

# Candida

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Moderate amounts of candida (and other yeast) live in every one of us without causing any harm, but when given free rein to grow unchecked, e.g. by wiping out the surrounding bacteria with broad-spectrum antibiotics, candida can change into its fungal form and spore through the intestinal wall into the rest of the body. Once through, it rampages around the body producing a multitude of symptoms.

## Common symptoms of Candida

A minority of sufferers have numerous symptoms; the vast majority have thrush + a few others; not every sufferer has thrush.

**Group 1:** The damage to the intestinal wall allows undesirable toxins to permeate into the bloodstream. This condition called 'leaky gut syndrome' often leads to:

- food allergies and intolerances
- migraines
- foggy brain
- muscle aches

**Group 2:** Once through to the rest of the body, candida has the ability to disrupt the endocrine system causing symptoms such as:

- thrush
- cystitis
- PMS
- menstrual irregularities
- joint pains
- asthma
- hayfever
- sinusitis
- fungal infections of the nails/skin e.g. athlete's foot
- weight gain or weight loss
- ear infections
- chronic tiredness
- allergies

**Group 3:** Symptoms in the intestines include:

- bloatedness
- flatulence
- diarrhoea and/or constipation
- itchy anus
- In addition, candida involvement has been implicated in some cases of other illnesses e.g. ME/CFS, Endometriosis, subfertility, fatigue, food intolerances
- weight gain

## Contributory factors

The popular perception is that candida is the consequence of antibiotics usage. The medical profession dismisses this as fantasy, saying that antibiotics could not have that effect in a healthy individual. But it may be that antibiotics act as the 'final straw' where health has already been compromised, most probably by one or more of the following:

- use of the contraceptive pill or HRT
- use of natural progesterone cream
- use of other steroids (hydrocortisone, prednisolone etc.)
- use of immuno-suppressive drugs
- repeated use of broad-spectrum antibiotics e.g. for acne
- dental mercury amalgam poisoning
- other heavy metal poisoning e.g. lead, cadmium
- hormonal changes e.g. puberty, pregnancy, menopause
- stress

## Identifying and Treating Candida

Many symptoms of candida are in fact symptoms of the hormonal disruption that underlies it and this needs to be checked as well as other potential causes such as parasites, other yeasts & fungal, worms and other 'bad' bacteria. Self-help treatment can be beset with pitfalls for the unwary. Too many sufferers who 'go it alone' spend months on a highly-restrictive diet without improvement because they fail to appreciate the need to:

- address the root cause of their symptoms
- deal with complicating factors, and
- eliminate food allergies / heal the 'leaky gut' to prevent further allergies developing

For this reason, we offer professional Nutritional Consultations with over 16 years expertise in:  
diagnosis

1. interpreting test results
2. identifying and treating underlying causes
3. identifying and treating complicating factors that jeopardise recovery
4. tailoring treatments
5. monitoring progress

For more information or to book an appointment, email: [info@thinknutrition.co.uk](mailto:info@thinknutrition.co.uk)