



Chronic Candida – What Is It, How to Tell if You Have It & How to Get Rid of It

By Morning: Spirit: Wolf - D.R.M.

Candida albicans is a fungal form of yeast microorganism, which the body supports in very small populations in the mouth, intestines, vagina, and colon. Its primary job is to aid the break-up of food into particles, separating elements for digestion and nutrient absorption. When out of balance and overproduced, Candida breaks through

membranes, especially the wall of the intestine and penetrates the bloodstream, releasing toxic byproducts into your body and causing leakage, i.e. "leaky gut". The Candida yeast can cross the blood/brain barrier into many of the body's regions unprotected by weakened immunity. This can lead to differing health problems, from symptoms such as allergies and digestive issues to depression and autoimmune diseases.

How do you get Candida overgrowth?

The healthy bacteria, a balance of microbial flora and fauna in your gastro-intestinal tract, also known as the gut, typically keep your *Candida albicans* levels in check. However, several factors can cause the Candida population to grow to excess and overtake healthy bacteria:

- Eating a diet high in refined flour, sugar, salt, preservatives, and enriched bread (which feed the yeast)
- NOT eating fresh fruits and dark green vegetables
- Consuming excess alcohol (especially fermented alcohols such as beer, wine, and sake)
- Taking oral contraceptives
- Eating excess fermented foods like Kombucha, sauerkraut, soy sauce, vinegar, and pickles
- Experiencing a high-stress lifestyle
- Taking antibiotics that kill too many friendly bacteria
- Drinking chlorinated and fluoridated water on a daily basis

Here are 10 common Candida symptoms

1. Skin and nail fungal infections (such as athlete's foot or toenail fungus)
2. Feeling tired and worn down or suffering from chronic fatigue (leads to fibromyalgia)
3. Digestive issues such as bloating, constipation, diarrhea, spastic colon, and IBS
4. Autoimmune disease such as retro-virus, Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Scleroderma or Multiple Sclerosis
5. Difficulty concentrating, poor memory, lack of focus, ADD, ADHD, insomnia, dizziness, and brain fog
6. Skin issues such as acne, eczema, psoriasis, hives, and rashes (diaper rash in infants)
7. Irritability, mood swings, anxiety, panic, or depression
8. Vaginal infections, urinary tract infections, rectal or vaginal itching
9. Severe seasonal allergies, itchy ears, sinusitis, or muscle or joint pain and inflammation
10. Strong sugar and refined bread, pasta, or pastry cravings



Candida between the toes, often in the nail beds too, cause burning, itching, dryness, and swelling.

Clinical Tests for Candida

Blood test

In the blood, elevated levels for IgG, IgA, and IgM Candida anti-bodies can be checked through most any lab. High levels indicate an overgrowth of Candida. Clinical testing in blood can often be negative even when the stool or urine test is positive.

Live blood analysis

Holistic Naturopaths can see the microscopic Candida in a dark field slide of live blood (non-separated blood serum) producing sticky platelets and poor circulation.

Stool testing

Fecal samples may be the most accurate test available. This will check for Candida in your colon or lower intestines. The lab can usually determine the species of yeast as well as which treatment will be affective. (Note: be sure that your doctor orders a comprehensive stool test rather than the standard stool test.)

Urine Organix Dysbiosis Test

This test detects a waste product of Candida yeast overgrowth known as D-Arabinitol. An elevated test means an overgrowth of Candida. This test will determine if there is excess Candida in your mouth, stomach, duodenum, or small intestines.



Oral thrush, Candida overgrowth in the mouth, can occur when using asthma steroid inhalers, and in breast-fed infants whose mothers are on antibiotics. Thrush also develops with severely depleted immunity—i.e. those undergoing chemotherapy or post organ transplant immuno-suppressant drugs, or those with AIDS.

Natural Remedies for Candida Overgrowth

1. Effective Candida remedies involve stopping the yeast overgrowth, restoring the friendly bacteria that usually keep them in check, and healing the gastro-intestinal tract so that Candida can no longer enter your bloodstream.
2. Getting rid of the Candida overgrowth primarily requires a change in diet to a low carbohydrate diet. Sugar and fermented foods are what feed yeast overgrowth, thus eliminating sugar in all of its simple forms like candy, desserts, alcohol, ketchup, soy sauce, and grain flours.
3. Reduce the more complex carbohydrates such as brown rice, red kidney beans, papaya, strawberries, raspberries, blackberries, buckwheat pasta, and red potatoes to a total of one cup per day to prevent the Candida from growing and eventually cause it to die. To speed up the cleansing process, eliminate all fermented foods, such as mushrooms, tamari, and vinegar.



Candida on inside of arm, producing red pinhole rash, itching and burning.

4. Add brewer's yeast or nutritional yeast (2-3 teaspoons to salad dressing, green smoothie, or sprinkled on veggies daily) which are both inactive, non-fermenting yeast products and will "fool" Candida into eating the inactive yeast and will cause Candida to starve.

5. Topically, apply pure aloe vera gel alternately with coconut oil mixed with tea tree and/or eucalyptus essential oils keep the area neutralized, dry, and inhibit fungal growth.

6. Flushing teas to rid infection from blood stream include alfalfa or horsetail/shavegrass (both of which need to be boiled to release their anti-histamine properties).

Supplements Required - Diet alone is NOT enough

Once Candida escapes the intestinal walls, it excretes (poops) over **300 different mycotoxins** into your blood stream as a result of its own digestive processes. Using diet alone can take three to six months before the escaped Candida is killed, and those in the gut have returned to healthy amounts. Because of this you may consider supplements of cloves capsules (1-3 two times daily), caprylic acid capsules (1-3 two to three times daily), and/or yeast cleansing capsules. The Candida fungus is protected from your immune system's scavenging efforts by its tough cellular membrane. **Caprylic Acid** comes from coconut oil and effectively pierces the yeast cell wall, causing it to die. It may also be necessary to use alkaline water, or red potato water; chamomile tea; thyme tea; take **Cell Power** drops (20-30 daily in 3-4 cups water), and eat dark green leafy vegetables to pH balance the GI tract to inhibit further Candida from escaping the gut.

You may have read that oil of oregano can be very effective, but it can also kill good bacteria, so use it only in severe cases and limit its use to 1 capsule twice daily for 1-2 weeks. It is also recommended that **Anti-Fungal Formula** (AFF) from Peak Frequency® Plant Therapy accompany the supplement regimen (15-25 drops 2-3 times daily), along with **vitamin C** (10,000 - 20,000mg), **B-complex** (10,000 mg), full spectrum **pro-biotics** (25-50 billion microbes 2-3 times daily) and/or **digestive enzymes** (including papain and bromelain), and vitamins A (20-60,000 IU daily) and E (800-1,600 IU daily). These, with caprylic acid are very specific to yeast and will not harm your good bacteria.

It's a must to restore the healthy bacteria that typically keep the Candida population within balance, and to do so you can take probiotics on a regular basis. Taking anywhere from 25 to 100 billion units of probiotics may help to reduce the Candida levels and restore your levels of good bacteria. Finally, heal your gut by eliminating inflammatory foods that can harm your GI tract and introduce foods that aid in digestion and nutrient absorption (such as goat yogurt), will prevent Candida from working its way through your body, and will dramatically improve your overall health.

Advanced stages of Candida include:

- Chronic Fatigue Syndrome (CFS) or fibromyalgia
- Chronic nasal congestion or sinusitis
- Recurring vaginal yeast infections
- Hashimoto's thyroiditis
- Rheumatoid arthritis
- Spastic colon (gas, bloating, diarrhea and/or constipation)
- Intermittent painful sores in the mouth (not cold sores on the outer lips) that last for 10 days at a time
- HIV or Retro-virus

Candida Overgrowth Syndrome

Candida overgrowth syndrome (COS) produces many symptoms such as those previously mentioned, as well as dandruff, diaper rash, and scleroderma. A third type of Candida proliferation within the intestines, however, is a controversial disorder, accepted by some physicians and rejected by others as a “fad” diagnosis. It is known variously as Candida overgrowth syndrome (COS), chronic candidiasis, or just simply “a yeast problem.”

Often it is nutritionally oriented doctors who believe that COS does indeed exist and treat it as they would any medical condition. They contend that Candida overgrowth is a specific disorder, which can be responsible for months or even years of chronic ill health. And they assert that even though candida remains confined to the digestive tract and vagina, the overgrowth has far-reaching effects throughout the body.

In some cases, while still alive, the proliferating Candida yeast burrows deeply into the delicate lining of the gastrointestinal tract, damaging it and creating a syndrome called intestinal hyper-permeability or “leaky gut.” When this occurs, a person can develop new sensitivities and intolerances to once harmless foods, such as dairy, eggs, corn, and wheat (gluten).

Indeed, COS’s elusive set of signs and symptoms can make this problem hard to identify unless the patient and/or physician suspect its presence and believe that candida is a real, diagnosable condition. Confusing matters further is the fact that COS often closely resembles other hard-to-diagnose disorders, and may be the root cause of fibromyalgia, chronic fatigue syndrome, food sensitivities, irritable bowel syndrome, depression, insomnia, and Hashimoto's.

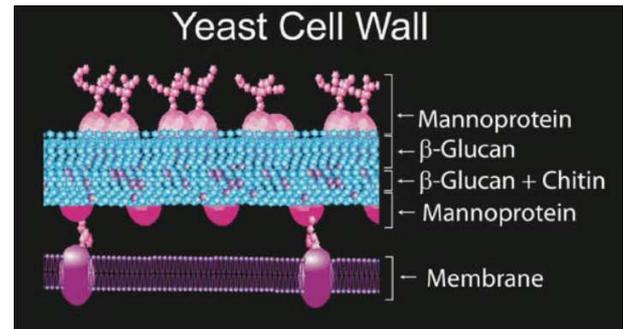
Unfortunately, misinformation about Candida overgrowth syndrome abounds. Most of the popular books on COS incorrectly imply that the Candida proliferation can be widespread, occurring within virtually every organ. This is simply not the case. Although chemicals produced by the Candida are dispersed by the bloodstream, in COS the Candida organism itself is not.

Many people who believe they are suffering from Candida overgrowth, in fact, may not have it at all. (This can be a risk of reading a book about a disease and making a self-diagnosis.) Such individuals often spend hundreds of dollars on supplements, which in the end are useless because they never had COS in the first place. Others may confine themselves to extremely restrictive diets, or worry unnecessarily about a condition they do not have.

On the other hand, antibiotics are often prescribed and taken for the wrong conditions (for cold and flu viruses, for instance), or for inappropriately long periods. This sets the stage for Candida proliferation. Because most conventional doctors are skeptical that COS exists at all, it is possible that many chronically ill but undiagnosed individuals actually have this easily treatable condition. In these cases, many nutritionally oriented doctors believe that the diagnosis of COS is probably being overlooked by medical doctors every day.

The fungus can stay dormant in your body for years, then with repetitions of stressful, acidic, toxic, sugar excess internal environments your immune system takes a dip, and Candida becomes excessive. Because the Candida organism burrows deeply into the intestinal wall, it may take several months to fully rid COS. To prevent it please be aware of the following:

- If you need to use antibiotics, also take probiotics (full spectrum is best, minimal probiotics include *Lactobacillus acidophilus*, *Lactobacillus bifidus*, *saccharomyces boulardii*) for at least two to three weeks **after** your antibiotic treatment is completed (use during antibiotics renders them ineffective). They will help restore your natural bacterial balance.
- Avoid unnecessary steroid use. If you have a medical condition requiring steroids, work with your doctor to reduce your dose to the lowest amount that is effective for your condition. If you use a steroid inhaler, rinse your mouth after each use. Even the nasal steroid sprays can cause Candida problems. Since it’s difficult to rinse your nasal passages, try to use nasal steroid sprays only when absolutely necessary
- Get checked for diabetes, especially if you are middle-aged, obese, or have a family history for the condition. People with diabetes are especially susceptible to Candida infections.



- Consider performing an annual colon-cleansing regimen to reduce your total Candida population. A healthful, high-fiber diet that promotes regular elimination may be sufficient.

Additional Supplements

Echinacea (*Echinacea angustifolia*) boosts the immune system and helps the body battle yeast infections. This herb works best when taken in alternating cycles with other immune-enhancing herbs, such as astragalus or goldenseal.

Garlic (*Allium sativum*) both enhances immunity and reduces Candida counts in the body. In test-tube studies, garlic has been found to inhibit the growth of *Candida albicans*.

Goldenseal and other berberine-containing herbs such as Oregon grape and barberry have been studied for their ability to counteract *Candida albicans*. Combinations of these herbs are widely used by naturopathic physicians for chronic Candida infections. There's some evidence that goldenseal is effective for COS-related diarrhea.

Lipotropic supplements and silymarin are often recommended by naturopathic physicians, who believe that candida-related toxins suppress the liver's normal ability to detoxify. This suppression accounts for the multiple chemical sensitivities and allergies associated with COS. Lipotropic combinations (including choline, betaine, methionine) and silymarin (milk thistle) both enhance liver function and protect the liver from toxic substances.

Digestive enzymes compensate for low enzyme levels can lead to Candida overgrowth. A comprehensive stool analysis will check for Candida and also determine how efficiently your digestive process is functioning. If there's evidence of inadequate stomach acid or pancreatic enzymes, supplemental enzymes may be prescribed.

Self-Care Remedies

- Begin an exercise program. Regular exercise will help improve your overall well-being and enhance your immune system.
- Reduce stress. Learn how to do yoga, t'ai chi, or meditation, and practice them consistently.
- Wear cotton or silk underwear. This is particularly important if you are susceptible to recurrent vaginal yeast infections. Nylon or other polyester fabrics can trap moisture, creating an environment friendly to fungal growth.
- Avoid commercial feminine products. Some douches, feminine sprays, and perfumed tampons can make COS worse by irritating the delicate vaginal membranes.
- Eat yogurt. Check the label to be sure it contains active or live cultures of acidophilus; research shows a cup of yogurt a day can reduce the number of vaginal yeast infections a woman has.
- Red Desert clay is effective and begins working immediately at removing heavy metals and other toxins that nourish Candida. Over months the body can become much cleaner internally. Eliminating yeast and other toxins can make a huge difference in how we feel.
- Increase dietary fiber such as raw green vegetables. Eating enough fiber promotes a daily bowel movement. This will help eliminate the organisms and the toxins that the Candida yeast produces. In addition, drink at least two quarts of water, plus 2-3 cups herbal tea during the day, and twice a day drink a mixture of psyllium husks, lactobacillus acidophilus powder, liquid Bentonite clay, and water.

- Drink a minimum of 1 cup water with 1/4 tsp. Real Salt dissolved into it to replace lost trace minerals and electrolytes. Mineral deficiency is associated with Candida, and most of food today is grown in mineral depleted soil, requiring daily replacement with minerals salts.
- Use organic blue/green algae or spirulina to combat Candida overgrowth in the GI tract and provide alkaline environment for pH balance.
- Use Zetox, a liquid zeolite based detoxifier that moves into the bloodstream and removes toxins i.e. heavy metals, pesticides, herbicides, viruses and other pathogens.

New Science

Today more and more scientists and doctors are recognizing that "Candida Is Found In Nearly All Cancers". More evidence comes to light on a daily basis from scientists all round the world about the connection between Candida albicans and cancer.



Italian oncologist, Tullio Simoncini MD, has long been an advocate of the fungal hypothesis in regards to cancer. Dr Simoncini's experience with cancer patients made him aware of the epidemic of Candida in the world that is going untreated. He believes that the fungus is underestimated in its role with cancer, with so little science and understanding about it. His research began when he saw the connection with Candida and cancers in that they all behave in the same way despite their occurring in the widest variety of locations in the body.

He then began to search for a common denominator within all these different cancers and believed he had found it when he saw that most cancers appear white in color. The official answer by this and other oncologists is that Candida is an opportunistic organism that finds root within the existing developing tumors and uses it for growth.

Microscopic illumination revealed the nature of Candida as having a tough exoskeleton layer, making its exterior membrane difficult for immune factors to attack and scavenge. This layer is called Chitin and its tough but flexible nature allows it to cross many types of oil and water soluble membranes (blood/brain barrier) in the body, and evade killer immune cells.

Structure Revealed:

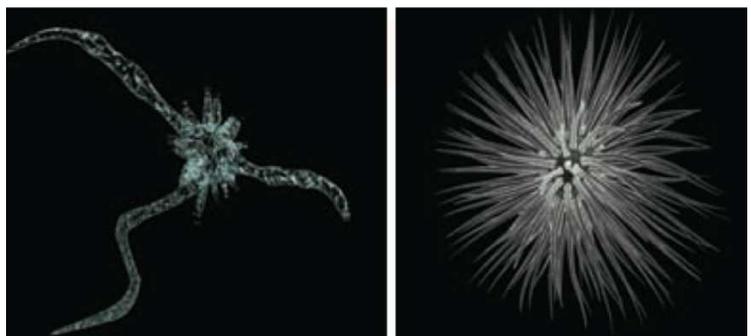
These microscopic images of Candida albicans illustrate Candida's exoskeleton of **Chitin, or Chitin layer**. Imagine the fungus is wearing a suit of armor that your immune system cannot punch through when it's weak.

This is why Candida is so hard to get rid of!



The chitin layer is made of the same stuff that the hard exoskeletons of insects like cockroaches are made of!

This makes it extremely difficult for your immune system to attack the fungus.



*Candida fungus under microscope.
Candida forms stringy mycelium like connections.*

New Product - Chitin Synthesis Inhibitor

For those who have been dealing with chronic, wide-spread Candida and Fibromyalgia, especially where other treatments have failed, this product, combined with those previously mentioned may be the answer. Chitin synthesis inhibitor is an inert compound that works on Chitin – no system in the human body uses chitin so it has zero affect on vital systems, and does no harm to liver or kidneys. It is taken over several weeks to allow for complete absorption.



The chitin synthesis inhibitor is absorbed into the fatty tissue and released slowly over several weeks. Its inert chemical ingredients, like the Candida albicans, cross the blood-brain barrier, and can even deal with Candida fungal infections in the brain. chitinsynthesisinhibitor.com

Chitin synthesis inhibitor is a compound that prevents the yeast from producing this layer of chitin to protect itself and without this protection your body can naturally attack and kill the fungus. As Candida matures its chitin layer increases in thickness. When mature Candida lodges in muscles it produces symptoms of fibromyalgia with muscle swelling and pain.

Because there is no one magic pill for everyone, what is offered here are successful ideas and products that are a good fit for many desiring to eliminate excess yeast from the body. Some have mild infections and others have long term systemic conditions, combined with numerous chronic health issues. The use of all the lifestyle and diet suggestions, plus the products in this article may produce the help that is needed. While some will notice relief very quickly, others might find that it takes a little longer if the situation is systemic. However with desire, product help, some detoxification and a few food changes, Candida can and ALL its symptoms start improving right away.

Approximately 80% of yeast/fungal infections are due to overgrowth of Candida albicans, while the rest of the time it is another type of fungi, such the mold in your home. Once you start clearing the yeast out of the body and replacing the beneficial flora in general, the other fungi and pathogens are reduced as well, because the body overall is stronger and the immune system is rejuvenated.

What to Expect During Your Cleanse

The chitin synthesis inhibitor will begin dissolving the protective coating of the fungus within the first few days of taking the course.

After the first day or two, you may experience something called a **healing crisis**, which occurs in people who have extensive fungal infection throughout their bodies.

Once the healing crisis is over (usually in a few days) you'll feel more energy and better health.

What Is a Healing Crisis?

Many people who have a serious Candida infection find that when they take the chitin synthesis inhibitor they feel worse before they feel better. This is normal and is known as a 'healing crisis' or a 'Jarisch-Herxheimer' reaction.

The chitin synthesis inhibitor is doing its job and destroying the chitin protection of the fungus. This means that your body now is able to attack the fungus and kill it.

This rapid killing-off cycle means that toxins are released into the body which can make you feel a bit like you have the flu, but can be greatly diminished by drinking 2-3 quarts of water daily, plus 2-3 cups alfalfa, horsetail, or sarsaparilla tea to flush toxins.

This temporary condition moves quickly as the treatment kills the majority of the fungus and within a few days, with the die off reaction causing ill feelings. Shortly you will be feeling much better than before.

At first all symptoms may get magnified but after about 10 days deep clearing takes place. Die-off occurs in the form of rancid smelling, white fatty globules that are released in feces and often on the tongue (a detox zone of the liver). Die off may go on for a week or so, during which you can scrape the tongue, perform a colonic, or just rest and drink fluids, and after which feelings of well being occur.

Start Where You Are - And Do What You Can

Meal Suggestion

Veggie Wrap

One Ezekial sprouted grain tortilla

Organic navy bean humus

1/2 Avocado

1- 1/2 cups Raw organic vegetables, shredded: kale, spinach, crook neck squash, garnet yams, broccoli, Roma tomato (chopped), (choose whatever is in season) that looks alive and vibrant, as if it was just picked.

Alternate: use spouted seeds or sprouted red kidney beans in place of humus.

Spread a little humus on the tortilla.

Mash up the avocado and spread it on the tortilla.

Sprinkle on a little Real Salt and a dash of cayenne.

Pile on the raw vegetables and roll it up like a rug.

~ Other Foods to Eliminate for a Few Months ~

- **Vinegar** -- Vinegar is made with an active yeast culture. White vinegar, red wine vinegar, balsamic vinegar, mayonnaise, commercial salad dressing, ketchup, Worcestershire sauce, steak sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat, chili sauce etc.
- **Mushrooms** - Mushrooms are fungi. Use the medicinal ones i.e. maitake, cordyceps, reishi, etc.
- **Peanuts** - **Nearly all peanuts are contaminated with mold**, which grows on the peanuts because once picked, they are stored in hot, hot weather. This includes Peanut Butter even if it is organic. Pistachios, walnuts, and macadamia nuts also contain mold.
- **Coffee, Black Tea, Cider, Root beer** - this includes decaffeinated coffee and black tea.
- **All cows' milk cheeses** (especially blue or other mold grown cheeses), **sour cream, processed and pickled foods**
- **Processed, Dried, Smoked, and Pickled Meats** - These foods include smoked salmon, pickled herring, sausages, bacon, hot dogs, pastrami, bologna, sandwich meats, salami, corned beef, pickled tongue, and kielbasa.
- **Packaged, Processed, and Refined Foods** - Canned, bottled, packaged, boxed, and other processed foods containing yeast, refined sugar, refined flour, chemicals, preservatives, or food coloring.