

WHY SUFFER WITH CANDIDA-RELATED ILLNESSES?

TAKE THE HOLISTIC HEALTHCARE APPROACH!

Candida Albicans, a fungus-like yeast whose growth may affect the digestive, reproductive, immune, and circulation systems. It is estimated that up to 80% of the American population has a Candida-related condition. In this article you will find seven points, which illustrate the symptomatic and causal situations alternative healthcare practitioners use to gauge a holistic treatment approach to Candida.

1. Chronic Sinus Infections? Many individuals suffering from Candida-related chronic sinus problems become discouraged with the success rate of modern medical treatments. This is due to the fact that frequently prescribed treatments for Sinusitis such as: antibiotics, anti-histamines, nasal steroid sprays and systemic steroids, may not completely cure chronic sinusitis, because they primarily target bacteria and not the fungus.

2. Reproductive System Issues? Do you suffer from recurrent infections in any of these areas: mouth, throat, urinary tract, vaginal, or prostate areas? Thrush, also known as Candidiasis, is a fungus found in the mouth, genitalia areas, digestive tract and skin. In healthy people, the production of “friendly” bacteria in the system prevents the fungus from causing disease. However, weakened or damaged immune systems may result in the dangerous growth of the ailment-causing fungus.

3. Have you been diagnosed with Chronic Fatigue Syndrome? Are you plagued by health problems that doctors cannot resolve or determine the cause? Due to the fact that CFS it is often times the disease health care providers clinically diagnose after everything else has been ruled out—many patients become extremely disheartened. Over the past ten years, holistic healthcare providers have developed a new outlook on Chronic Fatigue Syndrome; they believe that there is a Candida-related fungal connection to CFS.

4. Plagued by Digestive Disorders? 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.

5. Suffer from the side effects of Prescription Drugs? In addition to hazardous side effects from prescription drugs, which are used to treat Candida, many prescription drugs and antibiotics such as: Birth control pills, anti-ulcer medications, steroids, Prednisone[®], Diflucan[®], Mycostatin[®], Nilstat[®], Nystex[®], and Gemfibrozil[®] may actually contribute to the proliferation of Candida. The growth of the Candida yeast happens because these

drugs may eliminate beneficial antibodies, intestinal flora, and other friendly organisms the body uses to defend itself against illness.

6. Reoccurring Skin Problems? Do you have skin problems or a history of skin problems such as eczema, rashes, acne, itching or burning or have a white film in your mouth, especially when you wake in the morning? Overgrowth of intestinal yeast *Candida albicans* can be signified by a large number of skin problems, on various parts of the body. In fact, some experts estimate that 15% of patients with *Candida* overgrowth may have some type of skin lesions.

7. Craving Sugar? Do you have cravings for or eat too many sweets, chocolates, breads, etc.? *Candida* loves refined, over-processed, low fiber foods—especially sugars. Avoid candies, desserts, pastries, soft drinks, cookies, cakes, and anything refined and/or with a high sugar content. Because the *Candida* fungus multiplies by ingesting sugar and carbohydrates, intense cravings for these substances is often intensified when the yeast is present.

Candida Support www.candidasupport.org

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