

Candidiasis and Gut Health

Produced and Presented by

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Objectives

- Learn what Candidiasis is
- Learn / understand what Candidiasis does
- Learn the steps it takes to get Candidiasis under control and even rid yourself of it!

What is Candidiasis?

- * Candida problems are caused when the benign yeast form of Candida Albicans mutates to its fungal form and produces a buildup of toxins in the body.

Contributing Factors

- * Antibiotic use
- * Oral Contraceptives
- * Chemotherapy
- * Anti-Inflammatory Steroids
- * Nasal Cortico Steroids
- * Diets high in Sugar and Starch
- * Long Term Exposure



Signs & Symptoms of Candida Overgrowth

- * Toenail Fungus
- * Athlete's Foot
- * Jock Itch
- * Vaginal Yeast Infections
- * Asthma
- * Allergies
- * Depression



Signs and Symptoms of Candida Overgrowth

- * Thrush
- * Rashes on the scalp
- * Difficult swallowing
- * Skin rashes
- * Leaky gut syndrome
- * Pruritis ani
- * Irritable Bowel Syndrome



Oral candidiasis (thrush)



Skin candidiasis

What is the cause of your fatigue?

- * Overgrowth of yeast and fungus is associated with low energy levels, chronic fatigue syndrome, and difficulty concentrating



Infections Common with Candidiasis

- * Parasitic Infections
- * Bacterial Infections
- * Viral Infections

Candidiasis and It's Serious Effects

- * Damage to the reproductive system as a chronic urogenital infection
- * Damage to the lining of the gut
- * Invasive, systemic candidiasis

The Systemic Effects of Candida



- * Malabsorption
- * Leaky Gut Syndrome
- * Decline of mental health
- * Arthritis
- * Skin disorders
- * Fibromyalgia

Candida's relationship to ADD and Autism

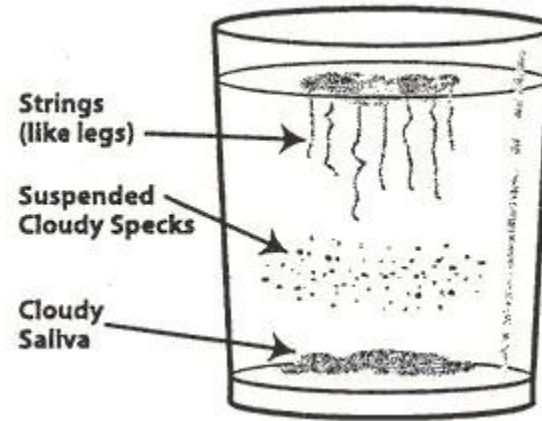
- * Overgrowth of Candida can lead to the formation in the gut of abnormal organic acids, which are neurotoxic and have been associated with both attention deficit disorders and autism.

Candida and Auto-Immune Disorders

- * Hashimoto's
- * Graves
- * Eczema
- * Psoriasis
- * Rheumatoid arthritis
- * Etc.

Testing for Candida

* Saliva Test



Testing for Candida

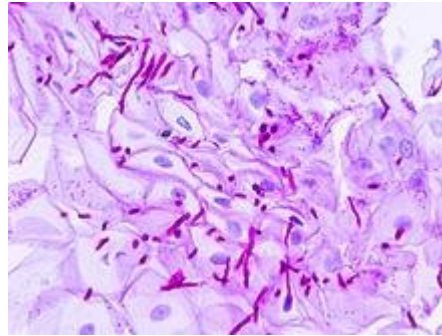
- * Blood test
- * Stool sampling
- * Organic Acid Test

Testing for Candida

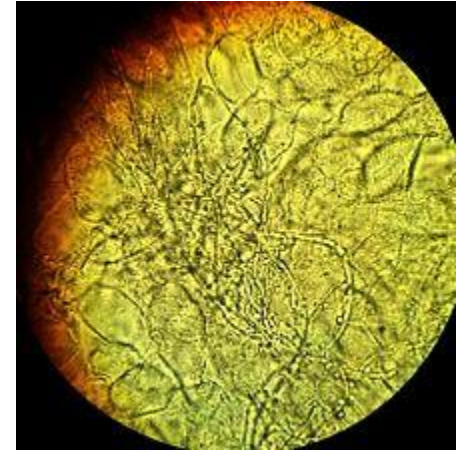
* Specific Tissue Biopsy



Culture of *C. Albicans*



Esophageal Candidiasis



Candidal Vulvovaginitis

Candida Questionnaire

YEAST QUESTIONNAIRE

SECTION B: MAJOR SYMPTOMS

For each of your symptoms, enter the appropriate figure in the Point Score column:

If a symptom is *occasional or mild*.....score 3 points

If a symptom is *frequent and/or moderately severe*.....score 6 points

If a symptom is *severe and/or disabling*.....score 9 points

Add total score and record in the space indicated at the end of this section.

	Point Score
1. Fatigue or lethargy	
2. Feeling of being "drained"	
3. Poor memory	
4. Feeling "spacey" or "unreal"	
5. Depression	
6. Inability to make decisions	
7. Numbness, burning or tingling	
8. Muscle aches or weakness	
9. Pain and/or swelling in joints	
10. Abdominal pain	
11. Constipation	
12. Diarrhea	
13. Bloating, belching or intestinal gas	
14. Troublesome vaginal burning, itching or discharge	
15. Persistent vaginal burning or itching	
16. Prostatitis	
17. Impotence	
18. Loss of sexual desire or feeling	
19. Endometriosis or infertility	
20. Cramps and/or other menstrual irregularities	
21. Premenstrual tension	
22. Attacks of anxiety or crying	
23. Cold hands or feet and/or chilliness	
24. Shaking or irritable when hungry	

Total Score, Section B _____

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Author of *Yeast Connection*.

Treatment

- * Prescriptive Agents
- * Nutritional Agents
- * Herbal Agents
- * Liver Support
- * Diet Modification
- * Avoid Reinfection
- * Avoid Overgrowth

Die-Off

- * Fatigue
- * Achiness
- * Fever
- * Difficulty with Concentration
- * Flu-like symptoms

Avoiding Reinfection

- * Observe the best possible personal hygiene
- * Treat family members or a partner
- * Avoid Overgrowth again

Conclusions

- * Candida infections are often accompanied by or caused by another type of infection
- * Successful treatment requires first determining the exact infections present
- * Take appropriate specific actions to first kill the bad stuff
- * Heal the various tissues that were damaged
- * Create a healthy environment for the beneficial bacteria to survive in
- * Re-introduce good, healthy normal flora

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- * "Oral Candidiasis Statistics". cdc.gov. February 13, 2014. Retrieved 28 December 2014.
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- * Functional Medicine University Training Program, copyright 2008 Sequoia Education Systems, Inc.
- * The American Chiropractor, November 2013, Leaky Gut, Food Intolerances, and Arthritis by Ron Grisanti, DC, DABCO, DACBN, MS

Thank you for participating!

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