

CANDIDA //

HUMAN RESOURCES

If you experience any kind of digestive issues, skin problems, fatigue, or weakened immunity, it's likely you could be suffering from a very common culprit that is usually overlooked by most doctors- Candida.

Candida albicans is a single-celled fungus that lives within our digestive tracts and genitals (Gulch, 2005). One can never eradicate all candida in the body, nor would you want to; it is considered a healthy part of our microflora; that is, the diverse population of trillions of organisms that make up our microbiome. However, **chronic candidiasis**, or an overgrowth of the *candida albicans* yeast, can bring on a whole host of systemic health problems if left untreated. Causes include antibiotic use, birth control and other medications, a diet heavy in sugars and carbohydrates that feed the yeast overgrowth, low liver function, grain-heavy vegan/vegetarian diets, stress, heavy metals, malabsorption, and nutrient deficiencies, and autoimmune disease (Murray, 2008).

SYMPTOMS //

Common medical diagnoses often associated with candida are things like thrush, acne, vaginal yeast infections, athlete's foot, and irritable bowel syndrome. Symptoms are often confused with other health complications because they can be associated with almost every one of our bodily processes. They include leaky gut, constipation, diarrhea, acne, rashes, oral thrush, food allergies & intolerances, food cravings, headaches, brain fog, hair loss, bad breath, joint pain, frequent illness/ low immunity, fatigue, and adrenal and thyroid issues (Balch, 2004).

TREATMENT //

The Candida Diet starves the yeast so it cannot feed and replicate. Foods that must be limited for 30 days or longer include: all sugars and sweeteners, carbohydrates and starches like potato, bread, grains, rice, fruit and fruit juice, vinegar, dairy. Low sugar fruits like green apple and berries are allowed in small portions, as are small portions of sweet potatoes and winter squash (Balch, 2004).

Supplements like *saccharomyces boulardii*, caprylic acid, coconut oil, and oil of oregano are great candida fighters. Thorne SF722 is a great caprylic acid supplement. **Medications** like Nystatin and diflucan can be prescribed by a doctor for severe cases (Murray, 2008).

5 FOODS THAT BEAT CANDIDA //

coconut oil
garlic
cayenne
oregano
apple cider vinegar

5 FOODS TO AVOID //

all sweeteners (honey, sugar, molasses, coconut nectar) except stevia
mushrooms and any fungus
fermented foods (kefir, kombucha, kimchee)
vinegar (except apple cider vinegar)
carbohydrates & starches

Sources:

Bauman, E. (2012) NC101 Eating for Health. *Foundations of Nutrition*, Penngrove CA: Bauman College.
Murray, M. (2008) *The Clinician's Handbook of Natural Medicine, 2 Ed.* St. Louis, MO: Churchill Livingstone.
Balch, P. (2004) *Prescription for Nutritional Healing, 5 Ed.* New York, NY: The Penguin Group

