



WHAT IS CANDIDA ALBICANS?

Candida albicans is a harmless single-cell fungus that is naturally present in the body and on the skin from the time of birth. But this usually benign organism can run rampant. When Candida albicans proliferates out of control, the most commonly diagnosed manifestation is a yeast infection.

Passing It On: If you are a woman suffering from a yeast infection, your doctor will probably call it vaginitis. Although Candida is harder to detect in a man's body, men are subject to yeast infections, too. In fact, when one partner is infected, a sexually-mated couple will pass the organism back and forth, until it is effectively controlled.

CANDIDA CONTROL IS AUTOMATIC

If you are healthy and your body is in the correct chemical balance internally (homeostasis), the growth of Candida is held in check. Because your body runs very efficiently "on automatic" you're seldom aware it's there. Candida is kept in balance and remains just another one of the many organisms which live within the body.

Out of Order: However, when the natural balance is disturbed, Candida multiplies rapidly (on the mucous membranes) and can take over the entire body in months. The effects of a runaway Candida infestation can be devastating. And that happens more often than you might think.

WHAT CAUSES A CANDIDA IMBALANCE?

Our bodies are programmed to defend selectively against foreign invaders (harmful bacteria, viruses, infections). Our defense systems are also programmed to shelter friendly bacteria needed for many internal functions, as well as to prevent overgrowth of benign bacteria, such as Candida. But our defenses can be overwhelmed.

Enemy Agents: Many drugs, including broad spectrum antibiotics, cortisone - even birth control pills - destroy friendly bacteria that are part of the body's defenses. When we consume meat and poultry raised commercially, we often ingest antibiotics and growth hormones, such as steroids. Our internal defenses are weakened still further by stress, chemicals in the food chain, contaminants in water, environmental pollution, poor nutrition, and drug and alcohol abuse.

On the Attack: When our bodies are kept too busy defending against all these foreign agents, that's when Candida seizes the advantage, attacks, and rockets out of control.

CANDIDA ON A RAMPAGE

When our battered defenses are forced to ignore Candida in favor of cleansing our internal environment of contami-



nants, this normally inoffensive little organism goes on the attack. As the colony builds strength, it can release foreign substances (toxins) which can travel throughout the body.

Undercover and in Disguise: These toxins can cause a surprising variety of physical reactions. This single-cell yeast organism “hides out” and adopts a disguise, wreaking havoc while managing to avoid suspicion. Many of us who suffer from chronic headaches, unexplained fatigue - even depression - are victims of Candida whose condition has not been correctly diagnosed. Incredible as it may seem, Candida can mimic the symptoms of over 140 different disorders. If you suffer from any of the following most common symptoms, you may be an unsuspecting victim of a Candida albicans attack:

SIGNS OF A POSSIBLE CANDIDA INFECTION

allergies	hypoglycemia	fatigue
headaches	bladder infections	hay fever
depression	memory loss	sinusitis
cramping	irritability	prostatitis
ear infections	endometriosis	joint pains
lethargy	throat infections	cold hands/feet
hives	muscle weakness	urethritis
food craving	bloating	gastritis
constipation	kidney infections	eczema
vaginitis	numbness/tingling	nervousness
psoriasis	menstrual irregularities	asthma
cystitis	inability to concentrate	lost sex drive
diarrhea	food/chemical dependencies	chronic heartburn

RESTORING HOMEOSTASIS

In order to speed the body to return to its natural state of homeostasis, the correct internal balance, two things must occur:

Step One: Candida proliferation (overgrowth) must be brought down to a normal level so that the organism can be managed by the internal systems responsible for overseeing its control, and

Step Two: The overloaded internal systems, organs, tissues, and cells of the body must be properly nourished to restore homeostasis, thereby encouraging the rebuilding and strengthening of our weakened defenses.