

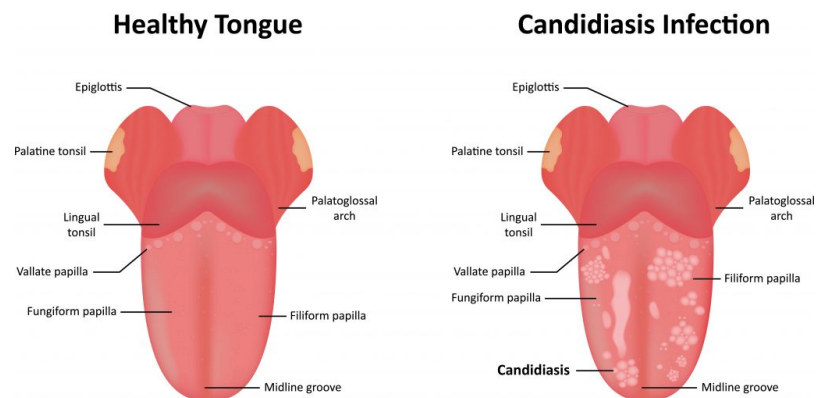
Candida Concerns for Men and Women

Surprisingly
common
symptoms
may mean
you have a
chronic
infection.



Candida is a yeast whose primary work is to aid in the absorption of nutrients and to aid in digestion. It normally lives in the intestines, mouth and vagina, but an overgrowth of it can be dangerous. It can lead to a chronic infection known as candidiasis. Do not be fooled into thinking that it is just a women's disease because men also have mouths and intestines. The problem with this Candida fungus is that when it overgrows, it becomes a systemic problem that leads to a host of symptoms such as:

Oral Thrush



- fatigue
- sugar cravings
- bloating and gas
- foggy thinking
- random itching of the skin
- scratchy throat
- rectal or vaginal itching
- constipation
- diarrhea
- multiple allergies
- chronic sinus infections or mucous production
- skin rashes

- poor sleep
- low thyroid function
- sometimes depression and anxiety

Often, a white coating on the tongue can be appreciated which is accompanied by an unpleasant odor. I guess it is a nice way to say that the breath stinks. Don't go around sniffing other people's breath though. You may have similar problems yourself.

Affected Population and Triggers

It is estimated that about 70% of the population is affected by candida and that number continues to climb. The use of antibiotics in meats, steroids for your cold or asthma and excess sugar are all contributors to this condition. Being on birth control pills for two years or more is also a major contributor along with pregnancy, parasitic infections, coffee, alcohol, GMO foods, heavy metal toxicity from tattoos or tooth fillings and chronic stress.

It can be diagnosed with laboratory tests such as stool samples, blood tests, urine tests and the at home saliva test. However, symptoms are quite prominent and are enough to begin treatment.

Treat Right and Eat Right



Traditional treatment includes anti-fungal medications. Dietary treatments are available and are becoming more and more prevalent. It is important to eliminate foods that contribute to the condition and adding foods that fight it. Food is friend, not foe.

According to Hippocrates, in 400 BC, food should be our medicine and medicine

our food. Other additions include probiotics and prebiotic and supplements that repair the gut.

When this underlying and smoldering infection is eradicated, positive results ensue and include easier weight loss, mental clarity's improved thyroid function, stronger immune system, energy increase, less pain, better sleep, improved digestion and better skin.

Here's a list of the top 10 foods to avoid:

1. Gluten
2. Dairy
3. Sugar
4. Coffee/Black tea/White tea

5. Dried fruit with a high glycemic index
6. GMOs
7. Meats especially non-organic
8. Peanuts and pistachios (mold forming)
9. Alcohol
10. Ketchup/salad dressings/barbecue sauce (high sugar content with additives). Make your own instead.

Here's a list of the top 10 foods to add:

1. Strawberries
2. Blueberries
3. Blackberries
4. Green apples
5. Lemon
6. Lime
7. Raspberries
8. Green leafy vegetables
9. Non-starchy vegetables, such as beets, sweet potatoes, yucca, green banana, plantain
10. Walnuts

*Please refer to the "Dirty Dozen and Clean 15"

*Look for non-GMO project foods.