

## *Candida: The North American Epidemic*

Candida, a yeast that can invade the body and overwhelm its defenses, may be the culprit behind many common health problems including, heartburn, indigestion, gas, bloating, constipation, diarrhea, food cravings, fatigue (especially after meals), brain fog, ADD, ADHD, headaches, vaginal yeast and bladder infections, coated tongue, sinus congestion, post nasal drip, food and environmental allergies, as well as unexplained aches and pains. Most of these symptoms can also have other causes however, if you experience several of these, there is a good chance that Candida is an issue.

Candida is a yeast or fungus, that is normally present in the bowel in limited amounts. It is estimated that up to 85% of the population in North America have an overgrowth of Candida in their body. Candida feeds on sugars, simple carbohydrates and fermented products. This invasive fungus can penetrate the mucosa of the intestinal system and travel to other parts of the body. Candida overgrowth then sets off a cycle that leads to the further weakening of the body's defenses, which in turn allows Candida to spread even further.

The twentieth century diet and lifestyle are largely responsible for the Candida epidemic we are now experiencing. Too many antibiotics, hormone intake (including the hormones in our meat), sugar, refined food, food chemicals and alcohol, are all factors that are contributing to the problem. Chemical use, pesticides, pollutants and daily stress in our lives produce toxins that also feed the yeast.

Candida produces toxins as a byproduct of its natural processes. Large quantities of Candida create larger quantities of these byproducts. These toxins are very difficult for the body to cope with. The result is a weakened immune system. Candida also creates a digestive conflict and robs people of the vital nutrients they need from the food they eat. Many people with Candida digest less than 50% of the nutrients in the food they intake. This invasive fungus can cause damage to the intestinal walls and as a result, partially digested dietary proteins travel into the bloodstream and can cause other health issues including food allergies and sensitivities. Not only does Candida wreak havoc in the intestinal system, it travels to other parts of the body resulting in unpleasant and often long-term symptoms including sinus, digestive, and skin issues.

Believe it or not, your intestines are home to many beneficial intestinal bacteria. These bacteria are absolutely necessary to break down food, absorb nutrients, metabolize hormones and prevent disease causing bacteria, parasites and fungus like Candida from taking over. When an overgrowth of Candida is present in the intestinal system, the good bacteria is crowded out. This results in fewer nutrients being absorbed and snowballs into many other possible symptoms.

If you are experiencing typical symptoms and suspect that Candida could be affecting your health, an assessment and supervised treatment by an experienced health care practitioner is recommended. Your health practitioner can develop an individualized approach and provide the appropriate supervision during treatment. After a detailed assessment, your health practitioner will evaluate the need for treatment. You will likely be asked to eliminate refined sugar from your diet which will starve the yeast. White breads, pastas and rice should be avoided because they quickly turn to sugar in the body. A good quality probiotic (high doses of "good bacteria") may also be recommended. Other whole food anti-fungal supplements like garlic, oregano and cinnamon can also be helpful. These good quality supplements are available at [www.treatcandida.net](http://www.treatcandida.net).

There are many diets and products on the market and a personalized holistic approach is the most effective, treating the whole body and not just the symptoms. Ridding yourself of this invasive pathogen could take a few weeks or up to several months. Elimination of this yeast imbalance is well

worth the effort as it will likely result in significant improvement of your general health and well being.

[www.newlifeallergy.com](http://www.newlifeallergy.com) [www.treatcandida.net](http://www.treatcandida.net)