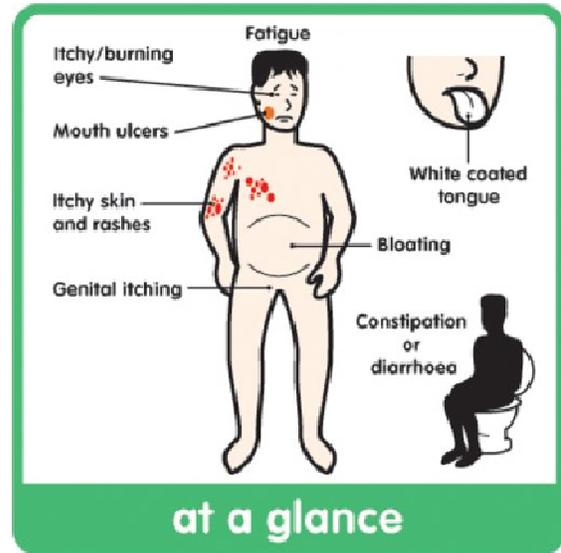


## What is Candidiasis?

Candida Albicans is a naturally occurring yeast that is present in all our bodies and it is supposed to be there in balance with many other microorganisms. The problem begins when several factors in our lifestyle cause the Candida to grow in outstanding numbers and it overtakes all the other healthy microorganisms. This yeast normally resides in the intestinal tract, mouth, throat and genitals, however it can burrow holes in the intestinal tract, enter the blood stream and then make its way into any organ of the body. To make matters worse it emits over 70 different toxins into the body. Some people may even become allergic to the yeast itself. Candida symptoms are vast and all encompassing and can even incapacitate the individual. Candida is nearly an epidemic in our society and is responsible for many of the chronic illness categories we see so frequently. Most people are unaware that it even exists, because many mainstream doctors are uneducated about its impact on our health. People suffering from Candida often go from doctor to doctor for years and are usually told they are a hypochondriac or that it is stress or a psychiatric problem, before ever discovering the real culprit.



## Candida overgrowth

Once this yeast proliferates in the body, it wreaks havoc in many ways and is likely an instigator of many common maladies, conditions, syndromes and illnesses in our population.

### Some of the most commonly reported Candida symptoms are:

- constant tiredness and exhaustion
- headaches/migraines
- foggy brain / trouble concentrating
- intense cravings for sugars, sweets, and breads
- prostatitis or vaginitis.
- rectal itching
- anxiety, hyperactivity, attention deficit, panic attacks
- depression, mood swings, irritability
- constipation, diarrhea, bloating, gas, or belching
- indigestion/acid reflux/gastritis
- food allergies or food reactions
- skin problems (skin infections, eczema, psoriasis, acne, itchy skin)
- numbness, burning, tingling
- sinus congestion/inflammation
- pre-menstrual syndrome
- dizziness

poor memory  
persistent cough  
earaches  
low libido (sex drive), erectile dysfunction, impotence  
muscle aching or weakness  
joint pain or swelling  
learning difficulties  
sensitivity to fragrances and/or other chemicals  
cognitive impairment  
sore throat/thrush  
athletes' foot, jock itch, fungal infections on the skin or nails

**The organ most frequently affected by yeast overgrowth is the brain, but it also affects these systems:**

digestive  
nervous  
cardiovascular  
respiratory  
reproductive  
urinary  
endocrine  
lymphatic  
musculoskeletal

Candida symptoms can vary from one person to another and often move back and forth between systems within the same individual. One day you may experience symptoms in the musculoskeletal system and the next day it could be the digestive system, etc.

If you believe you have a candida overgrowth, you should discuss it with your doctor.