

Candida

by Bill Cooper

Candida is a principal microorganism of the intestine. This yeast plays a vital role in the digestive system. When in a normal growth pattern, it aids in digestion of sugars and the release of vital enzymes, nutrients and other essential substances as byproducts of its work. When in a state of overgrowth, (candidiasis) the yeast becomes a fungus with invasive filaments (mycelia) that penetrate the intestinal lining in search of food.

What Triggers The Growth Of Candidiasis?

Studies from around the world have identified five culprits that disturb the balance of candida in the gastrointestinal tract. 1) Excessive consumption refined sugar and yeast, 2) mis-use of antibiotics (Studies have shown antibiotics kill off friendly bacteria while being totally ineffective in controlling the spread of candidiasis), 3) stress, 4) chlorinated water, and 5) processed foods. Other factors, such as; a diet high in red meats, rich fatty foods, and/or excessive alcohol can damage the acid/alkaline balance of the intestines and open the door to an onslaught of potential health problems. All of these five culprits drastically alter the type, quantity, and behavior of the microorganisms found in the gastrointestinal tract.

What Are Some Of The Symptoms Of Candidiasis?

- Digestive problems including bloating, gas, diarrhea, and constipation
- Sugar cravings
- Hypoglycemia
- Chronic vaginal yeast infections
- Oral or vaginal thrush
- Brain fog
- Fungal skin problems, athletes' foot, fungal nails
- Symptoms of immune system depression; frequent colds, cold sores, Herpes,
- Headaches and/or migraine headaches

Note; any one of these symptoms can allude to candidiasis.

Left untreated, Candida changes from a round yeast to fungus with invasive filaments (mycelia) that penetrates the intestinal lining in search of food. Orian Truss, M.D., considered an expert on the disease states: "When tests are done on estrogen levels, thyroid levels or other hormone levels and people are suffering from these symptoms, the hormones are there in the bloodstream, but they are not activating any response." What this means is that the test results can be misleading. An example; people have been told they have a thyroid problem when they actually had no problem with their thyroid. The problem was related to candidiasis.

Candidiasis shown has been to:

- produce 79 distinct toxins
- be an immune system depressant
- reduce the number of suppressor T-cells by a factor of 15
- be implicated in auto-immune disorders including MS, Chron's Disease, Ulcerative Colitis, chronic Epstein-Barr virus, Myalgic Encephalomyelitis (ME), and Lupus
- be present in most cases of Chronic Fatigue Syndrome and Fibromyalgia
- cause malabsorption problems in the intestinal tract
- be associated with "Leaky Gut" Syndrome, premenstrual syndrome (PMS), colon cancer, heart disease

Is Candida An Enemy To Our Body?

No. Candida is helpful yeast in the intestinal tract. They create enzymes and other nutrients helpful to digestion. First, lets clarify the regions that comprise the inside and the outside of the body. I'm sure you feel as I have that once you place something inside your mouth, it's inside your body.

This is not exactly true. Technically speaking, the gastrointestinal (GI) tract, the nasal passages and the lungs are outside the body. This includes everything from the mouth and nose of the body to the rectum. Only after nutrients have been digested and allowed to pass through the intestinal wall, into the blood stream are they "inside" the body. This holds true for the lungs as well. Candida as a natural occurring yeast lives in the GI tract (outside the body).

How Does Candida Become Candidiasis?

When Candida overpopulate and move into the blood stream or other organs such as the liver, they then become a concern to our health. What can feed the Candida enough to cause this over population to happen is processed food in the form of sugar. Sugar in any form is the nutrient Candida needs to exist and to multiply. Next, we need to have a clear understanding of what the body sees as sugar. An example would be comparing one medium size white potato to an equal amount of sugar: it would come to about one forth cup of sugar. Many of the foods we eat don't look like sugar to us, but they are sugar to the body. When the diet is out of balance and sugar of various forms comprises most of the diet, the Candida overpopulates. This over population of Candida can lead to the creation of extremely high levels of toxins in the body. We'll discuss the types of toxins and how they can affect the body in the following paragraphs.

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What Effect Does Candidiasis Have On The Body?

Quote from the Center for Disease Control; "Invasive Candidiasis is a fungal infection that occurs when candida species enter the blood, causing bloodstream infection and then spreading throughout the body".

One of the most interesting observations about a yeast infection is the appearance of moveable symptoms. You may have a pain or discomfort or possibly a burning sensation somewhere in the lower or upper abdomen for a certain period of time such as a few minutes or even an hour or two. Then it will disappear and show up somewhere else in a different part of the body. It may start in the stomach area or the shoulder or lower back or even in an arm or neck area. Then, a little later it will move to another place in the body and possibly keep moving from area to area. Then disappear completely, but only to reappear later after eating the next day.

The type of food you have just eaten can cause this phenomenon. As your meals pass slowly through the intestines during digestion and absorption, they feed the Candida first. When Candida has become Candidiasis, the colonies are permanently situated at various points within the digestive tract. The food you have just eaten feeds one colony of yeast for a while and then moves along and feed another colony.

During this process, a waste material is produced and excreted. That poison or toxin is then absorbed into the blood stream. This toxin will travel to a weak area of the body in close proximity of the yeast colony that is feeding and can create pain, discomfort, and/or inflammation all depending on the location of the yeast overgrowth in the intestines.

The overgrowth of candida has the ability to cause infections by penetrating the tissues of our bodies. In addition, it releases seventy-nine toxic chemical substances (this many toxins have been identified to date), called antigens, into the bloodstream. These toxins, or poisons, are responsible for many of the symptoms described previously as being characteristic of candidiasis. Our immune system creates antibodies to fight each toxin. A healthy immune system can effectively battle the antigens produced by the candida, counteract the toxins, and maintain a balance in our bodies. When our defenses are weakened, however, the candidiasis and their toxins travel throughout our bodies, targeting weak areas and impairing our health.

Two of the most detrimental toxins are acetaldehyde (as'-i-tel-dé-hyd) and ethanol, both of which are poisonous to the tissues of our bodies. Other notable candida toxins include candidotoxin, candidemia (blood), mannan, tyramine, and polysaccharide protein complexes.

When sugars, such as those found in breads, pasta and other starchy foods are mixed with yeast; they will produce ethanol, a type of alcohol. This is a chemical process and this process happens whenever and wherever these ingredients are combined. The sugars we eat react with the yeast we eat to produce ethanol as a by-product. The other toxin, acetaldehyde, a chemical used commercially as a synthetic flavoring (FDA 21 - 182), it's also used to silver mirrors or to make acetic acid for drugs and perfumes. It's a by product of the

ethanol. This chemical is six times more toxic to brain tissue than ethanol. It is produced as the ethanol breaks down.

The cells most affected by these toxins are the red and white blood cells. This chemical waste released by candida make the cell membranes more rigid. This keeps the cells from successfully carrying out their necessary functions. Example:

Red blood cells have to carry oxygen throughout the body. To do this they have to be elastic enough to squeeze down to about one-seventh of their normal size to be able to get into the body's tiniest blood vessels, the capillaries. When toxins make these red blood cell walls rigid, the flow of blood, and therefore oxygen, to the capillaries of the organs and tissues of the body is reduced or cut-off. When the blood supply is cut-off the capillary dies and the tissue in that area loses its blood supply.

White blood cells make up an important part of the immune system. When their cell walls become rigid, their ability to fight off infection is decreased, leaving our bodies more susceptible to illness. Also, the rigid walls of these cells decrease their ability to absorb needed nutrients and vitamins. Here is where it can really become a problem because not being able to get nutrients to vital organs is what can bring on chronic disease.

Our overall health depends on our cellular health. Our cellular health is governed by the day-to-day manner in which we nourish our body. The changes that take place in our body are very gradual. Remember, there are an estimated eighty to ninety billion cells in the body. (How much is a billion? The Rose Bowl in California is not large enough to hold one billion one-dollar bills.) Perhaps this is why it takes as much as ten or fifteen years for many types of cancer growth to become detectable by modern medical testing.

Here are some of the comments made by Dr. Cranton, Mount Rainier Clinic in Trout Dale, Virginia, about candidiasis;

“Multiple symptoms of a seemingly unrelated nature, often misdiagnosed as neurotic, have been shown by Dr. Cranton to be caused by immune system dysfunction, related in part to an increase in body levels of candida albicans and other fungal organisms. Dr. Cranton has observed that treatments which reduce levels of yeast and other fungus in the body and, thus, remove stress from the immune system have been shown to bring improvement to a large majority of patients who have been unresponsive to multiple treatment programs elsewhere. This type of illness is increasingly prevalent and often unrecognized by the medical profession”.

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Descriptive diagnostic terms variously used in this syndrome include: Chronic fatigue and immune dysfunction syndrome (CFIDS), chronic fatigue syndrome, chronic Epstein-Barr virus syndrome, yeast related illness (complex), systemic {Candidiasis}, myalgic encephalomyelitis (ME), ecologic illness, environmental illness, hypoglycemia, premenstrual syndrome (PMS), food and chemical sensitivity, and food allergy. Most such terms imply immune dysfunction, and in some cases hormonal imbalance. They all have in common a partial to dramatic response to the program of therapy described below. The most common and incapacitating symptom is profound and prolonged fatigue, without another plausible cause. Depression is commonly present, often severe. Physical examination and laboratory tests seldom point to a definite diagnosis. Incorrect diagnoses often include psychoneurosis, hypochondriasis and endogenous depression. Adverse reactions to many nutritious foods (so-called food allergy) are common, as well as unusual sensitivity to chemical fumes, and respiratory allergy of the hay fever type. Stomach, intestinal, urinary, reproductive, muscle and joint symptoms are common.

**Here are some of the comments made by Dr. C. Orian Truss, author of
The Missing Diagnosis, a book on candidiasis published in 1985:**

"When tests are done on estrogen levels, thyroid levels or other hormone levels and people are suffering from these symptoms, the hormones are there in the bloodstream, but they are not activating any response." What this means is that the test results can be misleading.

**Candida Dysbiosis Information Foundation (CDIF) offers this
insight on candida contamination:**

". . . is it any wonder then that antifungal and probiotic therapy must continue for such a long period of time? Imagine a worst-case scenario when the fungi have actually rooted into the person's intestinal walls, from which they continue to re-inoculate the fecal stream. It's not enough to reseed briefly or sparsely this 'continuous-flow culture' which is living and growing inside the gut lumen, but one must maintain and support the desired ecology sufficiently long enough for the intestinal epithelial cells to desquamate (shed, slough off, turn over) so that the fungi buried within them will be expelled. While this is going on, the contents of the fecal stream will continue to be reinfected in an on-going manner; thus, antifungal therapy must continue sufficiently long enough to guard against relapse, in order to allow the membranes of the GI tract to heal."

Is there a test to determine if a person has candidiasis?

Yes; you can take a simple saliva test right in your home.

Simply take a clear glass of clean water and place it by your bedside so that it is readily available in the morning when you awake.

Before having anything to drink gather some saliva in your mouth and spit it into your glass of water.

Within minutes, if there is any yeast overgrowth in your system, the saliva will immediately clump together and begin to "leak" down into the glass of water in tentacle-like fashion.

It resembles a jellyfish if you've seen them under water. If the saliva sinks down to the bottom of the glass of water quickly, you probably have Candidiasis.

This test has about a ninety percent success ratio (right 90 percent of the time).

Following the suggestions above is one way to learn if candidiasis is a concern for you. You can also complete the questionnaire at the end of this paper. Another thing is to see if you can trace your symptoms back to their beginnings. Bringing all these facts together may help you understand what's going on.

Will I have to change my diet?

If your test was positive, the answer is Yes! The habits you have in place are what helped you get where you are today. If you are unwilling to make changes in these habits, it is unlikely that you will experience any changes in your health and well being.

We have a proven diet program available; ask for a copy of this important information.

Why is cleansing important?

The colon is one of the principal areas of the body affected by candidiasis. Without some type of cleansing program, it's difficult for the body to gain control of the candida overgrowth. The colon is a delicate part of the immune system and nature never intended it to be used to store waste. Daily elimination - Meaning at least two, three, or more bowel movements a day is the most positive step a person can take in regaining their balance.

Water is very important in this process. Drinking at least 8 to 10 (8oz.) glasses of clean (distilled) water every day is one of the most beneficial things that you can do as it will help in the cleansing process. You can also add food grade hydrogen peroxide to your daily diet (in your drinking water or as a form of therapy) as this will help to raise your oxygen level. Candida cannot survive in a high oxygen environment.

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How long will I have to stay on this new regimen?

As long as you want to experience good health and well being. As you regain balance, you'll learn what foods work best for you. The first few months are the most demanding. A word of caution; if you have candidiasis and it's not addressed; it can lead to chronic disease in any one of many forms, all of them serious. Several studies have shown almost all people suffering from chronic disease have an appreciable level of candidiasis.

My tip: Find a coach you like and trust to support you. Why? Because making this many changes in your life can be a major undertaking. When you have a coach, you may enjoy a higher rate of success because you will have someone who is knowledgeable and understands the challenges you will face.

Candidiasis Questionnaire

Answering these questions can help you determine the possible extent of your candida overgrowth.

	Points
1. Have you taken any antibiotics within the past five years?	20
2. Do you presently have athlete's foot, jock itch or vaginitis?	20
3. Do you have a sore or burning tongue?	20
4. Do you have small white spots or patches in the mouth area, with swollen and sore tissue around them?	40
5. Do you have almost continuous foul smelling lower intestinal gas?	20
6. Do you have bloating and/or upper intestinal gas?	10
7. Do you have indigestion frequently?	10
8. Do you have insomnia?	20
9. Do you wake up sweating at night?	10
10. Do you have strong craving for sweets and/or dairy products?	20
11. Do you see spots or black stripes floating in your eyes?	20
12. Does your vision play tricks on you? (get blurry, etc.)	20
13. Do you frequently get hives?	10
14. Do you have or have you been told you have eczema?	20
15. Do you have an itchy scalp?	20
16. Do you have problems with several different allergies?	30
17. Do you usually find it difficult to breathe through your nose?	10
18. Do you feel tired and fatigued all day?	20
19. Do you feel sick all over?	20
20. Do you feel severely depressed at times?	10
21. Do you find your memory failing you frequently?	10
22. Do you get frequent headaches?	20
23. Do you crave alcoholic beverages?	10
24. Does tobacco smoke bother you?	10
25. Do you have a loss of sexual drive?	10
26. Do you have crying attacks?	P10

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|---|----|
| 27. Do you have rectal itching or nasal itching? | 10 |
| 28. Do you frequently bite the insides of your cheeks? | 10 |
| 29. Do your gums bleed? | 20 |
| 30. Do you feel a burning sensation sometimes when you urinate? | 10 |

Total _____

Total Your Score:

30 or less; You are in balance, **40 - 60**; mild overgrowth, **70 - 90**; moderate overgrowth, **100 - 120**; indicates severe overgrowth, **121** or more; can indicate systemic candidiasis.

The score is an indication of what your level of overgrowth may be, not a scientific result.

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 Nutritional Psychotherapist

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