymes will digest it. As the digestion breaks down the yeast’s cell wall, the yeast dies.

Foods you should stay away from are sugar, yeast, high carbohydrate foods such as potatoes, beans, peas, sweet potatoes, and grains such as wheat, oats and barley.
The following are some of the most common symptoms of Candida. If you have more than five you should consider the probability that you have Candida overgrowth and begin nutritional therapy.

1. Depression
2. Mood swings
3. Brain fog
4. Fatigue, drowsiness
5. Chronic heartburn
6. IBS symptoms (i.e. diarrhea or constipation)
7. Muscle or joint pain
8. Body rashes that break out all over
9. Depleted immune system, takes you a long time to recover from colds or flu
10. Nagging cough
11. Bad breath
12. Rectal itching
13. Women with chronic vaginal infections and painful periods
14. Allergic response to strong cleaning chemicals, smoke and perfumes
15. Frequent bladder infections
16. White coated tongue
17. Sudden vaginal discharge after eating sweets
18. Bloated abdomen

**SUGGESTED NUTRITIONAL THERAPY:**

1. **CANDEX** – contains 52,000 units of cellulose digesting activity. Candida’s cell wall is made up largely of cellulose. Cellulose enzymes digest it, which in turn kills the yeast without causing a health crisis. Candida can not become resistant to Candex. Candex controls vaginal yeast infections and breast rashes in three days. It is the most effective product on the market for Candida. For severe Candida use 1 capsule daily for 1 week, 2 capsules morning and night for the second week and three capsules daily for the third week. After control is obtained use 1 capsule at bedtime for maintenance.

Candex is safe for children when needed. The suggested dose is ½ capsule, twice daily for each 40 pounds of body weight. Fourteen years and older follow adult recommendations.

2. **Beta Glucan** – 1 75 mg. Capsule twice daily for 1 month while Candida is still active. Acidophilus is an excellent cofactor with Candex and makes it more efficient.

3. **Digestive enzymes** – 1 with every meal to break down proteins and carbohydrates.

4. **Ester C** - 1000mg. Twice daily.

5. If you crave sugar – use 1 **Gymnema Sylvestre** twice daily.

6. If you take any antibiotics, take **acidophilus** 3 times daily. Doing this will balance the flora in the stomach.

7. **Cal-Mag-Zinc** – 2 to 3 capsules at bedtime.

You should avoid:
- All sugars or products that contain sugar
- Caffeine and alcohol
- Bread, pasta, cake, cookies made from flour and all junk foods.

If you need a sweetener use stevia or glycine powder.

Mushrooms and fermented foods such as vinegar, alcohol and soy also cause yeast-sensitive people to have a flare up! This could require a strict yeast free diet until the Candida is under control.

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