

Candida Albicans

Friend or Foe?

WHAT IS IT?

Every person lives in a virtual sea of microorganisms, (bacteria, viruses, fungi, etc.). These microbes can reside almost anywhere; they are as much a part of our bodies as the food we eat. Usually, these microorganisms do not cause illness, unless our resistance becomes lowered or they are responding to a toxic load in your body as an attempt to protect the body.

Candida Albicans is yeast/fungi that lives in the mouth, throat, intestines and genitourinary tract of most humans and is usually considered to be a normal part of the bowel flora (the organisms that coexist with us in our lower digestive tract).

Traditionally fungi are considered plants, but they contain no chlorophyll and cannot make their own food. Fungi tend to inhabit cool to tropical climates and are found in the air we breathe as well as in moist and shady soil, water, manure, dead leaves, fruit, leftover food, and in a wide variety of places and circumstances.

HOW DO YOU GET IT?

Candida albicans prefers people. *Candida* enters newborn infants during or shortly after birth. Usually, *the growth of the yeast is kept in check by the infant's immune system* and thus produces no overt symptoms. But, should the immune response weaken, the condition known as *oral thrush* can occur as a result. By six months of age, 90% of all babies test positive for *Candida*. By adulthood, virtually all humans play host to *Candida albicans* and are thus engaged in a life-long relationship.

Candida coexists in our bodies with many species of bacteria in a competitive balance. Other bacteria act in part to keep *Candida* growth in check in our body ecology . . . unless that balance is upset. **When health is present, the immune system keeps *Candida* proliferation under control; but when immune response is weakened, *Candida* growth can proceed unhindered.** It is an "opportunistic organism," one which, when given the opportunity, will attempt to colonize all bodily

tissues.

Unfortunately, there are many factors in our modern society that can upset the ecological balance of the body, weaken the immune system and thus allow the yeast to overgrow. Of these, the major risk factors which may predispose one to the proliferation of *Candida* are:

- **Heavy Metal toxicity:** *Candida* act as a holding cell for the toxic metals that could otherwise attach and damage all lipophilic structures especially the nervous system, and cell walls.
- **Steroid Hormones, Immunosuppressive Drugs** such as cortisone which treat severe allergic problems by paralyzing the immune system's ability to react
- **Pregnancy, Multiple Pregnancies or Birth Control Pills** can upset the body's hormonal balance
- **Diets high in carbohydrate and sugar intake, yeast and yeast products as well as molds and fermented foods**
- **Exposure to environmental molds**
- **Antibiotics including Sulfa drugs.** *Antibiotics kill all bacteria.* They do not distinguish good bacteria from bad. Antibiotics kill the "good" flora which normally keeps the *Candida* under control. This allows for the unchecked growth of *Candida* in the intestinal tract. *It is normally difficult to recover a yeast culture from bodily surfaces. However, after 48 hours of taking tetracycline, yeast can be cultured easily from anyone.* The prevalence today of *Candida* may be most directly related to the widespread societal exposure to antibiotics -- from prescriptions for colds, infections, acne, and from additional consumption of antibiotic-treated foods such as meats, dairy, poultry and eggs. Notably, antibiotics do not kill viruses; they only destroy bacteria. Yet, they are universally prescribed for colds, flus and other viral problems. Such indiscriminate and extensive use of antibiotics is not only considered a primary cause of *Candida* overgrowth, but is recently being found to be responsible for the unbridled development of "super bacteria."

A SERIOUS PROBLEM

Even though *Candida* is part of the ecological balance in the body since birth, it is still recognized by the immune system as a foreign body that needs to be controlled. When overgrowth occurs, a chronic stimulation to the immune system results (every second, every minute, every hour, every day, every month, every year) in an attempt by the immune system to regain control. In time, it is believed that this can exhaust the immune system, predisposing one to more serious degenerative processes.

The immune system may concurrently be also adversely affected by poor nutrition, exposure to molds in the air, as well as an increasing number of chemicals in our food, water and air, including heavy metals, petrochemicals, formaldehyde, perfumes, cleaning fluids, insecticides, tobacco and other indoor and outdoor pollutants. Over 10,000 chemicals have been added to our food supply alone, that were not there just 100 years ago! We do not have the genetic recognition of these substances as foods or as useful additions to our bodies.

Resulting lowered resistance may not only cause an overall sense of ill health, but also may allow for the development of respiratory, digestive and other systemic symptoms. One may also become predisposed to developing sensitivities to foods and chemicals in the environment. Such "allergies" may in turn cause the membranes of the nose, throat, ear, bladder and intestinal tract to swell and develop infection.

Such conditions may lead the physician to prescribe a "broad spectrum" antibiotic . . . which may then further promote the overgrowth of *Candida* and strengthen the existing negative chain of events, leading to further stress on the immune system and increased *Candida*-related problems.

WHAT ARE THE SIGNS OF CANDIDA INFECTION?

The result of heightened *Candida* overgrowth is a list of adverse symptoms of considerable length. A few are:

- The gastrointestinal tract with all manner of digestive disturbances, food allergies and cravings (Intense cravings for sugars, sweets, and breads),

Frequent stomach pains

- Central nervous system disorders such as MS, numbness and tingling sensations , Foggy brain / Trouble concentrating
- Impairment of the circulatory system
- Aberrations in personality and behavior such as mood swings, anxiety, depression, Obsessive compulsive disorder (OCD), and hyperirritability, Anger outbursts
- Musculoskeletal problems involving joint pains and migrating aches and pains
- Hormonal disruptions such as manifest in PMS, dry skin, menstrual irregularities and impotence.
- Skin problems, skin infections, eczema, psoriasis, acne, itchy skin
- Constant tiredness and exhaustion
- Headaches

*Initially the signs will show near the sights of the original yeast colonies. Most often the first signs are seen in conditions such as nasal congestion and discharge, nasal itching, blisters in the mouth, sore or dry throat, abdominal pain, belching, bloating, heartburn, constipation, diarrhea, rectal burning or itching, vaginal discharge, vaginal itching or burning, increasingly worsening symptoms of PMS, prostatitis, impotence, frequent urination, burning on urination, bladder infections. But, if the immune system remains weak long enough, **Candida can spread to all parts of the body** causing an additional plethora of problems such as fatigue, drowsiness, lack of coordination, lack of concentration, mood swings, dizziness, headaches, bad breath, coughing, wheezing, joint swelling, arthritis, failing vision, spots in front of the eyes, ear pain, deafness, burning or tearing eyes, muscle aches, depression, irritability, sweet cravings, increasing food and chemical sensitivities, numbness and tingling, cold hands and feet, asthma, hay fever, multiple allergies, hives and rashes, eczema, psoriasis, chronic fungal infections like athlete's foot, ringworm and fingernail/ toenail infections and many more according to Dr Klinghardt.*

In addition, 79 different toxic bi-products are known to be released by *Candida* , which in itself places a considerable burden on the immune system. These get into the bloodstream and travel to all parts of the body where they may give rise to a host of adverse symptoms.

In *Candida* overgrowth, the yeast colonies can dig deep into intestinal walls, damaging the bowel wall in their colonization.

Candida can also attack the immune system, causing suppressor cell disease, in which the immune system produces antibodies to everything at the slightest provocation, resulting in extreme sensitivities.

Finally, *Candida overgrowth can be dangerous if not controlled.* The persistent, constant challenge to the immune system by an ever-increasing, long-term overgrowth of *Candida* can eventually serve to wear down the immune system and cause a seriously weakened capacity for resistance to disease.

Women are more likely to get Candida overgrowth than are men. This is related to the female sex hormone progesterone which is elevated in the last half of the menstrual cycle. Progesterone increases the amount of glycogen (animal starch, easily converted to sugar) in the vaginal tissues which provide an ideal growth medium for *Candida*. Progesterone levels also elevate during pregnancy. Men are affected less frequently but are by no means invulnerable.

HOW DO YOU KNOW YOU'VE GOT IT?

Currently, diagnosis is primarily clinical. Since almost everyone has *Candida* in their bodies, tests for its presence are useless; confirmation of overgrowth is very difficult through laboratory tests. And, since what it does is to paralyze the immune system against it, allergy tests to determine the system's reaction to it are also ineffectual.

Currently, the best test still seems to be the therapeutic trial. A joint decision is usually made by the physician with the help of the patient after analyzing the individual's case history. (Many physicians regard vaginal yeast infections as the most reliable indicator in women of *Candida* overgrowth, for example). A tentative diagnosis is made based on the patient's history of symptoms in relation to any known possible predisposing factors, which is then proven true or false by the way the patient responds to the therapy.

Many physicians now believe that a clinical trial for *Candida* overgrowth is of so little risk and expense that it should be considered in any chronic illness.

One clinical trial a person may try is to avoid certain foods for five days which are known to facilitate the growth of yeast. Such foods include the following:

- SUGAR and SIMPLE CARBOHYDRATES such as found in all sweetened food

including the use of honey, molasses, sorghum, maple syrup, sugar, fructose, maltose, dextrose, corn syrup, etc.

- YEAST PRODUCTS such as beer, wine, yeast leavened bread, natural B vitamins, brewer's yeast
- FERMENTED and MOLD FOODS such as mushrooms, cheese, vinegar, mustard, catsup, relish and other condiments made with vinegar.

You can access a color coded food list that shows people what to eat as well as what to avoid on my web site: <http://andreannarainville.com/patient-support.html>

After avoiding red foods for 5 days, try adding them back into the diet in large quantities. By observing how one feels while off these foods, in comparison to any adverse affects experienced when going back on the foods, one may get a clue as to any possible yeast involvement as a causative factor for any adverse symptoms.

HOW DO YOU GET RID OF IT?

If adverse symptoms are provoked by a return to the yeast enhancing foods, your physician may feel that there is at least a possible reason to suspect *Candida* overgrowth, which may then warrant more definitive action.

This action generally is targeted toward two objectives:

1. First, to kill the *Candida* through the use of anti-*Candida* products as well as starving the yeast of the food on which it flourishes (namely, sweets, sugars, refined grains, fermented foods, yeast product)
2. Second, to restore biochemical balance to the body and strength to the immune system, which will allow the body once again to regain and maintain control over *Candida* growth.
3. Replace fungi with good flora, in copious quantities, given with food or as retention enemas.

KILLING CANDIDA

To destroy *Candida*, or "even the odds," so to speak, a physician may choose to prescribe a drug by the name of Nystatin, or one of several available products containing Nystatin. Nystatin is an antibiotic that kills yeasts, and only yeasts. It is

one of the least toxic known drugs; even when large amounts are ingested, only small traces actually get into the bloodstream which is great for treating the gut. The pure powdered form is generally accepted as most effective.

Although Nystatin is very effective in killing *Candida*, many people develop allergic-type sensitivity to it with use. This is due to the fact that it works by exploding or blowing up the fungi in your body, which floods the body with many bio-toxins.

Another option is Ketoconazole which damages fungal cell membrane development and prevents the new growth via this mechanism it is believed to have less side effects for these reasons.

Foremost among non-pharmacological treatments is the use of products containing caprylic acid and or enzymes that help digest the fungi in the body.

We start by desensitizing the body with the homeopathic preparation of Mycotoxin Inhibitor from PHP via Mountain State Health. Other forms of desensitization such as LFRT (laser field Repatterning therapy) or NAET are helpful as well to reduce reactions to the killing off phase.

We use many forms of enzymes to help lyse the fungi.

Caprylic acid is a natural substance, a fatty acid, but it is totally lethal to *Candida*. It is available over the counter and appears to be similar to Nystatin in effectiveness.

Other natural aids in the fight against *Candida* are garlic and Pau D' Arco (or Taheebo), both believed to have natural fungicidal properties. Garlic is preferably taken raw, but may be used in an enteric coated form to better get into the gut while still in its active form. QUERCITIN, an extract of grapefruit seed, has also been shown to be of particular value. Also see "the weed and feed" program in the manual.

Jarisch-Herxheimer reaction, or, Lucio's Phenomena

Nystatin and other products that are deadly to *Candida* can make you feel worse before better. Depending on the severity of *Candida* overgrowth and the amount

of the agents taken, the *Candida* can be killed off in vast numbers in a very short period of time. As they are killed, they release substances which are toxic to the body. If this process occurs more quickly than the toxins can be cleared from the bloodstream and eliminated by the body, a temporary toxic or allergic-type reaction can occur. The technical name for this experience is a *Herxheimer reaction*; it is more commonly referred to as "die off."

Usually die off lasts only a few hours, though it can last several days. It can usually be controlled almost entirely by the amount of ingestion of the agent and the rate or frequency it is taken.

Symptoms

The most common ones include:

- nausea,
- headache,
- swollen glands,
- bloating,
- constipation or diarrhea,
- increased joint or muscle pain,
- elevated heart rate,
- chills, cold extremities,
- itching, scratching, nail biting,
- unusual perspiration,
- fever (usually low grade),
- hypotension (low blood pressure),
- Itching, hives and rash (sometimes assumed to be an allergic reaction)

Symptom intensifiers:

Two common sources: decreasing the blood flow, which allows the toxins to accumulate, or, increasing the die off of parasites.

- fear,
- anxiety and worry,
- hormonal imbalances,
- enzymes, bromelain, pancreatin, etc.,
- clotting agents, heavy foods,
- excessive exercise, tiredness,

- fatigue, exhaustion,
- cold temperatures,
- air pollution,
- anti-virals,
- anti-bacterials,
- anti-fungals,
- anti-parasitics,
- chronic illnesses,
- high doses of vitamins,
- some forms of chelation treatments

Symptom reduction

Two common strategies: improving the blood flow to clear the toxins faster (see vascular constriction), or, neutralizing the toxins (or both).

- antihistamines,
- relaxation techniques,
- Enemas, Colemas, Colonics,
- increase in blood thinning supplements,
- Lemon/Olive Oil liver/gall bladder cleanse,
- 2 Tbsp Lemon Juice (Organic) or 1/2 lemon rind),
- 1 Tbsp cold pressed Extra Virgin Olive Oil,
- Bio-flavanoids (widens blood vessels),
- hydrogen peroxide intravenous,
- aerobic oxygen supplementation,
- lymphatic massage,
- anti-inflammatories,
- Bentonite clay,
- charcoal tablets,
- diatomaceous earth,
- pain medication,
- muscle relaxers,
- hot baths / hot tub,
- steam bath or dry sauna,
- infrared Hot House treatment,
- a cleansing bath: add 1 cup salt, 1 cup soda, 1 cup epsom salts, 1 cup aloe vera, to a hot bath, remain in and keep hot for about 1-1/2 hours all the

while consuming about 2 quarts of warm water.

BALANCING BODY CHEMISTRY

It is a commonly recognized and accepted fact that immune system efficiency is highly dependent on the proper biochemical balance in the body. This of course, is dependent on proper and adequate nutrition to supply the body with all the required biochemical constituents (vitamins, minerals, enzymes, intrinsic factors, etc.).

It is recommended that one avoid foods as much as possible, which are known to stimulate *Candida* growth until the *Candida* is brought under control. You can retrieve a color coded food-list from the patient resource section of my website:

<http://andreannarainville.com/patient-support.html>

CONCLUSION

Yeast-free diets, or people, are both impossible to come by. They can only be totally avoided in the diet by eating solely fresh dairy, meat, fish and peeled fresh fruits and vegetables. From a practical standpoint, this is neither feasible nor necessary. Total elimination of yeast from the body is also neither feasible nor desirable, considering that yeast are beneficial to the body when a proper balance exists. Treatment of *Candida* overgrowth does not seek the eradication of *Candida* from the diet or the person, but rather a restoration of the proper and balanced ecological relationship between man and yeast.