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9 Candida Symptoms & 3 Steps to Treat Them

Dr.Axe, May 20 2016

What Is Candida?

Candida Albicans is the most common type of yeast infection found in the mouth, intestinal tract and vagina, and it may affect skin and other mucous membranes. If the immune system is functioning optimally, this type of yeast infection is rarely serious. However, if the immune system is not functioning properly, the candida infection can migrate to other areas of the body, including the blood and membranes around the heart or brain. Candida is a fungus that aids with nutrient absorption and digestion, when in proper levels in the body. When it overproduces, the typical candida symptoms may appear. In the digestive tract, left unchecked, it breaks down the walls of the intestinal lining and penetrates into the bloodstream. This releases by-product toxins and other toxins from your system, causing leaky gut syndrome.

What Causes Candida Infections?

There are many possible causes of candida including a diet high in sugar, refined carbohydrates and alcohol that help yeast to grow. To add to that, I've described six other potential causes below.

1. Broad-Spectrum Antibiotics

Sometimes, antibiotics are needed to fight a stubborn infection to kill the offending bacteria in your system. The problem with antibiotics and with overusing them (often creating antibiotic resistance) is that they don't just kill the bad bacteria; they kill the good ones, too. The good bacteria in your system are responsible for digestion and keeping candida under control. After a long course (or multiple courses over a short period), antibiotics can make your body a literal breeding ground for candida.

2. Birth Control Pills

Unlike antibiotics, birth control pills in and of themselves do not directly cause a yeast infection or candida overgrowth syndrome. However, when a woman consumes a diet high in refined sugars and has had a course of antibiotics, birth control pills can adversely affect her body, leading to a candida infection. Some women find that birth control pills seem to instigate yeast infections — and even long after the initial infection is gone, once they start taking the birth control pills again, candida can take root.

3. Oral Corticosteroids

Individuals that treat their asthma with corticosteroid inhalants are at an increased risk of developing candida in the mouth, leading to systemic candida overgrowth. It is imperative that individuals using corticosteroid inhalers for asthma follow the directions for swishing the mouth out after each use. If oral candidiasis is detected, can be treated with the gargling of coconut oil and a drop or two of essential clove

oil.

4. Cancer Treatments

According to the Department of Clinical Research at Merck Research Laboratories, candidiasis can become invasive in cancer patients and prevent a serious complication. In this study, one-third of patients being treated for cancer had “invasive” candidiasis. Chemotherapy and radiation can both work to kill cancerous cells and tumors; however, they also kill off the healthy bacteria that naturally fight candida.

5. Diabetes

In a Type 1 or a Type 2 diabetic, sugar levels in the mouth and other mucous membranes are traditionally higher than in an individual without diabetes. Since candida is a type of yeast and sugar feeds yeast, it is understandable that those with diabetes are at a greater risk for developing candida overgrowth syndrome.

6. Weakened Immune System

Any individual with a weakened immune system is more likely to develop candida. This population includes infants, small children, the elderly, those diagnosed with HIV/AIDS (4), and other inflammatory and autoimmune conditions.

9 Candida Symptoms

Candida overgrowth can be difficult for a physician to diagnosis. This type of system yeast infection presents different ways, in different people. Below are nine of the candida symptoms to watch for if you are concerned you have candida, or candida overgrowth syndrome.

Chronic Fatigue, Mood Disorders, Recurring Vaginal and Urinary Tract Infections, Oral Thrush, Sinus Infections, Intestinal Distress, Brain Fog, Skin and Nail Fungal Infections and Hormonal Imbalance

Treatment 1: The Candida Cleanse

The candida cleanse helps to rid the body of excess candida through the flushing of the digestive tract, and the introduction of healthy candida fighters found in fermented vegetables and kefir. You really have two options for a cleanse: a liquids-only cleanse or a more gentle cleanse with food. You may also opt the most thorough gut reboot, starting with the step one cleanse and then move to the step two cleanse. The whole process will set the stage for starting the candida diet as well!

Step One: Liquids-Only Candida Cleanse (Duration 1–2 Days)

Start by making a vegetable broth from organic onions, garlic, celery, kale, sea salt and pure water. Let simmer and strain. Discard the vegetables and refrigerate the broth. Throughout the day, sip on warm broth; it's imperative that you drink lots of water to help your body expel all the toxins in your system. While this is not a long-term cleanse, it can be repeated as needed every few weeks. It can also be used as a jumpstart to the food cleanse below.

Step Two: Steamed Vegetables (Duration 3–5 Days)

By eliminating grains, sugars, fruits, starches and alcohol from your diet for three to five days, you can

make great headway in your fight against candida overgrowth. Mostly, eat fresh, organic vegetables that have been steamed. For this cleanse stage, keep away from any starchy vegetables like carrots, radishes, beets, sweet potatoes and white potatoes, which may contribute to sugar levels and feed the candida. Continue to drink plenty of pure water, a minimum of 72 ounces per day, to help flush the candida and by-products from your system. During this time, no more than once a day, you can eat salads made from leafy greens (like romaine) or bitter greens (like chard) and topped with just a bit of coconut oil and apple cider vinegar (or lemon juice). During either of the candida cleanses above, you can use bentonite clay to help surround the toxins and efficiently remove them from your system.

Treatment 2: The Candida Diet

This is a diet to not just discourage candida; it's the diet to help you rid your body of candida! This is also a great next step if you have already started with the candida cleanse.

1. The first step of the diet is to boost your immune system through the elimination of sugar, alcohol and refined carbohydrates. These items are contributing to the growth of the candida in your system.
2. Step two is to replace these foods with organic vegetables, including carrots, sweet potatoes, spinach, kale and asparagus.

According to ancient Chinese medicine, warm starchy vegetables support the spleen in clearing candida from the body. While I don't recommend these vegetables during the "cleanse" stage, the regular candida diet includes warming fall vegetables that nourish the spleen, such as sweet potatoes, yams, peas, mung beans, lentils, kidney beans, adzuki beans, carrots, beets, corn, butternut squash, spaghetti squash, acorn squash, zucchini, yellow squash, rutabaga and pumpkin. These should be the main sources of carbs that satisfy your cravings for sweets as well.