

# Candida Symptoms and Toxic By-Products

Candida albicans is a type of fungus that is a natural part of the body's gut flora. A healthy body is host to a delicate balance of friendly micro-flora and yeast. The mucous membranes throughout the body are lined with protective bacteria. If this protective layer of bacteria becomes compromised through various factors such as poor diet, disease or use of certain medications, then the underlying body tissues are attacked by opportunistic organisms such as yeast and fungus. Excesses of yeast and fungus can compromise the immune, digestive, urinary systems and can spread to your organs. The fungus grows like a plant does, spreading 'roots' which poke holes in your intestinal wall, then the fungus invades your sinuses, lungs, skin, reproductive organs, pancreas, liver and so forth.

Candida is a mold so it thrives in heat and in humidity. This explains why many people who suffer from Candida overgrowth feel better in dry or cool climates.

If left unchecked, Candidiasis can cause a wide variety of symptoms due to the numerous toxins it secretes as bi-products.

Symptoms of Candida overgrowth can mimic other conditions and often a person goes for some time before the true cause of their misery is revealed and treated effectively. These symptoms include:

- Adrenal/Thyroid Failure
- Allergies
- Anti-social
- Asthma
- Brain fog
- Burning Eyes
- Burning or tingling in the arms and legs
- Chemical Sensitivity
- Chills or sweats
- Chronic fatigue
- Chronic sinus and ear infections
- Cold/Shaky
- Colitis
- Colon Cancer
- Constipation
- Cystitis
- Dark circles under the eyes
- Depression

- Diabetes
- Diarrhea
- Dizziness
- dry eyes
- Dry Mouth
- Dry Skin & Itching
- Eczema and other various rashes on the skin
- Endometriosis
- Epstein Bar Virus
- Fibromyalgia
- Finger/Toenail Fungus
- Flu like symptoms
- Foamy stools
- Food Cravings
- Gas and bloating
- Headaches
- Heartburn
- Hemorrhoids
- Hiatal Hernia
- Hormone Imbalance
- Infections
- Insomnia
- Intestinal Pain
- Jock itch
- Lethargic and/or Laziness
- Loss of coordination (ataxia)
- Low Blood Sugar
- Lowered sex drive (libido) or no sex drive
- Lupus
- Lupus
- Menstrual complications
- Menstrual Problems
- Muscle Aches
- Muscle and joint pain
- Numbness
- Over & Under Weight
- Over-all Bad Feeling
- PMS Symptoms
- Poor Memory
- Premature Aging
- Puffy eye lids

- Respiratory Problems
- Shortness of breath
- Skin Rashes & Hives
- Suicidal
- Thrush/Gum Receding
- Ulcers
- Vaginal Yeast

These symptoms of Candida are the ones that are the most reported and documented among people with chronic yeast overgrowth and systemic Candidiasis.

This long list of symptoms is a result of the toxic by products the yeast produces and the effect of those toxins on various organ systems within the body. The symptoms of Candida vary from person to person, and the symptom set can rotate in a person as the yeast moves to different areas of that person's body. It's easy to understand why the symptoms of Candida are often mistaken for other ailments.

Perhaps more scary and even more confusing are the psychological symptoms and psychiatric symptoms of Candida that a person can experience. These can include:

- anxiety
- depression
- personality changes
- mood swings
- panic attacks
- out bursts of anger
- severe crying spells
- obsessive thoughts and behaviours
- irritability
- paranoia
- schizophrenic like behaviours

The brain is one of the organs that is most sensitive and therefore most affected by the toxic by products of Candida, called **mycotoxins**. Initially many patients are thought to have a psychiatric problem. Effective treatment of the Candida overgrowth, however, reverses the symptoms of Candida, including the psychological ones and the person is restored to health.

Some health experts believe that Candida fuels cancer growth. The problem is not so much the fungus itself, but more the toxic compounds it produces, about 79 toxic substances! One Candida by-product is a potent neurotoxin called **Acetaldehyde**. That's the same exact substance you make when you drink alcohol or get drunk and which give you a hangover. Perhaps this is why Candida sufferers experience so much brain fog or hangover feelings.

**Acetaldehyde** has a large variety of toxic influences on the body.

Below is a list of symptoms that can have the most devastating effect on the body since this chemical has the ability to alter the structure of proteins. **Acetaldehyde**-altered proteins are thought to be responsible for many auto immune reactions.

1. **Liver damage** can occur with a reduced ability to detoxify drugs, pollutants and other toxins.
2. **Pancreas degeneration** with reduced ability to produce pancreatic enzymes which would impair digestion.
3. **Reduced ability of the stomach wall to produce stomach acid.**
4. **Damage to the immune system.**
5. **Brain damage** with lack of self control, impaired co-ordination, impaired speech development, aggression, mental retardation, loss of memory and stupor.
6. **Peripheral nerve damage** with altered senses and muscle weakness.
7. **Direct muscle tissue damage** with altered ability to contract and relax the muscle.
8. **Nutritional deficiencies** from damaging effect on digestion and absorption of most vitamins, minerals and amino acids. Deficiencies in A and B vitamins are particularly common.
9. **Alcohol** has an ability to enhance toxicity of most common drugs, pollutants and other toxins.

Below is a list of other toxic by-products from overgrowth of intestinal Yeast (candida albicans), which could be responsible for symptoms like Fibromyalgia:

1. Ethanol- an alcohol of intoxication mutates immune cells
2. Acetaldehyde is 6 times more potent than ethanol and causes cell mutation
3. Tyramine interferes with immune function
4. Canditoxin interferes with and reduces immunity
5. Proteinase increases candida potency
6. Glycoprotein toxin interferes with immune function
7. Polysaccharride proteins reduces immunity
8. Histamine reduces immunity

**Resources:**

<http://www.lightparty.com/Health/HealingRegeneration/html/Candidiasis.html>

<http://hubpages.com/hub/Symptoms-Of-Candida>

<http://www.dstoddy.com/artpedfybro.html>

<http://www.formerfatguy.com/candida/candida-symptoms-list.asp>

<http://www.nutritionaid.co.uk/Toxins.html>