

Candida - The "Yeast" That Just Keeps on Taking!

Do you suffer from insatiable sugar cravings? Are you a "carb-aholic"? Do you experience digestive difficulties, gas, or have elevated cholesterol?

You might be asking..."What on earth do these issues have in common?"

Well, the answer may well be that your body is being held hostage by an overgrowth of a nasty little yeast called Candida!

What is Candida?

Candida Albicans is a single-celled fungus (a yeast to be more exact).

In a healthy individual, it lives in the digestive tract and is kept in balance among other bacteria and fungi. These "normal flora" that live in the large intestine help in the digestion of food, produce enzymes and vitamins, and prevent infections and disease.

You're certainly aware of the importance of probiotics right? Well, that's why. They keep your flora in check by providing the "good" bacteria.

However, when the condition of your bowels becomes disrupted through the use of antibiotics, steroids such as estrogens, progesterone, the birth control pill, or cortisone, the environment becomes one where fungi will thrive.

In recent years, the outbreak of candida-related problems has been largely due to the generous consumption antibiotics. **Antibiotics act like an atomic bomb**, wiping out ALL micro-organisms in the body, good ones included.

But because fungi and bad bacteria have a tendency to repopulate much faster than their good counterparts, they can quickly over-populate your colon and create severe floral imbalance. A condition known as **dysbiosis**.

If this occurs, it creates a vicious cycle whereby your body is more prone to infections and illness, leading you to seek out further antibiotics, and so on and so forth.

Metabolic diseases such as stress, diabetes, and hypoglycemia can also be triggers that favour Candida overgrowth, as can the daily consumption of refined carbohydrates, alcohol, and caffeine.

Food contaminated with fungi, mold, and yeast can add to the problem. Mushrooms especially are a no-no since they are themselves a fungus! Once you have a fungus problem, it can be incredibly difficult to get rid of since it thrives on sugar, and there is sugar everywhere! At the heart of the Candida problem lay **mycotoxins**. Mycotoxins are secreted by Candida and other fungi to protect the fungi against viruses, bacteria, parasites, insects, animals, and us humans!

When mycotoxins get into the blood stream, they cause all sorts of problems such as fatigue, spaciness, irritability, confusion, memory loss, depression, dizziness, mood swings, headaches, burning sensations, mental fogginess, numbness, tingling, burning sensations, and more.

You may notice a similarity between candidiasis symptoms and hypoglycemia, or low blood sugar. Symptoms diagnosed as hypoglycemia may actually be mycotoxins at work in your body! Yikes!

How Do I Get a Candida Overgrowth?

Usually, a person has another big problem that predisposes them to Candida, such as hormonal imbalances, a compromised immune system, or antibiotic use that ripens the environment for bacteria and fungi overgrowth, so it is important to not only treat the Candida overgrowth, but to address the underlying causes and triggers!

The following are just a few of the conditions that can predispose you to Candida overgrowth:

- **Insufficient hydrochloric acid (HCL) production** – If you are not producing enough stomach acid, it makes it easier for fungi to make it into your intestinal tract. Surprisingly, low HCL production can be caused by allergies to foods – most prominently milk, wheat, soy, or corn. Removal of these foods from your diet can make the problem go away. In addition, HCL supplementation is a great help.
- **Pancreatic enzyme deficiency** – When you cook your food, you lose the enzymes inherent in all living foods, and your pancreas has to work overtime to get the job done. Furthermore, when you eat enzyme-deficient food that has fungal overgrowth, such as leftovers that have been sitting for days, and the food has no enzymes, you are unable to digest and render the fungi inactive.
- **Toxic food supply** – Corn, peanuts, cashews, and dried coconut are notorious for fungal overgrowth. Any product that includes yeast, including the health food brewer's yeast and baker's yeast. Barley, rye, wheat, rice, millet, and almost all cereal grains may contain fungi. Animals are often fed a diet rich in grains contaminated with fungi, which results in their muscles and fat being full of mycotoxins!
- **Cigarette smoking** – Not only does smoking overload the liver with toxins, but all cigarettes sold in North America are contaminated with yeast and fungi. To top it all off, sugar and yeast are added to the final product!
- **Fungal fermentation** – the making of bread, wine, beer, cheese, chewing tobacco, aged and cured meats, and cigarettes involves a fermentation process that increases the likelihood you will be exposed to mycotoxins. Alcohol is toxic – this fungal produced toxin has been documented in the causation of brain and nervous system damage, liver cancer, and birth defects among many other health concerns!

If you are currently feeling “sick all over” then there is a good chance you have a Candida or allergy problem. A “Total Wellness” program will make a dramatic difference for you!

Source: <http://www.totalwellnesscleanse.com/>