

# Could Candida Be Sabotaging Your Health?

Why You Should Take this Yeast Problem Seriously...

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Millions of people are currently fighting a battle against a single-cell fungus they cannot see. This fungus belongs to a family of yeasts called *Candida albicans*, and under normal circumstances it's a harmless part of your skin, intestines, and for women, your vagina.

But *Candida* cells develop rapidly, and if your system is out of balance from eating unhealthy foods, taking certain prescription drugs, fighting an illness, and more -- *Candida* can quickly grow out of control. The result is an astounding array of health problems that can rob you of energy and interfere with your ability to enjoy life.



What's worse most conventional doctors do not recognize the symptoms of *Candida* overgrowth, and are clueless about how to cure it.

If you think you may be suffering from a yeast-related problem, keep reading. In the pages that follow, you'll learn how to identify *Candida* overgrowth and, more importantly, how to overcome it.

## The Many Signs of Candida

Because *Candida* overgrowth, or *Candidiasis*, is so often overlooked by physicians, it's difficult to say exactly how many people may be affected, but estimates suggest that up to 80 million Americans may suffer from yeast-related problems -- and 70 percent of them are women.<sup>1</sup>

Some common conditions that indicate you may have *Candida* overgrowth include:

Irritable bowel syndrome	Vaginitis	Food allergies
Migraines	Asthma	Chronic fatigue
PMS	Fibromyalgia	Yeast infections
Cancer	Weight gain	Depression

As you can see, the list is long and varied, and the symptoms mimic those caused by many other diseases.

So how do you know Candida is to blame for your symptoms?

Well, often you don't know for sure, and that's why so many people are suffering needlessly. If you're suffering from some of the above symptoms, and nothing else you've tried seems to help, there's a fair chance Candida is involved. Likewise, if you have either of the following conditions, yeast is definitely involved.

### **Vaginal Yeast Infections**

Close to 75 percent of women have had at least one yeast infection in their lifetime.<sup>2</sup> This common condition occurs when the normal acidity of your vagina changes, allowing Candida to multiply. Hormonal changes can encourage yeast infections, as can pregnancy, diabetes, use of antibiotics and use of corticosteroid medications.

Yeast infections usually make themselves known with intense itching, burning with urination and sometimes a thick, white discharge.

While any woman can get a yeast infection, they are much more common among people with weakened immune systems (and on rare occasions men can also experience genital Candidiasis).

As with all yeast-related problems, the infection is caused by Candida that already exists in your body. When your system becomes run down or out of balance (and I'll describe how this happens later in the report), the Candida multiply out of control, causing illness.

### **Thrush (Candidiasis of Your Mouth)**

This infection causes whitish, yellow patches in your mouth, and is most common in people with compromised immune systems, such as those with AIDS or those undergoing chemotherapy or other cancer treatments.

However, thrush can also occur in newborns (and then be transferred to the mother's nipples during breastfeeding), in people with dentures, and in those who use inhaled corticosteroids. Candida overgrowth can also spread to your esophagus, where it can cause pain and difficulty swallowing.

Many people are not aware that even diaper rash can be caused by a yeast overgrowth that manifests as a red, itchy rash on a baby's bottom. Candida-related skin infections can also occur on adults, particularly between folds of skin, such as in your armpits, groin and under the breasts in women.

With conditions like diaper rash, skin infections and yeast infections, many people treat them with over-the-counter anti-fungal creams, and when the symptoms go away, they assume they are cured.

In reality, these creams only treat the symptoms, and do nothing about the underlying yeast overgrowth that caused the problem to begin with.

With diaper rash, for instance, the diaper provides a moist, warm environment that's a perfect breeding ground for yeast. If your baby has also been taking antibiotics (or if the mother has been taking them and breastfeeding), their body's good bacteria has been killed, paving the way for yeast infections to occur.

With yeast infections or thrush, the underlying causes are also related to imbalances in your body's good and bad bacteria, along with many other factors that I'll detail in the pages to come. First though, it's important to know what happens if you do not address the underlying causes of yeast overgrowth.

Aside from potentially facing a lifetime of recurring yeast infections, you could face systemic Candidiasis, a condition that can actually be fatal.

## When You Need Relief NOW ...

The above solutions are incredibly important for beating Candida and avoiding recurring yeast infections and other yeast-related health problems, so DO make sure to take them to heart.

However, they work over time and will not provide the immediate relief that women facing one of the most common yeast-related problems -- yeast infections -- need.

So, to relieve the pain and itching that often accompanies yeast infections, you can try:

- ✚ Inserting one Boric acid powder capsule into your vagina morning and evening for three to seven days for an acute infection, and 14 to 30 days for a chronic infection. I have not seen Boric acid capsules widely available in health stores or pharmacies but women can make their own by buying a bottle of Boric acid powder and gelatin capsules (a capsule-making machine makes the process go faster).

Studies show the effectiveness of Boric acid is very high especially in women with chronic resistant yeast infections -- one study with 100 women showed a 98 percent success rate with this condition. If you find that the Boric acid irritates your external genitalia you can protect the tissue with vitamin E oil (preferred).

- ✚ Inserting a garlic clove into your vagina in the morning and an acidophilus capsule in the evening for three to seven days.



- 🌈 Preparing a retention douche with bentonite clay, Pau D' Arco tea, plain yogurt, tea tree oil and goldenseal and douche two times a day for seven to 10 days.
- 🌈 Soak a tampon with diluted tea tree oil (use a solution of one and a half tablespoons of tea tree oil and one cup of water) and keep it in your vagina overnight.

## Systemic Yeast Infections: Why You Need to Take Yeast Seriously

If Candida enters your bloodstream, a condition known as Candidemia, it can be life-threatening. Though rare (it occurs in eight out of every 100,000 people per year) it is actually the fourth most common bloodstream infection among hospitalized patients in the United States.<sup>3</sup>

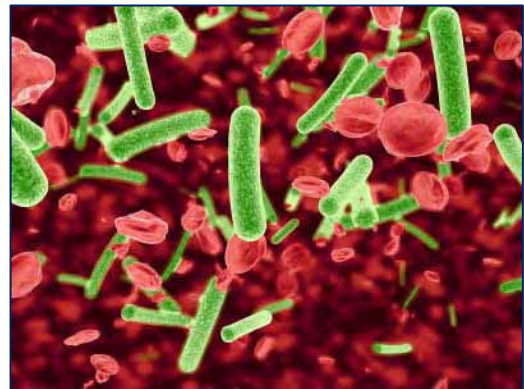
This makes sense, since those at highest risk are:

- ✓ People undergoing surgery
- ✓ People in the hospital
- ✓ Very-low-birth-weight babies
- ✓ People with a central venous catheter
- ✓ People with weakened immune systems

The condition is typically spread when a person's Candida organisms move from the digestive tract and enter the bloodstream. It can also result from medical equipment that's contaminated with Candida.

This type of invasive candidiasis causes fever, chills and other symptoms depending on where the Candida spreads. It can impact your kidneys, liver, bones, muscles, joints, spleen or eyes, and can potentially lead to organ failure and death.

Long before it becomes life-threatening, though, Candida that begins to grow out of control has been linked to serious, and common, health problems, many of which you might never connect to a type of yeast, or realize how serious they could become ... until now.



## Leaky Gut Syndrome: Where it All Begins

If Candida gets the opportunity to overwhelm the good bacteria that's normally in your digestive tract, an imbalance in intestinal flora, sometimes called dysbiosis, occurs. The



Candida can then actually burrow into your intestinal wall, creating tiny gaps in your membrane lining.

What happens when you have gaps in your intestinal wall?

Well, yeast produces 180 toxic byproducts, all of which become free to leave your digestive system and enter your bloodstream, where they are subsequently delivered throughout your entire body. Partially digested food particles also go along with them.

This “leaky gut syndrome” can pave the way for a host of illnesses from psoriasis to depression and bladder infections.

One of the first people to make the connection between yeast and ill health was Dr. William Crook, who wrote the book *The Yeast Connection*. Dr. Crook was one of my first role models, and if you are struggling with yeast problems I recommend you not only read his book, but also visit [www.YeastConnection.com](http://www.YeastConnection.com), as it’s based on his pioneering work.

As they say on the site, as toxins enter your bloodstream due to leaky gut syndrome, an allergic response is triggered, which leads to:<sup>4</sup>

Food cravings (especially for carbohydrates, yeast’s favorite food)
Bloating
Liver overload as it tries to deal with all these toxins
Decreased thyroid function and metabolism because the liver is busy elsewhere
Tremendous fluid retention to try to dilute the toxins
Fat cells swelling as they trap toxins to try and protect the rest of the body
Gas from yeast due to its normal metabolic functions
Toxins that block thyroid hormone function
Hormonal imbalance on all levels known as pseudohormones (false hormones) caused by environmental chemicals blocking receptor sites
The stress of toxins, weight, and feeling awful create excessive release of cortisol, the chronic stress hormone, which has an added negative effect of making it nearly impossible to lose weight

## Is Yeast Making You Fat?

According to the work of Dr. Crook: quite possibly, yes.

Again, leaky gut, caused by yeast overgrowth, allows toxins to enter your bloodstream. These toxins can cause an imbalance in your thyroid hormone, excess production of cortisol, and even autoimmune disease, all of which



work directly *against* any weight loss goals you're trying to achieve.

In fact, if you have been eating right for your nutritional type (you can find out your nutritional type at [www.Mercola.com](http://www.Mercola.com)) and exercising, but STILL are not losing weight, it could be due to yeast overgrowth. In some people an inability to lose weight is their ONLY symptom of candidiasis.

So not only do yeast overgrowth and leaky gut pave the way for numerous health problems, they contribute to weight gain and make it extremely difficult to lose excess pounds!

## Do You Crave Sugar or Feel Run Down? Yeast is Likely to Blame

A good sign that Candida is taking a hold of your body is feeling "run down" and developing a craving for sugars and carbohydrates, as this is the main fuel for the growing amounts of yeast in your intestine.

The more sugar and grains you eat, the more the yeast grows out of control. Eventually, this will weaken your immune system, which in turn can allow the yeast to infiltrate various other organs, and the sicker you'll become.

Remember, once Candida overgrowth occurs, its toxic byproducts are regularly entering your bloodstream. Two of these toxins, alcohol and acetaldehyde (the breakdown product of alcohol that causes hangovers), are in such high amounts in people with chronic yeast problems that you may actually end up feeling "drunk."



Acetaldehyde also reacts with the neurotransmitter dopamine, which is why people with yeast overgrowth often experience mental and emotional disturbances such as anxiety, depression, poor concentration and feeling spaced-out.

## How Does Yeast Grow Out of Control to Begin With?

I've explained the health problems that occur when yeast overwhelms your digestive tract and subsequently your entire body. But how does this actually happen?

Well, inside your gut are 100 trillion bacteria -- about three pounds worth -- that line your intestinal tract. This is an extremely complex living system that aggressively protects your body from outside offenders. That is, as long as it's balanced. As soon as your gut

flora begins to tip more in favor of the “bad” bacteria and away from the good, disease, including Candidiasis, develops. The most common factors that upset the balance of organisms in your gut and contribute to yeast overgrowth are:

- Eating too much sugar and too many grains. Sugar is the main fuel for yeast.
- Taking antibiotics, which kill both your good and bad bacteria.
- Exposure to environmental toxins, which can lower your immune system’s ability to keep Candida in check.
- Taking other medications, such as birth control pills and corticosteroids, is known to promote yeast growth.
- Chronic stress, which impacts your immune system, also contributes to yeast overgrowth, as do diabetes and pregnancy.

To truly treat yeast overgrowth at its source, then, involves addressing these causes at the very root level.

## How to Keep Candida From Taking Over Your Body

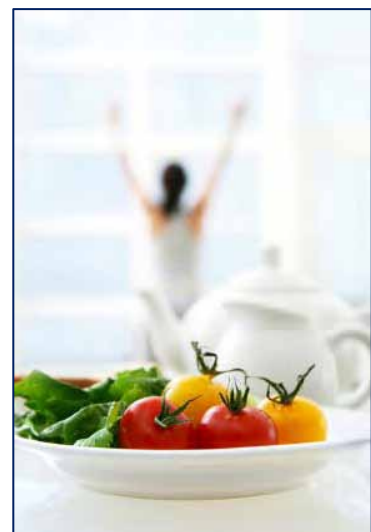
In order to prevent yeast overgrowth, you'll need to create an environment that makes it more difficult for fungus to thrive. Typically, you can do this by making the following lifestyle changes:

### 1. Eat the Best Diet for You, and Exercise

A diet rich in meats, chicken, eggs, seeds and nuts, vegetables, and healthy oils (free range and organic) - while avoiding sugars and carbohydrate-rich foods -- will restrict the amount of fuel the yeast in your intestine has available to it. Ideally you should also make your diet in tune with your nutritional type.

If you already have yeast overgrowth, keep in mind that you may feel worse a week or two after starting the diet. This is because the Candida are dying and releasing their toxic byproducts into your bloodstream. Be sure you continue on with your new diet through this phase to fully recover.

Once you’ve started on the healthier diet, exercising will also begin to rebalance the levels of neurotransmitters in your brain and improve your mood.





## 2. Get Plenty of Good Bacteria

You will want to increase your probiotic (good bacteria) intake with a high-quality probiotic supplement or by eating cultured and fermented foods, such as natto. These contain the good bacteria that keep your vagina and gastrointestinal tract healthy and will ultimately replace the Candida.

## 3. Avoid Exposure to Chemicals and Medications

Antibiotics, corticosteroids and birth control pills all need to be avoided. Paints, household cleaners, perfumes and scents may also cause allergic reactions, and chemical sensitivities are very common in people with yeast overgrowth.

## 4. Address Emotional and Psychological Issues

Food cravings, especially those for sweets, often are exacerbated by emotional dependencies. Tools like the Emotional Freedom Technique (EFT) can help you to overcome unhealthy food cravings and other emotional hurdles.

If you are already facing Candidiasis, I highly recommend working with a natural health care practitioner who specializes in treating yeast overgrowth to help see you through treatment.

Because yeast multiplies so quickly, it's necessary to restrict not only sugar and refined carbs in your diet but also all yeast- and mold-containing foods, including:

- Alcohol
- Vinegar (and vinegar-containing foods like mustard and salad dressing)
- Bread
- Carrots, potatoes and beets (high-sugar veggies)
- Fruits (which contain sugar)
- Peanuts and corn (which often contain mold)
- Mushrooms (fungus)
- Aged cheeses



You can also consider taking digestive enzymes to support your digestion, and using certain herbs that help to balance your intestinal bacteria and fight yeast growth. These include:

- ✚ Caprylic acid
- ✚ Pau D'Arco
- ✚ Oregano oil
- ✚ Black walnut
- ✚ Grapefruit seed extract
- ✚ Garlic (eat this in the form of fresh raw cloves, slightly crushed)
- ✚ Beta carotene

- ✚ Biotin
- ✚ Cinnamon essential oils (laboratory tests have shown that growth of yeasts that were resistant to the commonly used anti-fungal medication fluconazole were often stopped by cinnamon extracts<sup>5</sup>)

## Yeast and Cancer: An Astounding Connection

Many leading cancer experts, such as Dr. Tullio Simoncini, oncologist and author of *Cancer is Fungus*, believe that the root cause of all cancers is fungus.

Specifically, Dr. Simoncini's research has led him to believe that *Candida* is the leading cause of cancer; that cancer itself is in fact a fungus. What we refer to as a tumor is nothing more than your body's attempt at protecting itself from that fungus.

He brings up an analogy between psoriasis -- an "incurable" disease of the skin that many treat as a fungus -- and tumors, which are also an "incurable" disease of your body.



Several studies have linked the presence of *Candida* with cancer, showing that anywhere between **79 to 97 percent of all cancer patients also have *Candida***.

Dr. Simoncini's explanation for how this phenomenon works -- how *Candida* leads to deadly cancer -- is that it's a consequence of the weakening and exhaustion of your organs, and eventually your entire body, in the following stages:

1. *Candida* roots itself in your deep connective tissue in various organs
2. As a result, this evokes an organic defensive reaction as the connective tissue of your invaded organ attempts to encyst the fungi colonies through cellular hyper-production, which results in the formation of tumors
3. Growths continue as the fungi spreads, both in your surrounding tissue, and remotely (aka "metastasis"). It is still always the same *Candida* attacking different tissues, but due to its highly adaptive qualities it is able to mutate to adapt itself to whatever environment it finds itself in, hence the various types of tumors
4. Your body becomes progressively more exhausted, which allows the fungi to spread and take over more rapidly
5. You die from "cancer"

If “cancer” is actually a fungus, as Dr. Simoncini and others posit, it would make sense that anti-fungal drugs would then treat cancer.

The problem with anti-fungal drugs, however, is that fungi are extremely adaptive, and can adapt to a new environment in three to four days. This renders most anti-fungal drugs largely ineffective.

Dr. Simoncini’s treatment of choice for cancer, you may be shocked to learn, is actually sodium bicarbonate, a.k.a baking soda, as it is the most potent anti-fungal substance there is. The fungi do not adapt to the baking soda as they do to anti-fungal drugs, but baking soda is far more difficult to use because it needs to be injected directly into the tumor; swallowing the baking soda would not work at all.

In other words, because of Candida’s unique adaptation skills, sodium bicarbonate must be administered directly onto the tumor, and in so doing changes its pH very quickly, from acid to alkaline, which quickly and effectively kills off the yeast before it has time to adapt.



Dr. Simoncini has actual before-and-after video footage of both bronchial cancer and colon cancer where you can see that not only is the cancer white (the color of fungus), but four days after his simple treatment for bronchial cancer with a sodium bicarbonate and water flush, the tumors are gone.

In fact, Dr. Simoncini’s experience has shown that 99 percent of breast- and bladder cancer can heal in just six days, entirely without the use of surgery, chemotherapy or radiation, using just a local infiltration device (such as a catheter) to deliver sodium bicarbonate directly to the infected site in your breast tissue or bladder.<sup>6</sup>

## Fighting Back Against Candida

Remember, although yeast overgrowth can feel like it’s taking over your life, your body is more than capable of fighting back, and winning, if you give it the right tools.

Because Candida is so resilient, if you are currently battling a yeast problem please visit my Natural Health Center in Hoffman Estates, IL -- or find a holistic health care practitioner close to you -- for the guidance and support that will help you naturally overcome this menacing condition.

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<sup>1</sup> Koenig, Vicki, "Candida Overgrowth/Yeast Hypersensitivity," [www.stonyfield.com](http://www.stonyfield.com)  
[http://www.stonyfield.com/Wellness/MooslettersDisplay.cfm?moos\\_id=29](http://www.stonyfield.com/Wellness/MooslettersDisplay.cfm?moos_id=29)

<sup>2</sup> The Centers for Disease Control and Prevention, Division of Foodborne, Bacterial and Mycotic Diseases: "Candidiasis" [http://www.cdc.gov/nczved/dfbmd/disease\\_listing/candidiasis\\_gi.html](http://www.cdc.gov/nczved/dfbmd/disease_listing/candidiasis_gi.html)

<sup>3</sup> The Centers for Disease Control and Prevention, Division of Foodborne, Bacterial and Mycotic Diseases: "Candidiasis" [http://www.cdc.gov/nczved/dfbmd/disease\\_listing/candidiasis\\_gi.html](http://www.cdc.gov/nczved/dfbmd/disease_listing/candidiasis_gi.html)

<sup>4</sup> [www.YeastConnection.com](http://www.YeastConnection.com) "Leaky Gut Syndrome" [http://www.yeastconnection.com/about\\_leaky.html](http://www.yeastconnection.com/about_leaky.html)

<sup>5</sup> The World's Healthiest Foods, Cinnamon, ground  
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=68#descr>

<sup>6</sup> [www.Mercola.com](http://www.Mercola.com) "Fungus Causing Cancer -- A Novel Approach to the Most Common Form of Death"  
August 5, 2008 <http://articles.mercola.com/sites/articles/archive/2008/08/05/fungus-causing-cancer-a-novel-approach-to-the-most-common-form-of-death.aspx?PageIndex=4>