

Candida albicans is a yeast like organism that lives naturally in small amounts in your mouth, gastrointestinal tract and skin. The body's natural defense against fungal and yeast infections is the production of friendly bacterial flora that keeps it in check. It is controlled by a properly functioning immune system and "friendly" bacteria. However, if the number of friendly bacteria is decreased, the immune system is weakened or other conditions for yeast proliferation occur, candida albicans may shift from a yeast to a fungal form and start to invade the body and cause a multitude of health problems.

In the yeast state candida is a non-invasive, sugar-fermenting organism, while in fungal state it is invasive and can produce rhizoids, very long root-like structures. Rhizoids can penetrate mucosa or intestinal walls, leaving microscopic holes and allowing toxins, undigested food particles and bacteria and yeast to enter the bloodstream. This condition is known as Leaky Gut Syndrome and that is one of the causes of food and environmental allergies.

- Chronic fatigue
- Food allergies
- Low blood sugar causing various symptoms including...
- Sugar and carbohydrate craving
- Vaginal or Oral Thrush (a white film in the mouth or on the tongue)
- Abdominal pain and / or bloating, excessive intestinal gas and indigestion
- Joint pain with arthritis-like symptoms
- Chronic sinus drainage - which antibiotics don't help!
- Weight loss OR gain and the inability to change it.
- Brain "fog" or Poor concentration
- Fungus on the finger or toe-nails
- Urinary infections
- Itching, red eyes
- Rashes anywhere on the skin
- Rashes inside the ears or around the genital area
- Anxiety / Depression
- Cystitis/urethritis
- Menstrual irregularities
- Loss of libido
- Bad breath