

Read More...Enemy Number One

In the mid 1980s, thought leaders and medical doctors, C. Orian Truss and William Crook opened our eyes to the devastation yeast overgrowth takes on our health. Today, conditions that contribute to the dominance of the fungus, Candida in the gut are stronger than ever and continue to present a serious threat. My experience with chronically ill clients repeatedly confirmed the devastation that an overgrowth of fungus, known as Candida Albicans can cause not only in the GI tract but systemically through out the body.

Candidiasis, is the most prevalent and obvious form of dysbiosis, to unbalance the body ecology. Candida, is found in nearly everyone, and in small amounts is compatible with good health. Its population is normally moderated by our friendly flora, immune defenses, and intestinal pH. If the beneficial bacteria which control Candida are eliminated, the fungus can infect the nail-beds, eyes, skin, vagina, or mouth and throat. Candida can also colonize the digestive tract and thereby wreak havoc throughout the body affecting all organs.

Candida albicans is the usual offender, but other species of fungus may cause health problems as well. The powerful toxin produced by Candida colonies is absorbed into the blood stream and affect our immune system, hormone balance and brain function. Some research has shown a connection of fungus to the growth of cancer tumors.

Know the Enemy

Defeating Candida begins with understanding the symptoms, contributing factors and organism characteristics of Candida albicans.

Common symptoms you may identify include: abdominal bloating, anxiety, athlete's feet, ADHD, colic, constipation, diarrhea, depression, environmental sensitivities, fatigue, feeling worse on damp or muggy days or in moldy places, food sensitivities, headaches, low blood sugar, mood swings, nail infections, sensitivities to fragrances, cigarettes or fabric odors, skin problems such as eczema or hives, thrush or bladder or vaginal infections. Symptoms particular to children include: colic, diaper rash, ADHD, ear infections, thrush, learning or behavioral problems,

Factors that contribute to the development include: born by C-section, use of antibiotics, NSAIDS (aspirin, ibuprofen, acetaminophen), typical American diet high in fat, sugar and processed foods, low stomach acid, stress, birth control pills, and steroids.

Organism characteristics include:

- Aggressive, adaptable and opportunistic, suppressing the growth of beneficial flora
- Thrives on sugar or anything that can be converted quickly into blood sugar
- Enjoys an anaerobic and acidic pH environment
- Changes form (phenotype) invading intestinal cell walls
- Generates fermentation in the gut producing alcohol, sometimes known as "auto-brewery" syndrome with accompanying damage through chronic exposure
- Protects itself with a protein biofilm
- Inflames intestinal walls interfering with absorption; contributing to the development of food sensitivities through a "leaky gut" syndrome
- Produces spores which remain latent in less than ideal conditions
- Compromises immune system function

Plan a Battle Strategy

Recovery from a Candida overgrowth requires a comprehensive battle plan that simultaneously strikes at all of the characteristics of Candida. An effective plan includes the following strategy tailored to your individual condition:

- Stop feeding the fungus
- Use nutrients to support intestinal health and digestion
- Reduce bio-film protection
- Discourage conversion of Candida phenotype into the more damaging form
- Systematically reduce population of spores
- Restore natural intestinal flora and balance

Call on battle-tested Nutrition Professionals to help you develop and carry out a plan to conquer your Candida infection and recover your full health.