



Candida



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Candida albicans, a single-celled fungus is typically found in small amounts in the mouth, intestinal tract and on the skin. At normal levels, the fungus is not problematic. If it is present in disproportionate quantities, however, it can cause infection. Typically, the healthy bacteria in your body keep Candida levels under control. However, if healthy bacteria levels are disrupted (by overuse of antibiotics, prescription drugs, stress, diet etc) candida can begin to overproduce AND CAUSE A WIDE VARIETY OF SYMPTOMS.

- 🌱 **The way you feel:** inability to focus, anger, poor memory, brain fog, irritability, dizziness, depression, low libido, panic attacks, extreme fatigue, insomnia, cravings for SUGAR and alcohol....
- 🌱 **Your Digestive System:** acid reflux, flatulence, bloating, nausea, diarrhoea, constipation, stomach cramps, indigestion, itching anus ...
- 🌱 **Your Skin:** acne, cysts, hives, night sweats, eczema, psoriasis, fungal infections of nails and skin, body odour, athlete's foot ...
- 🌱 **Your Mouth:** thrush (white on the tongue), halitosis, swollen lower lip, canker sores, bleeding gums, cracked tongue ...
- 🌱 **Your Respiratory System:** mucus in throat, sore throat, persistent cough, sinus congestion, nasal drip, flu-like symptoms, sinusitis, asthma ...
- 🌱 **Your Ears and Eyes:** eye pain, itchy eyes, blurred vision, sensitivity to light, bags under eyes, ringing in the ears, ear infections...
- 🌱 **Your Urogenital system:** recurring yeast infection, painful intercourse, thick white discharge from the vagina, recurring urinary tract infections, PMS and menstrual irregularities, cystitis, fungal rash ...
- 🌱 **Your Immune system:** frequent colds and flu, allergies, sensitivities to food, fragrances & chemicals...
- 🌱 **Your Weight:** inability to lose weight, water retention, weight loss ...
- 🌱 **Babies:** Thrush and nappy rash

NORMALLY A HEALTHY BODY DOES NOT HAVE AN OVERGROWTH OF CANDIDA. MOSTLY IF THERE IS ANY CHRONIC DISEASE, THERE IS THE POSSIBILITY OF CANDIDA OVERGROWTH.

Symptoms often worsen in damp or mouldy places, or after consumption of food containing sugar and /or yeast. Because of its many varied symptoms, this disorder is often misdiagnosed.

All persons on long-term antibiotics or chemotherapy are at high risk for severe cases of candidiasis.

Simple home Candida test

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-30 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, YOU MAY HAVE A CANDIDA CONCERN! Healthy saliva will simply float on the top!

4 Step approach to managing & control Candida!

1. KILL

The following herbs & supplements are beneficial in killing Candida:

- 🌿 **Origanum Vulgaris:** fights free radicals, inflammation, and bacterial/viral/fungal infections. Immune booster.
- 🌿 **Olive Leaf Extract:** has antifungal, anti-parasitic, antiviral and bactericidal properties. Stimulates your immune system's response to unwelcome invaders like Candida. It also helps to stabilize blood sugar levels.
- 🌿 **Caprylic Acid:** comes from the coconut. It has an 8-carbo-medium chained triglyceride with antifungal and anti-microbial properties. It disrupts the cell membranes of yeast which kills the yeast cells.
- 🌿 **Golden Seal:** contains a phytochemical, "Berberine" that acts as an antifungal.
- 🌿 **Grapefruit Seed Extract:** this is a natural immune stimulator with antibacterial activity. GSE disrupts the bacterial membrane.
- 🌿 **Coconut Oil:** almost 50% of the fatty acid in coconut oil is the 12-carbon Lauric Acid. After digestion Lauric Acid forms "Monolaurin". Both Lauric Acid and Monolaurin can kill harmful pathogens like bacteria, viruses and fungi.
- 🌿 **Pau D'Arco/TAHEEBO:** Good for all types of infections.
- 🌿 **Candimex:** is a product that includes all of the above.
- 🌿 **PharmaWell Plus:** Organic plant acids that have a broad antimicrobial effect and work synergistically with conventional prescribed antibiotics.

2. STARVE

This means reducing or avoiding the following:

- 🌿 All sugar (Candida thrives in a sugary environment)
- 🌿 Natural sweeteners (e.g. honey)
- 🌿 Alcohol
- 🌿 Fermented foods
- 🌿 Yeast (e.g. bread)
- 🌿 Fruit (initially)
- 🌿 Dried fruit
- 🌿 Dairy foods
- 🌿 Malted food
- 🌿 Allergens (wheat, dairy)
- 🌿 Refined foods

Increase foods like:

- 🌿 Meat, chicken, fish
- 🌿 Olive Oil
- 🌿 Seeds
- 🌿 Vegetables
- 🌿 Fibre
- 🌿 Water
- 🌿 Herb teas
- 🌿 Whole foods
- 🌿 Avocados
- 🌿 Sauerkraut
- 🌿 Garlic
- 🌿 Coconut oil

3. FIBRE

In addition to speeding the elimination of Candida organisms from the intestines, the soluble fibre portion of **psyllium** may help absorb toxins that are produced when Candida dies, thereby reducing the unpleasant die-off reaction. Fibre is also crucial in promoting healthy bowel ecology via its use by probiotic organisms as a primary source of food.

4. PROBIOTICS

Beneficial digestive bacteria may control Candida albicans in the digestive tract through various properties.

Firstly, probiotic organisms produce a variety of organic acids that help to lower the pH (increase the acidity) in the intestinal tract, making the environment inhospitable for Candida and other pathogenic organisms.

Secondly, probiotic strains compete with Candida for food.

And **thirdly** they compete with candida for implantation space on the intestinal wall.

LIFESTYLE FACTORS

Avoid exposure to mouldy environments.

Avoid exposure to environmental toxins.

The programme for dealing with systemic candidiasis requires considerable willpower & commitment.

**This information is to arouse interest and awareness;
do your own research and empower yourself.**

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