

Candida / Thrush

Candida is a living yeast which is a cousin of the moulds and fungi. Normally, Candida organisms reside in the intestine where they are kept in check by the immune system that ensures that they maintain a balance with natural bacteria. If natural bacteria are depleted through the use of antibiotics, chemical exposure, cortisone, contraceptive pills and heavy metal overload, the Candida can multiply and spread (in fact, we often see Candida coming out to “play” when dental amalgam work has been performed).

Systemic candidiasis can result when the organisms gain entry to the lymph and blood systems where they can circulate and colonise in various body tissues. Here they feed on glucose stores (contributing to hypoglycaemia) or on heavy metals. In fact, if you have candidiasis, you most probably have a heavy metal overload too.

Candida albicans convert sugars and refined carbohydrates into acetaldehyde, a toxic chemical that acts like a typical allergen in the body. Therefore candida overgrowth can be a major reason for allergy.

Babies can be born with candida that they contract as they pass through the birth canal.

Symptoms of candidiasis include:

The Way You Feel

Inability to focus, Poor memory, Brain fog, Irritability, Anger, Dizziness, Depression, Crying spells, Panic attacks, Low libido, Persistent extreme fatigue, Hyperactivity, Cravings for sweets and alcohol, Insomnia, Poor coordination.

Your Digestive System

Acid reflux, Bloating, Flatulence, Nausea, Diarrhea, Constipation, Stomach cramps, Indigestion, Burping after meals, Mucus in stool, Hemorrhoids, Itching anus.

Your Skin

Acne, Cysts, Hives, Night sweats, Psoriasis, Eczema, Dermatitis, Fungal infections of the nails & skin, Athlete’s foot, Body odor.

Your Mouth

Thrush (white coating on tongue), Swollen lower lip, Halitosis, Metallic taste in mouth, Bad breath, Canker sores, Bleeding gums, Cracked tongue.

Your Respiratory System

Persistent cough, Mucus in throat, Sore throat, Sinus congestion, chronic post-nasal drip, Flu-like symptoms, Hay fever symptoms, Sinusitis, Asthma.

Your Ears and Eyes

Eye pain, Itchy eyes, Sensitivity to light, Blurred vision, Bags under eyes, Ringing in the ears, Ear infections.

Your Genito-Urinary System

Recurring yeast infections, Recurring UTI’s, Cystitis (inflammation of the bladder), PMS & menstrual irregularities, Fungal rash.

Your Immune System

Frequent colds and flu, Allergies, Sensitivities to food, fragrances and chemicals.

Your Weight

Inability to lose weight, Water retention, Weight loss.

Other Symptoms

Headaches, Heart palpitations, Chronic body pain and/or joint pains, Muscle aches and stiffness.

Treatment for Candidiasis:

Treatment involves a gentle anti-candida diet together with BICOM Bioresonance. We target the specific candida strains present and eliminate these through frequency modulation treatments. But first we will remove blockages, treat any related food allergies and assist the body to detoxify and protect from die-off symptoms. We supplement with probiotics and herbals etc. to heal and recolonise the gut and improve immunity.

CANDIDA Questionnaire

| Question | Yes | No |
|---|-----|----|
| 1. Have you taken repeated or prolonged courses of antibacterial/antibiotic drugs in the past? | 4 | 0 |
| 2. Have you been bothered by recurrent vaginal, prostate or urinary infections? | 3 | 0 |
| 3. Do you feel "sick all over," yet the cause hasn't been found? | 2 | 0 |
| 4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue? | 2 | 0 |
| 5. Are you very sensitive to tobacco smoke, perfumes and other chemical odours? | 2 | 0 |
| 6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? | 2 | 0 |
| 7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years? | 2 | 0 |
| 8. Do some foods disagree with you or trigger your symptoms? | 1 | 0 |
| 9. Do you suffer with constipation, diarrhea, bloating or abdominal pain? | 1 | 0 |
| 10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes? | 1 | 0 |
| 11. When you wake up, do you have a white coating on your tongue? | 1 | 0 |

Interpreting the Results

Women

A score of *10 or greater* indicates that your health problems may be connected to a yeast overgrowth.

A score of 13 or higher suggests that they are almost certainly yeast connected.

Men

A score of *8 or greater* indicates that your health problems may be connected to a yeast overgrowth.

A score of 11 or higher suggests that they are almost certainly yeast connected.

If you suspect that you may have Candida issues, please feel free to make an appointment if you would like assistance. This Questionnaire is not intended as a means for self-diagnosis.