

# Frequently Asked Questions about Candida

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## What is Candida?

Candida Albicans is a fungus that causes yeast infection or *Candidiasis* in our body. Similar to baker's yeast, Candida is an oval-shaped microorganism that can reproduce rapidly by budding. Almost everyone has intestinal Candida colonies. Under normal circumstances the yeast live in harmony with us through a delicate balance of bacterial types.

## How does Candida make us sick?

Candida releases powerful poisons as it multiplies, which circulate in the bloodstream causing many symptoms and disorders. Candida can produce a type of false estrogen and thyroid hormone, which leads to hormone imbalance and receptor malfunction. Candida produces an alcohol called ethanol, which grows rapidly when yeast has a food source such as high blood sugar. Too much ethanol production can cause liver detox function overloading. Acetaldehyde is another by-product of Candida. It is related to formaldehyde and causes a variety of malfunctions in the body. Candida can invade a variety of body tissues causing local inflammation. It typically attacks the mouth (thrush), vagina, gastrointestinal tract, urinary tract, prostate gland, skin and finger or toenails.

## What makes Candida grow?

- **Faulty nutrition:** over consuming refined sugar, carbohydrates, and dairy products have a positive correlation with Candida growth. Nutrition imbalance weakens our immune system and makes Candida condition worse.
- **Antibiotic therapy:** antibiotics suppress growth of not only bad bacteria but also healthy bacteria, which we need to digest food and fight for Candida. Long-term or frequent intake of antibiotics leads to Candida overgrowth. Another concern is that antibiotics that are administered to animals and accumulated in animal tissue eventually end up in our body to promote Candida growth.
- **Compromised immune system:** poor nutrition, lack of sleep, constant stress, environmental pollution, use of certain drugs and emotional stress all weaken immune system and cause Candida overgrowth.
- **Hormonal changes during pregnancy and PMS:** Female hormone plays an important role in immune function. Hormone changes during pregnancy and menstruation make women prone to Candida infections. Long-term intake of birth control pills also causes Candida.
- **Mold presence** in your living environment, especially if you live near a body of water, increases the chance to have Candida.

## What are the symptoms of a Candida infection?

- **Digestive system:** sugar cravings, bloating, gas, diarrhea or constipation, and food intolerance.
- **Skin:** eczema, hives, excessive perspiration, acne, psoriasis and nail infections.
- **For women:** PMS (mood swings, water retention, cramps, craving for sweets, headaches), vaginal itching and burning, vaginal discharge, recurring vaginal or bladder infections, loss of sexual desire.
- **For men:** prostatitis, impotence, and recurring anal itching and genital rashes.
- **Endocrine system:** thyroid and adrenal gland malfunction.
- **Other chronic conditions:** fatigue, depression, anxiety, mood swing, feeling spaced-out, poor recall, painful joints, numbness, burning and tingling, muscle aches, chronic sinus problems.

## **Nutritional guideline for Candida therapy**

### **What Not to Eat:**

- Eliminate all sugar and dairy products as much as you can:
  - Refined sugar, maple syrup, honey, corn syrup, fructose, sucrose, lactose, white flour products, bread, pastries, pretzels, potato chips, crackers, alcoholic beverages, soda pop, sweetened fruit juice, melons, dried fruits
  - Dairy products (except active culture unsweetened yogurt), cheeses, butter and cream.
- Avoid yeast or mold containing foods as much as you can:
  - Mushrooms and all fungi, mold and yeast in any form, yeast breads, brewer's yeast, all pickled products, fermented foods, sauerkraut, soy sauce, and cheeses.
- Avoid citrus fruits, pineapples, and tomatoes
- Use occasionally
  - Whole grains, baked potatoes, fruits in small amounts, raw nuts and seeds, dry beans and legumes in small amounts, millet, brown rice, buckwheat and yellow cornmeal.

### **What to Eat:**

- Eggs, fish, chicken, turkey, lamb and veal which has been organically fed.
- All vegetables except potatoes, corn and yams.
- Recommended fruits include apples, cherries, pears and all berries.
- Increase your fiber intake to keep intestinal flora healthy and bowel movements consistent.
- If you have food intolerance toward above recommended food, treat the intolerance the same time while treating Candida.