



Candida



Almost everyone has *Candida albicans* in their gut, it only starts to cause trouble when there is some change in your body that allow it to overgrow and disturb the healthy balance of micro-organisms in your gut. A few courses of antibiotics, a prolonged diet rich in carbohydrates and sugar, and even a long period of stress at work can cause this change.

Candida albicans, a single-celled fungus is always present in the genital and intestinal tracts. If it is present in disproportionate quantities, however, it can cause infection.

Because candidiasis can affect various parts of the body, it can be characterized by a wide array 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 sweet and alcohol....
- **You're Digestive System:** acid reflux, flatulence, bloating, nausea, diarrhoea, constipation, stomach cramps, indigestion, itching anus ...
- **You're Skin:** acne, cysts, hives, night sweats, eczema, and psoriasis, fungal infections of nails and skin, body odour, athlete's foot ...
- **You're Mouth:** thrush (white on the tongue), halitosis, swollen lower lip, canker sores, bleeding gums, cracked tongue ...
- **You're 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, sensitive to light, bags under eyes, ringing in the ears, ear infection ...
- **Your Genito-urinary system:** recurring yeast infection, recurring urinary tract infections, PMS and menstrual irregularities, cystitis, fungal rash ...
- **Your Immune system:** frequent colds and flu, allergies, sensitivities to food, fragrances and chemicals ...
- **You're Weight:** inability to lose weight, water retention, weight loss ...
- **Other Symptoms:** headaches, heart palpitations, chronic pain and/or joint pain, muscle aches and stiffness ...

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

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

A 4 Step approach to manage & control Candida!

1. KILL

The following herbs & supplements are beneficial in killing Candida:

- **Oreganum Vulgaris:** fights free radical, inflammation, bacterial/viral/fungal infections. Immune booster.
- **Olive Leaf Extract:** it 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:** 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:** Cleanses the blood. Fights bacterial & viral infections.

Candimex is a product that includes all the above.

2. STARVE

Reduce/Avoid

- 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 (e.g. wheat, dairy)
- Refined foods

Increase

- 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

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

1. 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.
2. Secondly probiotic strains compete with the Candida for food.
3. 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 and commitment.



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Please Note:

This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant women, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.