Relationships between Candida, Leaky Gut, Parasites and Heavy Metals

**Symptoms**

**Common Symptoms shared by all 4 - Candida, Heavy Metals, Parasites and Leaky Gut:**

- Bloating
- Constipation and/or diarrhea
- Painful gas/abdominal bloating
- Irritable bowel
- Stomach pain
- Concentration problems/ foggy thinking
- Memory Problems
- Feeling like you’re in a fog
- Personality changes
- Mood swings
- Irritability
- Anxiety
- Panic attacks
- Fatigue, Chronic fatigue syndrome, Incapacitating fatigue
- Concentration/focus problems
- Hyperactivity, ADD, ADHD, Autism
- Anemia
- Rashes
- Dry flaky Skin
- Headaches including migraines
- Ringing in the ears
- Tremors
- Candida
- Food/sweet cravings
- Weight changes without changes in diet
- Low sex Drive

**Candida & Heavy metal shared Symptoms:**

- Painful joints, muscle aches
- Vomiting
- Sweating/night sweats
- Numbness
- Burning/tingling sensation in the skin
- Dizziness
- High blood pressure
- Visual problems
- Kidney problems
- Sensitivity to heat/cold
- Skin discoloration/blotchiness

**Parasite and Heavy Metal Shared Symptoms:**

- Constipation or diarrhea
- Kidney problems – inability to, or frequent urination
- Malabsorption

**Leaky Gut Symptoms, Candida & Parasites Symptoms:**

- Skin rashes
- Head sores
- Scalp or body itchiness
- Food allergies
- Chemical sensitivities
- Nutritional deficiencies
- Anxiety
- Impaired immune system
- Impaired memory
- Moodiness or irritability
• Bloating
• Flatulence
• Brain fog

• Diarrhea or constipation
• Fatigue
• Headaches

Heavy Metal Precursors and symptoms:

• Nausea
• Metallic taste in the mouth
• Immune suppression
• Receiving vaccinations that contain Thimerosal (mercury preservative)
• Mishandled metals at a job site
• Chemical and heavy metal spills—even from a broken mercury thermometer
• Having mercury amalgams (“silver fillings”) in teeth
• Living in a home built prior to 1978 that has lead-based paint
• Smoking and/or inhaling second-hand smoke
• Eating foods (such as contaminated fish) that contain high levels of heavy metals
• Living near a landfill
• Working in an environment where exposure to metals is prevalent (such as working in a factory or at a dentist’s office where amalgam is used to fill cavities)

Parasite Precursors & Symptoms:

• Mild Nagging Headache
• Bronchitis
• Coughing
• Tiny Red Abrasions That Itch
• Pet Bird
• Eat Sushi
• Pet Cat
• Pet Dog
• Pet Ferret

• Headaches
• Brain fog –Poor concentration
• Fatigue
• Aches or pains
• Constipation
• Diarrhea
• Skin rashes & itching
• Rectal/vaginal itching
• Irritability

Candida is the one common factor shared by all 3 of these other systemic conditions.

Deciding which of these problems you are actually experiencing and needing to treat can be difficult. Often we hear from our customers a few months after completing a Candida cleanse that they are again experiencing Candida symptoms or “the Candida has come back, why”.

It’s not until we get the one common denominator(Candida) eliminated and the digestion tract repopulated with the good flora, Acidophilus & Bifidum, that we are then able to narrow things down a bit and see if the Candida has actually retuned, or if there is yet another underlying issue. Leaky Gut can occur as a result of not having enough good floras in our intestines. The cells in most areas of the body are very close to one another. The cells in the intestinal tract are farther apart, leaving more room for Candida, parasites, heavy metal deposits or other bad bacteria’s. Candida grows rhizoids, finger like protrusions, which burrow into the intestinal walls. Parasites will often do the same kind of damage. Once these conditions perforate the wall of the intestine, their toxins, along with decaying
food and other bacteria can enter the bloodstream. When this happens we have what is known as Leaky Gut Syndrome. Toxicity symptoms continue to plague us, even though we may be doing all kinds of cleansing to feel better. L-Glutamine is an amino acid (a protein building block) whose main function is to support cellular growth, energy and repair. It plays a role in the health of the immune system, the digestive tract and the muscles. L-glutamine is very helpful in repairing leaky gut and restoring intestinal health. Probiotics such as Acidophilus & Bifidum live in the spaces between the cells leaving less room for those pesky invaders to set up house. Probiotics also create Vitamin K, another common deficiency found in those with systemic Candida. That’s why taking a probiotic supplement like Probiotic 11 is so important to your maintenance, after you’ve completed a Candida cleanse like Candida Clear. It ensures the healthy environment you’ve worked so hard to establish.

Parasitic infestations are more common than we realize. Candida and heavy metals create acidity and an anaerobic (lacking oxygen) environment they thrive in. Many Parasite symptoms are confused with Candida. For instance, brain fog, fatigue, memory problems, intestinal & digestive complaints can be parasites rather than Candida. Parasites also inhabit dark warm moist places, especially where there is mucus, such as in the intestines, and respiratory system. Chronic coughing up phlegm, or a nagging dull headache are often indicators of a parasitic infestation. Para Pak is a great parasite cleanse.

Heavy Metals create an acidic, oxygen lacking environment in the body. This is the perfect living conditions for parasites and Candida. We all have Candida in our intestinal flora. It’s there for a reason. One benefit it gives, when it’s not overgrown and causing us problems, is it binds to heavy metals, especially mercury. As the Candida dies, it then releases Mercury and other heavy metal toxins into the body, thus we experience this strange mirage of symptoms and struggle to understand why we aren’t getting better if we are cleansing. Heavy Metal Detox is an excellent herbal remedy for this condition.

So you can see how treating Candida alone may not relieve you of all your symptoms and discomforts. We have personal experience with these conditions and have successfully treated them with products we’ve found of high quality. We would very much like to hear about your conditions and help you to a “Renewed State of Health and Well Being”. Below are lists of symptoms caused by these systemic invasions. These lists are not all inclusive, but generally are the most common complaints.
