

Holistic Health Report

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A Holistic, Science-Based Approach To:

Candida Dysbiosis (Yeast Overgrowth Syndrome)



Do you ever experience any of these health issues?

- **Exhaustion**
- **Cravings for sweets**
- **Bad breath**
- **White coating on tongue**
- **Brain fog**
- **Hormone imbalance**
- **Joint pain**
- **Loss of sex drive**
- **Chronic sinus and allergy issues**
- **Digestive problems (gas and bloating)**
- **Weak immune system**
- **UTI**

If so, these are just some of the signs that you may have a fungal infection known as Candida . In this article you will learn other Candida symptoms along with what causes Candida and the diet to naturally treat Candida overgrowth.

What Is Candida?

Candida albicans is the most common type of yeast infection found in the mouth, intestinal tract and vagina, and it may affect skin and other mucous membranes. If the immune system is functioning optimally, this type of yeast infection is rarely serious. However, if the immune system is not functioning properly, the Candida infection can migrate to other areas of the body, including the blood and membranes around the heart or brain, causing serious Candida symptoms.

Candida is a fungus that aids with nutrient absorption and digestion when in proper levels in the body. When it overproduces, typical Candida symptoms may appear. In the digestive tract, if left

unchecked, it breaks down the walls of the intestinal lining and penetrates into the bloodstream. This releases byproduct toxins and other toxins from your system, causing **leaky gut syndrome**.

When your body's natural pH balance is upset, the Candida yeasts can grow out of control, creating a systemic problem and unpleasant Candida symptoms. Good healthy bacteria and a properly functioning immune system are essential when fighting this stubborn infection.

Candida overgrowth syndrome, or COS, is the term used when Candida has grown out of control in your body. Make no mistake: This is a chronic health condition. In addition to Candida symptoms, individuals who have never experienced a serious yeast infection can find they have developed new sensitivities, allergies or intolerances to a variety of foods. These foods include dairy, eggs, corn and gluten.

What Causes Candida Infections?

There are many possible causes of Candida, including a diet high in sugar, refined carbohydrates and alcohol that help feed Candida. To add to that, I've described seven other potential causes below.

1. Broad-Spectrum Antibiotics



Sometimes, antibiotics are needed to fight a stubborn infection to kill the offending bacteria in your system. The problem with antibiotics and with overusing them (often creating antibiotic resistance) is that they don't *just* kill the bad bacteria; they kill the good ones, too.

The good bacteria in your system are responsible for digestion and keeping Candida under control. After a long course (or multiple courses over a short period), antibiotics can make your body a literal breeding ground for Candida.

2. Birth Control Pills

Unlike antibiotics, birth control pills in and of themselves do not directly cause a yeast infection or Candida overgrowth syndrome. However, when a woman consumes a diet high in refined sugars and has had a course of antibiotics, birth control pills can adversely affect her body, leading to a Candida infection.

Some women find that **birth control pills** seem to instigate **yeast infections** — and even long after the initial infection is gone, once they start taking the birth control pills again, Candida can take root.

3. Weak Stomach Acid/Digestive Enzymes

Healthy stomach acid helps to bath our entire digestive tract, creating an acidic environment that our bowel flora need to thrive. Weak stomach acid allows a more alkaline environment, which creates the opportunity for yeast and mold to multiply and create an imbalance termed "overgrowth" syndrome.

4. Oral Corticosteroids

Individuals who treat their asthma with corticosteroid inhalants are at an increased risk of developing Candida in the mouth, leading to systemic Candida overgrowth. It is imperative that individuals using corticosteroid inhalers for asthma follow the directions for swishing the mouth out after each use.

5. Cancer Treatments

According to the Department of Clinical Research at Merck Research Laboratories, candidiasis can become invasive in cancer patients and present a serious complication. In this study, one-third of patients being treated for cancer had “invasive” candidiasis. Chemotherapy and radiation can both work to kill cancerous cells and tumors; however, they also kill off the healthy bacteria that naturally fight Candida.

6. Diabetes

In a Type 1 or a Type 2 diabetic, sugar levels in the mouth and other mucous membranes are traditionally higher than in an individual without diabetes. Since Candida is a type of yeast and sugar feeds yeast, it is understandable that those with diabetes are at a greater risk for developing Candida overgrowth syndrome.

7. Weakened Immune System

Any individual with a weakened immune system is more likely to develop Candida. This population includes infants, small children, the elderly, those diagnosed with HIV/AIDS, and other inflammatory and autoimmune conditions.

8 Candida Symptoms

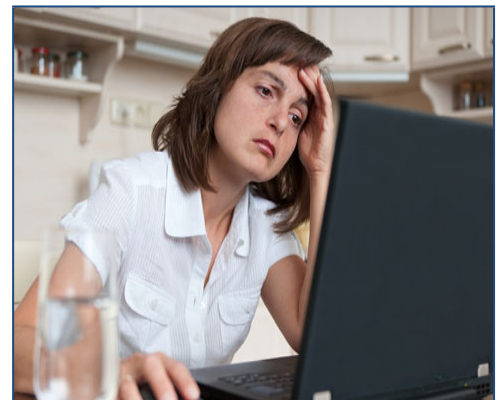
Candida yeast overgrowth can be difficult for a physician to diagnosis. This type of systemic yeast infection presents different ways in different people. Below are nine of the Candida symptoms to watch for if you are concerned you have Candida, or Candida overgrowth syndrome.

1. Chronic Fatigue

If you have fatigue or exhaustion that you simply cannot shake, regardless of the number of hours you sleep, you may have **chronic fatigue syndrome**.

The disease is characterized by fatigue that lasts a minimum of six months and is often accompanied by other Candida symptoms, including headaches, joint pain, difficulties with memory and concentration, and sore throat.

Often one of the Candida symptoms is chronic fatigue. While a Candida infection is not the only cause of chronic fatigue syndrome, many physicians believe it heightens the risk of CFS.



2. Mood Disorders



One of the reasons it can be difficult to diagnose Candida is that so many of the Candida symptoms are common to other conditions, including mood disorders. Individuals with Candida overgrowth may experience dramatic mood swings, anxiety, irritability, depression and even panic attacks.

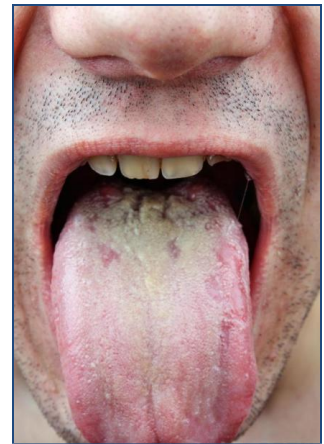
3. Recurring Vaginal and Urinary Tract Infections

When an individual experiences recurring infections in the urinary tract or vagina, Candida may be at the root of the problem. It is important to realize that Candida can be sexually transmitted, and partners can spread it back and forth. For women, reduce the risk by avoiding tight-fitting underwear or pantyhose and avoid hot baths during an active infection.

4. Oral Thrush

Oral thrush (coated tongue) is actually a yeast infection caused by the same strain of Candida that affects other mucous membranes, including the vagina. It's most often caused by the use of prednisone or other oral corticosteroids as mentioned above. Left untreated, it may spread through the body, including the digestive tract, lungs, and liver and heart valves.

Oral Candida is communicable. Newborns can get thrush during birth; children can get it from sharing toys with other children; and adults can pass it back and forth through the saliva.



5. Sinus Infections

As with many of these other Candida symptoms, sinus infections are common today and it can be difficult to pinpoint the root of the cause. Candida does affect the sinuses and can result in a persistent cough, post-nasal drip, and an increase in congestion, seasonal allergies, and general flu-like symptoms. If you experience consistent problems with your sinuses, it's time to check for a Candida infection.



6. Intestinal Distress

Ongoing intestinal distress is one of the more uncomfortable Candida symptoms. Persistent flatulence, burping, bloating, constipation or diarrhea, and stomach cramps may be caused by a lack of healthy bacteria in your digestive tract.

When yeast overtakes the intestines, healthy bacteria are undermanned, and cannot fight off the infection alone. When the bacteria in your gut are out of balance, it's known as dysbiosis. Many individuals experience

dramatic relief of chronic intestinal distress when effectively treating a Candida infection.

7. Brain Fog

Along with mood changes and chronic fatigue, brain fog is often overlooked as one of the Candida symptoms. However, Candida overgrowth can cause a lack of focus, poor physical coordination, and difficulty in concentrating on tasks and poor memory.

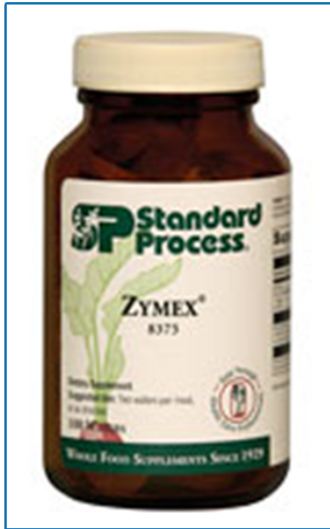
8. Hormonal Imbalance

A hormonal imbalance is one of the Candida symptoms that presents in many other health conditions. However, it is important to recognize how an infection can cause early menopause, PMS, a low sex drive, migraines, endometriosis, water retention, mood swings and an inability to lose unwanted pounds.

While in the midst of Candida overgrowth, your body becomes inflamed, causing the yeast to grow and spread beyond the digestive tract. One of the byproducts of Candida actually can mimic estrogen, leading to a serious hormonal imbalance.



Formulas specifically to address Candida Overgrowth.



Zymex capsules are an enzyme complex grown in a culture of Tallandsia, or Spanish moss, and organic beet root. Let's look at the functions of the ingredients in Zymex and how they help.

The first function of Zymex is to support and improve the balance of your intestinal flora, which are beneficial organisms, which together form one of the most important organs in your body.

Clinical experience over several decades has shown the usefulness of Zymex after a course of antibiotics, which can deplete these essential organisms in your gut. Zymex is also proven helpful for improving digestive health in patients with simple diarrhea or constipation, and other bowel problems.

The second action of Zymex, is as a whole body detoxifier. It has been shown useful in helping patients with toxic overload or frequent chemical exposure, and as part of a detoxification program.

Zymex also provides the whole vitamin E complex from wheat germ. There are excellent nutritional and herbal synergists that I often recommend with Zymex, based on your history and presenting health challenge.

While there are many possible uses for Zymex, I recommended supporting patients with gas, bloating, yeast or fungal overgrowth, constipation, bowel toxicity, liver and gallbladder problems, and as part of a detoxification and cleansing program for the bowel.

Spanish Black Radish combines organic Spanish black radish with three other plants rich in the vitamin C complex.

Spanish black radish is a powerful root vegetable that improves your ability to detoxify harmful chemicals and eliminate pathogens or harmful microbes.

Spanish black radish is one of about 20 cruciferous vegetables that improve your ability to get rid of excess estrogen, increase your cancer resistance, and improve your liver's ability to detoxify.

It is also an excellent source of organic sulfur, which acts as a natural antibiotic, gives your cells broad protection from damage, and helps form insulin, which prevents blood sugar from getting too high.



Spanish black radish not only provides sulfur, but the naturally occurring vitamins and minerals that help it work in a balanced way. The three other plants in the Spanish black radish formula are acerola cherry, camu camu berry, and manioc root. These are excellent sources of the vitamin C complex, which support your immune, adrenal and thyroid function, and regulate inflammation.

While there are many possible uses for Spanish Black Radish, I recommended supporting patients with gas, bloating, yeast or fungal overgrowth, constipation, bowel toxicity, liver and gallbladder problems, arthritis, and as part of a detoxification and cleansing program. Nutritional synergist that I often recommend along with Spanish Black Radish includes Zymex and Okra Pepsin. On the herbal side, excellent synergist may include Mediherb Gut Flora Complex, Garlic Forte or Livton Complex.

Lact-Enz combines digestive enzymes and probiotic bacteria to support your digestive and immune systems.



Enzymes found in Lact-Enz include amylase, protease, cellulase, and lipase, which improve your digestion of carbohydrate, protein and fat.

The probiotic bacteria lactobacillus acidophilus and bifidus are two of the most common and healthy colon bacteria.

The combination of enzymes and probiotics in Lact-Enz provide a broad spectrum digestive aid for the entire digestive tract and for healthy elimination.

Taking a time-tested probiotic supplements such as Lact-Enz, can reduce the risk of infection after taking antibiotics, such as a yeast infection, by up to 50%.

Though there are many possible uses for Lact-Enz, I recommended it to support patients with bloating, gas, constipation, antibiotic use, yeast infections, and more. I often combine it with synergistic formulas such as Zymex, Lactic Acid Yeast and Mediherb Gut Flora Complex.

Candida Die-Off Symptoms You May Experience

Rapidly killing off Candida in your body creates a metabolic reaction that releases over 70 different toxins into your body. Symptoms that treatment is working include:

- Impaired brain function
- Headache
- Fatigue
- Dizziness
- Intestinal distress including bloating, gas, constipation and nausea
- Sweating and fever
- Sinus infection
- Skin breakouts (not limited to face)
- Typical flu-like symptoms

When you start experiencing the Candida die-off symptoms, rejoice! These symptoms usually clear up in a few days. The Candida is leaving your body, and within just a few weeks, you will notice an increase in energy and focus, as well as relief from other symptoms you have experienced.

Lifestyle Changes to Maintain Health Bowel Flora Balance

After your symptoms have subsided and you have completed your protocol for Candida, you should continue eating a diet that is high in quality fats and high-fiber vegetables, and limit grains, fruits, sugar and high-starch vegetables like white potatoes. You can also consume fermented vegetables and kefir to help your body stay in balance and keep the Candida at bay.

By eliminating grains, sugars, fruits, starches and alcohol from your diet for three to five days, you can make great headway in your fight against Candida overgrowth.

Mostly, eat fresh, organic vegetables that have been steamed. Keep away from any starchy vegetables in large amounts, like carrots, radishes, beets, sweet potatoes and white potatoes, which may contribute to sugar levels and feed the Candida. Continue to drink plenty of pure water, a minimum of 72 ounces per day, to help flush the Candida and byproducts from your system.

Fermented vegetables contain microflora that help to protect the intestines. Regular consumption of fermented foods can help improve the immune system, making the body less hospitable for Candida. Begin with a half cup per day of sauerkraut, kimchi, or other fermented vegetables as part of a new eating plan dedicated to bringing your body back into a healthy balance.

The Candida diet helps to provide beneficial bacteria, regulate appetite, and reduce your cravings for refined carbohydrates and sugars.

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*"The natural healing force within each one of us is the greatest force in getting well.
Our food should be our medicine. Our medicine should be our food."*

-Hippocrates 460 B.C. - 377 B.C.