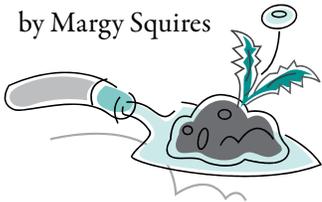


# Could You Have Candida?

by Margy Squires



**If health begins in the GI tract, how are you doing? Do your nutrients get absorbed? Toxins eliminated? How do you feel? Energized or dragging? Frequently feel “sick” for no obvious reason? Take the test for Candida. A GI overgrowth is like weeds choking the life out of your lawn, so if Candida has over run you, it’s got to go!**

*Candida albicans* is a fungal (yeast) infection that typically manifests locally in the GI tract. Trouble is, it can go systemic, spreading to other areas in blood and tissues. Thrush in the mouth or throat. Vaginal yeast infections. Topical rashes, like jock itch and athlete’s foot. Intense skin burning and itching may urge you to seek medical attention but the sad fact is many health care professionals do not even recognize intestinal yeast overgrowth as problematic so the source may remain unchecked and untreated. Once systemic, the fungus can affect other systems – endocrine, immune and nervous system (including the brain) – meaning symptoms can show up anywhere.

Normally, the 80 or so species of Candida live harmoniously in our GI system with all the beneficial micro-bacteria that help us to digest food and produce vitamins. On average, you have about one Candida to a million other bacteria. However, a disruption in the usual balance alters that ratio in favor of Candida, leading to a “hostile” takeover. According to renowned yeast expert William Crook, M.D. (author, *The Yeast Connection*), the most common culprit is antibiotic overuse which kills off the good bacteria with the bad. This leaves no defensive army and ample space for yeast to multiply without resistance.

Look at the Checklist for Candida (on the next page) to see how many of the common symptoms or contributing factors you have. Any checked responses? Sometimes called *Candidiasis*, *Candida Regional Complex* or simply Candida, it’s a condition of GI imbalance that is not health-promoting.

For such a simple organism, the ability of Candida to go from a single cell entity which is easily controlled to a fungus is a complex one. As Candida takes over GI space, it entrenches itself into the inner walls of the GI tract by putting down root-like threads in and between mucosal cells. Its network then interferes with digestion and nutrient absorption. Damage to the mucosal lining of GI tract may eventually lead to “leaky gut syndrome” where poorly digested, large food particles enter into the blood stream causing irritation and inflammation throughout the body. Food allergies may result which further exacerbates malabsorption, malnutrition and increase your risk of chronic diseases.

Besides blocking and interfering with the production of nutrients – B vitamins, K, D, CoQ10, minerals – in the GI tract, the fungus also feeds on nutrients you may be getting in food, especially loving carbs and sugars. That’s why one sign of overgrowth is sugar cravings. As nutrients are blocked or robbed, you’re left feeling tired, irritable and dragging. Even your best efforts of taking supplements will be spent fueling the “weeds” within.

Take action! Clean up your GI tract and get back to a healthy balance. Remember, in order for a weed not to grow back, you must pull it out by its roots! Here are 7 basic rules to follow:

**1** Eliminate an existing overgrowth with a product specifically designed to get rid of fungus. Remember as the toxins are released from fungal die-off, you may feel worse before you feel better. One natural remedy is the oleuropein found in Olive Leaf Extract. Consider taking Alpha Lipoic Acid\* to both boost immunity and support the liver as it deals with the candida toxins.



**2** Replenish friendly bacteria with probiotics. Similar to pulling weeds, you may uproot good lawn in the process. How do you fix any bare patches? With new seed and fertilizer. Fructo-ogliosaccarides (FOS\*) are the “miracle grow” for probiotics, increasing the growth by 2-3 fold. Since your GI tract contains several species of bacteria, opt for an acidophilus probiotic with several strains as well, found in Acidophilus ES™\*. A healthy GI tract teeming with good bacteria also makes it difficult for yeast to gain control again. Taking acidophilus on an empty stomach before bed helps your GI system do the work while you sleep!



**3** Add Acacia\* fiber. Fiber helps eliminate excess yeast and toxins as it “sweeps out” the GI tract. Remember to start slowly so your body can adjust to the added bulk. Aim for the suggested guidelines of 26 grams a day.

*Continued*

## Could You Have Candida?

continued

**4** Soothe any stomach or GI irritation with enteric-coated peppermint oil like Peppermint Gels\* which is easy to take as a supplement. Help mucosal lining heal with herbal blends of slipper elm, marshmallow and pepsin found in Ulcetrol\*. Magnesium (an organic form as in Fibro-Care™\*), vitamin A\* and buffered vitamin C\* are also involved in mucosal healing. Flaxseed Oil\*, Omega-3\* fish oil and borage oil also help reduce the inflammatory response when taken on a daily basis. Consider taking digestive enzymes found in Digesta-Care 8™ and ES\* to aid food breakdown.

**5** Eat a nutrient-dense diet that supports good health as well as a GI function. Fresh fruits and veggies. Fish or meats without hormones, antibiotics or contamination. Whole, higher fiber grains. If it's good for you, it's good for your GI tract. Add a multivitamin like Multi-Gold™\* to cover nutrient loss and with supporting B vitamins for energy.



**6** Avoid foods like simple carbs, sugars, fruit juices and foods with a high glycemic content that feed yeast. Some experts suggest eliminating yeast, fermented, pickled and dried foods and alcohol until the GI tract is back on track. Then if you must add them into your diet, do so sparingly and watch for overgrowth signs.

**7** Promote an active GI system with healthy habits. Drink 8-10 glasses of water a day needed for elimination. Keep moving. Exercise, especially walking, helps move the bowels, too. Optimally, you should have one minimum and up to 3 maximum movements a day.



While it may look daunting to get your GI tract optimal and functioning, the end result is more energy, brighter mood and clearer thinking. You may find your food allergies disappearing and nagging aches and pains seemingly gone, too. Another benefit? A higher resistance during cold and flu season as your immune function improves. While this article is just the tip of the iceberg when it comes to GI health, you'll find more helpful resources in other TyH articles like the ones listed.



Even if you pass the candida test, you may have other unwanted critters in your GI tract. Consider a cleanse twice a year to coincide with spring and fall house cleaning. For more detailed information, TyH's *Clear and Replenish* outlines a simple program to help you accomplish this goal.

©TyH Publications (M. Squires)

### More GI Friendly Reads

- ◆ *Acacia, Fiber the Organic Way*
- ◆ *Acidophilus: Benefits Beyond the GI Tract*

## Checklist for Candida

Can you pass the test? Check any boxes that apply to your health in the past year. See Key on the bottom for results.

### Common Signs

- anxiety attacks
- bad breath, chronic
- bloating or gas on eating
- digestive woes
- fatigue, lethargy
- food & chemical sensitivities
- headaches, chronic
- loss of memory & cognition
- muscle aches & pains
- sensitive to cold & damp
- shaking or irritable when hungry
- spaced out feeling
- sugar cravings
- thrush on skin
- vaginitis, prostatitis
- white coated tongue

### Contributing Factors

- antibiotics, repeated use
- birth control pills
- corticosteroids
- diets high in carbs & sugar
- low or impaired immune function
- recurrent yeast infections (any site)

**Key:** If you checked any of the above boxes, you could have candida overgrowth. Source: Adapted from *The Yeast Connection* by Dr. Crook.

- ◆ *Alpha Lipoic Acid, Defending Your Liver*
- ◆ *Clear & Replenish, Healing the Gut*
- ◆ *Digestive Enzymes, Eat for Health*
- ◆ *Digestion 101: Q & A*
- ◆ *Olive Leaf Extract: Building Your Health on Many Levels*

All articles can be found online in the TyH Health Library or ask for a copy when you order!

\*Products featured in this article are available from TyH. Visit us online at [www.e-tyh.com](http://www.e-tyh.com).

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease, nor substitute for professional medical advice.*

Published in *Health Points*. This article is protected by copyright and may not be reproduced without written permission. For information on a subscription, please call TyH Publications, 1-800-801-1406 or write TyH Publications, 12005 N. Saguaro Blvd., Ste. 102, Fountain Hills, AZ 85268. E-mail [editor@e-tyh.com](mailto:editor@e-tyh.com). For information on TyH products, visit our website at [www.e-tyh.com](http://www.e-tyh.com).