

Are you lacking energy?

Do you suffer with headaches or bloating?

Then you could suffer from a very common condition caused by candida. Candida albicans is a common yeast that grows in the gastrointestinal tract of every person. Occasionally the environment in the gut changes and an overgrowth of this yeast occurs.

Some causes for the change in the gut environment can be:

- Use of antibiotics
- Long term use of pill
- A diet high in carbohydrates
- Hormone imbalances
- Stress
- Traveling
- Sickness including operations
- Yeast allergy

Symptoms vary for each person but typical symptoms include:

- Fatigue
- Cravings for sugar, bread or alcohol
- Digestive problems, bloating, wind or burping
- Short term memory failure and concentration issues
- Aches in the body, joints and muscle,
- Extreme tightness in the shoulders
- Hyper-acidity or reflux
- Brown coloured mucous in the back of the mouth or white coated tongue
- Unrefreshing sleep
- Dark circles under the eyes
- Chronic sinusitis
- Headaches
- Dental problems
- Over - sensitivity to perfume, tobacco, insecticides

Psychological symptoms may include:

- Depression
- Irritability
- Anxiety
- Panic attacks
- Mood swings, recurring obsessive thoughts, paranoia

More physical symptoms:

- Recurrent urinary tract infections
- Gluten and casein intolerance
- Thrush
- Allergies, hayfever
- Menstrual problems including PMS
- Jock itch, athlete's foot, toenail or fingernail fungus
- Tinnitus
- Weight changes
- Low libido

If left untreated Candida causes very serious immune problems and organ dysfunction such as hypothyroidism, infertility, impotence, fibromyalgia, chronic fatigue and the list goes on.

Treatment

This usually takes a minimum of 3-6 months. Often vaginal thrush is treated with pessaries and creams but this does not address the candida growing in the gut. At Sanxing, I use a variety of methods to treat candida to suit the person.

Microcurrent:

Frequency specific microcurrent ; sends frequencies to the candida which kill it .

Herbals:

Oral herbals either in liquid or tablet form are my preferred way of treating candida. Often I will start you on an intense program then reduce the number of tablets with time.

Supplements and homeopathics:

There are other supplements that maybe needed to help your body fight the infection caused by candida. Occasionally I will use homeopathics to desensitize you to the yeast. When your gut settles, I will start you on a probiotics. These are friendly bacteria that settle into your gut and protect you from re-invasion from candida.

Diet:

Candida loves yeast and sugar however I find most people with candida find it very difficult to cut these foods out of their diet. I have also noticed that when the bug is being starved, cravings become more severe. The Anti-candida diet is found on the www.byebyebridget.com website.

Confirmation of diagnosis

Candida can mimic 140 conditions . You can order your own DIY kit for home which will tell you straight away. It can be picked up on vaginal swabs. Naturopaths have a variety of tools that they use to ascertain if you have candida – and are probably the best profession at treating it.

Some general advice

You need to be motivated to kill this yeast. And tackling it head on is the best way to go. Often if one person has it, so will there partner and they will need treating aswell.

If you think you have a candida infection, give me a call to start your treatment today!