

Candida's Relationship To The Following Digestive Bowel Problems: Crohn's Disease, Leaky Gut Syndrome, Ulcerative Colitis, and IBS

The Gastrointestinal Tract is quick to show any imbalance in life—whether it's from poor food consumption or from today's normal stress. Stomach and digestive disorders such as: Irritable Bowel Syndrome, Crohn's Disease, Leaky Gut Syndrome, and Ulcerative Colitis, afflict millions of people everyday. These digestive bowel diseases cause a range of problems including: diarrhea, constipation, abdominal pain, bleeding, mineral deficiency, and intestinal inflammation and ulceration.

Growth of the Candida yeast may actually worsen the conditions that create or worsen digestive bowel problems. Not only does the growth of the yeast irritate the intestinal and stomach lining, causing crippling pain; to make matters more complicated, the overuse of antibiotics to treat intestinal conditions may kill beneficial flora, allowing the Candida fungus to propagate. Specific bacteria and fungi migrate from the large to small intestines to break down undigested complex carbohydrates. The by-products of the pathogens - the acids, gases and enzymes - will irritate the mucosa and even eat tissue. Candida can also change forms and metamorphose from a benign, round yeast form into a filamentous fungal form .

Holistic healthcare practitioners see inflammatory bowel conditions as chronic illnesses that come from chronic imbalance. The holistic approach is to treat and administer natural remedies through astute attention to the human body as a whole organism. What's important is that the cause itself is healed so that the symptoms completely disappear. In addition to the dispensation of natural medicines, holistic practitioners recommend an anti-fungal diet, which consists primarily of vegetables and non-red-meat sources of protein. The elimination of refined sugar, bread, dairy, fried foods, alcohol and caffeine is also highly recommended. Substances thought to have anti-fungal properties include garlic, oregano, the bacteria *Lactobacillus acidophilus*, and barberry. Relief of digestive bowel problems is commonly found once the delicate balance is restored in the body and intestines.

Candida Support www.candidasupport.org

References:

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