

# ***CHRONIC CANDIDA ALBICANS INFECTION***

Yeasts, molds and funguses are one-celled organisms. Beneficial ones include brewers and nutritional yeast, and lactobacillus acidophilus. Candida albicans is not among them. It produces poisons including alcohol.

Candida is found in the air, water and food but not normally in our bodies. Slow metabolism, deficient acid in the stomach, an over-alkaline intestinal tract and copper imbalance allow candida to flourish in the body. Weak adrenals, improper bowel flora, diets high in sugar and taking antibiotics, antacids, birth control pills and steroid hormones contribute to candida infection.

## **SYMPTOMS OF CANDIDA**

Symptoms range from chronic fatigue and depression to headaches, bloating, gas and tightness in the shoulders. Candida can also contribute to brain fog, mood swings, memory loss, itching, joint pain, indigestion, ulcers, cancer and many sinus infections. Learning and behavior disorders are often due in part to candida infection, especially in children who eat a lot of sugar. Chronic candida can also contribute to irritable bowel syndrome, colitis, heartburn and gastric acid reflux disease or GERD. One form of candida is invasive, burrows into body organs and can be life-threatening.

Since candida albicans produces alcohol and acetaldehyde, it may also contribute to many other subtle dysfunctions, including general toxicity, liver dysfunction, nutrient deficiencies and more. Some practitioners blame most illness on candida. I do not find this to be the case. However, it is very common and an important contributor to ill health.

## **CAUSES - SLOW METABOLISM**

In their order of importance, causes include slow metabolism, copper imbalance, alkaline intestines and tissues, medications, high carbohydrate diets and other toxins. Most people with candida are slow metabolizers. While their cells are more acidic, their intercellular spaces are too alkaline. Their bodies do not generate enough acid end products of metabolism such as lactic acid. Calcium, an alkaline-forming element, also builds up adding to the alkalinity. Candida thrives in an alkaline environment and becomes able to invade tissues and cause serious illness.

Slow metabolizers are also often deficient in hydrochloric acid. Stomach acid normally kills candida. This is one reason acidophilus, an acid-forming organism, often helps alleviate candida.

## **DIETARY CARBOHYDRATES**

Candida starts in the intestines. Excessive consumption of carbohydrates, particularly sugars, encourages candida infection. The adrenal glands regulate blood sugar. Sugars in the diet weaken the adrenal glands by causing large blood sugar fluctuations.

Sugar is the natural food for candida. Sugar and carbohydrate cravings may be candida organisms calling for dinner. When deprived of carbohydrates, the yeast die, releasing toxic substances. These can cause unpleasant side effects that can draw one back to sugary foods to end the discomfort.

Many, many people overeat on carbohydrate foods. Besides the common foods such as starches and sugars, they include milk, fruit, juices and sweetened electrolyte drinks.

## **IMPROPER BOWEL FLORA**

Improper bowel flora is extremely common and often contributes to candida infections. Much of the problem is due to antibiotic use and constant ingestion of small doses of antibiotics found in drinking water and commercial animal products. Other toxic chemicals or additives in foods may also be a factor.

Low fiber in the diet, parasitic infections and stress also impair bowel activity. Debris in the intestines, often in pockets in the colon, also harbors bacteria that interfere with normal bowel flora. Constipation also aggravates candida infection. If one does not have a daily bowel movement, extra fiber, ox bile, pancreatin and magnesium will usually correct the problem. Herbal laxatives can be habit-forming.

One may, however, be constipated even if one has daily bowel movements. Food should pass through the intestines within 48 hours. When it is delayed, harmful organisms have more time to multiply and generate toxins. To test bowel transit time, eat some beets at one meal and note how long it takes for the red color to show up in the stool. Extra fiber and an improved diet will often decrease bowel transit time.